

PTEACS PHYSICAL THERAPY EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. If seat depth is too shallow, what is a common consequence?**
 - A. Feeling of instability or 'falling out'
 - B. Improved thigh and knee support
 - C. Increased postural stability
 - D. Decreased pressure on ischial tuberosities
- 2. Which term describes shortening or tightening of tissues that restrict movement?**
 - A. Ischemia
 - B. Maceration
 - C. Contracture
 - D. Seclusion
- 3. Which urinary and digestive risks are associated with prolonged immobility?**
 - A. UTIs and kidney/bladder stones because the bladder does not fully empty against gravity; decreased peristalsis leading to constipation and poor appetite.
 - B. UTIs only, with no stones.
 - C. Increased appetite and faster digestion.
 - D. No effect on urinary or digestive systems.
- 4. Why is Fowler's position used?**
 - A. help with eating, respiration, and comfort
 - B. primarily used for sleeping
 - C. to reduce blood pressure
 - D. to immobilize the patient
- 5. In an externally powered wheelchair, which component provides propulsion?**
 - A. Hand-crank only
 - B. Solar panel and pedals
 - C. Gasoline engine
 - D. One or more deep-cycle batteries that provide stored electrical energy to drive or propel the wheelchair

- 6. Which standing transfer type is performed without direct guarding by a therapist?**
- A. Modified independent
 - B. Independent pivot
 - C. Standby pivot
 - D. Dependent pivot
- 7. Which statement defines Modified Independent Assist?**
- A. Patient may require verbal cues or uses assistive equipment or adaptive equipment (bed rail, grab bars, transfer board, furniture)
 - B. Patient can perform a transfer without any assistance
 - C. Therapist is within arm reach to guide balance
 - D. Caregiver is positioned close to the patient
- 8. Which feature is commonly associated with a sports wheelchair to enhance performance?**
- A. Canting rear wheels
 - B. All-terrain tires with no backrest
 - C. In-built GPS
 - D. Motorized only
- 9. If back upholstery height is too low, what is the consequence?**
- A. Decreased trunk support
 - B. Increased trunk stability
 - C. Improved propulsion
 - D. Decreased fatigue
- 10. Which description matches Contact Guard Assist?**
- A. Patient can perform the activity without any manual assistance but with close supervision
 - B. Standby: therapist within arm reach to provide cues
 - C. Caregiver is positioned close to the patient with his or her hands on the patient or a gait belt
 - D. Patient may require verbal cues or uses assistive equipment

Answers

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1. A
2. C
3. A
4. A
5. D
6. B
7. A
8. A
9. A
10. C

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Explanations

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1. If seat depth is too shallow, what is a common consequence?

- A. Feeling of instability or 'falling out'
- B. Improved thigh and knee support
- C. Increased postural stability
- D. Decreased pressure on ischial tuberosities

Seat depth determines how much of the thigh and buttock are supported by the chair. If the depth is too shallow, the posterior thighs don't have adequate contact with the seat, the pelvis tends to tilt forward, and the base of support becomes unstable. That lack of stable support makes someone feel unsteady and like they might slip out of the chair. Proper depth keeps the thigh surfaces supported and the pelvis in a more neutral position, which helps maintain balance and a secure seated posture. A practical check is to ensure a small clearance behind the knee and enough depth so the back of the thighs are well-supported, with about 2–3 fingers of space behind the popliteal crease.

2. Which term describes shortening or tightening of tissues that restrict movement?

- A. Ischemia
- B. Maceration
- C. Contracture
- D. Seclusion

Shortening or tightening of tissues that restrict movement is called a contracture. When soft tissues such as skin, fascia, or joint capsules lose length and elasticity—often after immobilization, scarring, burns, or edema—their ability to stretch is reduced, leading to limited range of motion and potential joint deformity if not addressed. This is why you see persistent stiffness and resistance to passive movement in areas affected by prolonged inactivity or scar formation, and why therapies focus on gradual stretching and scar management. The other terms describe different problems: ischemia is reduced blood supply that can damage tissue; maceration is softening of tissue from prolonged moisture; and seclusion is not a tissue-length issue and isn't used to describe movement restriction.

3. Which urinary and digestive risks are associated with prolonged immobility?

- A. UTIs and kidney/bladder stones because the bladder does not fully empty against gravity; decreased peristalsis leading to constipation and poor appetite.
- B. UTIs only, with no stones.
- C. Increased appetite and faster digestion.
- D. No effect on urinary or digestive systems.

Prolonged immobility slows the normal movement of both urine and stool. When there's little movement, urine can pool and not empty efficiently, especially since gravity isn't helping elimination as much. This urinary stasis raises the risk of infections (UTIs) and can promote mineral precipitation that forms kidney or bladder stones. At the same time, limited activity reduces the speed of gut peristalsis, leading to constipation, and the overall slowdown along with possible dehydration or reduced intake can blunt appetite. That combination—UTIs and stones from incomplete emptying plus constipation and reduced appetite from slowed digestion—fits the effects seen with extended immobility, making it the best choice.

4. Why is Fowler's position used?

- A. help with eating, respiration, and comfort
- B. primarily used for sleeping
- C. to reduce blood pressure
- D. to immobilize the patient

Elevating the upper body in Fowler's position makes it easier for the body to handle two fundamental functions: breathing and swallowing, while also enhancing overall comfort. When the head and trunk are raised, gravity helps move abdominal contents away from the diaphragm, allowing better diaphragmatic expansion and lung inflation. This reduces the work of breathing and can improve ventilation, which is especially helpful for someone who is short of breath or recovering from respiratory illness or surgery. At the same time, bringing the head of the bed up improves airway protection and swallowing mechanics. A semi-upright posture aligns the neck and airway for safer swallowing, which lowers the risk of aspiration during meals. That's why this position is commonly used when feeding patients and when comfort and tolerating activity (like sitting upright for longer periods) are priorities. It's not chosen to sleep, to directly lower blood pressure, or to immobilize someone; its main value lies in enabling eating, assisting respiration, and improving overall comfort.

5. In an externally powered wheelchair, which component provides propulsion?

- A. Hand-crank only
- B. Solar panel and pedals
- C. Gasoline engine
- D. One or more deep-cycle batteries that provide stored electrical energy to drive or propel the wheelchair

In an externally powered wheelchair, propulsion comes from the electric motors that drive the chair, and these motors run on energy stored in rechargeable batteries. One or more deep-cycle batteries are used because they are designed to supply a steady, higher current over longer periods, which matches the needs of continuous propulsion. The motors convert that electrical energy into the mechanical power that moves the wheelchair, with control typically handled by the user through a joystick or similar input. Other options don't fit the standard setup: manual hand-crank propulsion relies on the user's physical effort, solar panels or pedals aren't the direct power source for propulsion, and a gasoline engine isn't the typical drive system for most wheelchairs.

6. Which standing transfer type is performed without direct guarding by a therapist?

- A. Modified independent
- B. Independent pivot
- C. Standby pivot
- D. Dependent pivot

Independence in standing transfers means the person can complete the move without any hands-on guarding from a therapist. An independent pivot transfer fits this best because the individual starts on one surface, uses their own balance and mechanics to pivot on one foot, and moves to the other surface without the therapist touching or guarding them. Standby pivot would involve the therapist standing nearby to supervise or cue, but not actively guarding; dependent pivot requires manual support or guarding from the therapist; and modified independent implies some extra setup or equipment but still may rely on supervision or aids. Since the scenario specifies no direct guarding, the independent pivot is the correct choice.

7. Which statement defines Modified Independent Assist?

- A. Patient may require verbal cues or uses assistive equipment or adaptive equipment (bed rail, grab bars, transfer board, furniture)**
- B. Patient can perform a transfer without any assistance
- C. Therapist is within arm reach to guide balance
- D. Caregiver is positioned close to the patient

Modified Independent means the person can perform the activity without a helper providing hands-on assistance, but may need assistive devices or safety cues or take extra time to complete it. In a transfer, this shows up when the patient uses equipment like a walker, transfer board, bed rails, or needs verbal prompts to initiate or carry out the movement, yet no one is physically guiding or supporting them. That's why the statement describing use of assistive equipment or needing verbal cues fits best. It acknowledges independence with the aid of devices or cues rather than actual physical help. The other scenarios imply ongoing physical support or close supervision, which would be different levels of assistance rather than Modified Independent.

8. Which feature is commonly associated with a sports wheelchair to enhance performance?

- A. Canting rear wheels**
- B. All-terrain tires with no backrest
- C. In-built GPS
- D. Motorized only

Sport wheelchair performance is about stability, speed, and control during rapid moves. Canting the rear wheels tilts them inward, lowering the center of gravity and widening the base of support without making the chair wider. This setup enhances lateral stability, improves cornering, and lets the user push more efficiently along the wheel axis, leading to quicker, more controlled propulsion with less energy. Other options don't directly boost performance in this context: GPS doesn't affect propulsion or steerability, having no backrest would reduce trunk stability, and being motorized only removes the user-driven control that's essential in many sports.

9. If back upholstery height is too low, what is the consequence?

- A. Decreased trunk support**
- B. Increased trunk stability
- C. Improved propulsion
- D. Decreased fatigue

Back support height directly affects how much the trunk is passively supported. When the back upholstery is too low, there isn't enough surface contact to hold the upper back and thoracic region upright, so the person tends to slump forward. This loss of support reduces trunk stability and forces more muscular effort to maintain posture, which increases energy expenditure and can worsen propulsion efficiency. So, the primary consequence is decreased trunk support.

10. Which description matches Contact Guard Assist?

- A. Patient can perform the activity without any manual assistance but with close supervision
- B. Standby: therapist within arm reach to provide cues
- C. Caregiver is positioned close to the patient with his or her hands on the patient or a gait belt**
- D. Patient may require verbal cues or uses assistive equipment

Contact Guard Assist means the therapist stays very close and physically guards the patient, with hands on either the patient or the gait belt, to prevent falls or loss of balance during the task. The key is guarding safety rather than actively helping the movement—the patient does the majority of the task, while the guard provides a safety touch and control as needed. This matches the description of having hands on the patient or the gait belt to provide protection, rather than relying on verbal cues alone, being within arm's reach without touch, or performing the task with no contact at all.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://pteacsphysicaltherapy1.examzify.com>

We wish you the very best on your exam journey. You've got this!

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