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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. Which statement describes the associative stage of motor learning?**
- A. Fine-Tuning Of Skills, Making Them Consistent, Efficient, Increasing Speed, And Problem-Solving.
 - B. The Movement Becomes Automatic.
 - C. The Learner Must Think About Movement.
 - D. Distractions Hinder Progress.
- 2. Balance is greatest when the body's center of mass is maintained over base of support. Which option correctly completes this statement?**
- A. Center of gravity
 - B. Center of mass
 - C. Base of support
 - D. Dynamic equilibrium
- 3. During healing, which contraction type should generally be avoided until there are no adverse tissue effects?**
- A. Concentric contractions
 - B. Isotonic training
 - C. High-load resistance
 - D. Eccentric contractions
- 4. Taking equal to or more than how many medications increases fall risk?**
- A. 2
 - B. 3
 - C. 4
 - D. 5
- 5. Phasic, fast-twitch muscle fibers correspond to which type?**
- A. Type I
 - B. Type II
 - C. Type IIa
 - D. Type IIx

- 6. Which characteristic is defined as strength maintained over a prolonged period?**
- A. Muscle power
 - B. Muscle endurance
 - C. Muscle strength
 - D. Cardiovascular endurance
- 7. During the acute stage of healing, what ROM finding is typical?**
- A. Painful ROM with guarding
 - B. Full, pain-free ROM
 - C. Increased ROM beyond normal
 - D. No change in ROM
- 8. Which of the following is a contraindication to ROM?**
- A. If response or conditions are life threatening
 - B. If motion is disruptive to healing
 - C. If motion is comfortable
 - D. If patient requests ROM
- 9. Body stability during a task refers to staying in one location. Which option reflects this concept?**
- A. Remaining in one location during a task
 - B. Moving from one location to another during a task
 - C. Manipulating an object during a task
 - D. Timing of the movement
- 10. Sidelying hip abduction with a velcro-stabilized 5 lb ankle weight is best described as which type of strength training?**
- A. Isotonic
 - B. Isometric
 - C. Eccentric
 - D. Concentric

Answers

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

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Explanations

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1. Which statement describes the associative stage of motor learning?

- A. Fine-Tuning Of Skills, Making Them Consistent, Efficient, Increasing Speed, And Problem-Solving.**
- B. The Movement Becomes Automatic.
- C. The Learner Must Think About Movement.
- D. Distractions Hinder Progress.

In motor learning, the associative stage is when practice has moved you beyond rough trial-and-error and you start refining the movement. Movements become smoother and more consistent, you perform them more efficiently, and you can often increase speed while still solving small problems in how you execute the skill. This refinement and problem-solving focus is exactly what the statement describes. By contrast, becoming automatic happens in the later autonomous stage, where the skill can be performed with minimal conscious thought. Needing to think about the movement characterizes the cognitive stage, and distractions hindering progress is a general factor that can affect any stage, not a defining feature of this middle phase.

2. Balance is greatest when the body's center of mass is maintained over base of support. Which option correctly completes this statement?

- A. Center of gravity
- B. Center of mass
- C. Base of support**
- D. Dynamic equilibrium

Balance hinges on where the body's center of mass is in relation to the base of support. When the vertical line through the center of mass falls inside the base of support—the area bounded by the parts of the body in contact with the ground—the gravitational moment tends to keep you upright and small muscle adjustments can maintain stability. If that line shifts toward or beyond the edge, tipping occurs and you must react, often by shifting weight or taking a step. The base of support is simply the region on the ground covered by your contact points. So balance is greatest when the center of mass is over the base of support.

3. During healing, which contraction type should generally be avoided until there are no adverse tissue effects?

- A. Concentric contractions
- B. Isotonic training
- C. High-load resistance
- D. Eccentric contractions**

Eccentric contractions should be avoided early in healing because they place high tensile forces on repair tissue as the muscle lengthens under load. This increased mechanical demand can exceed the tissue's limited tolerance during the inflammatory and proliferative phases, leading to pain, swelling, microtrauma, or a delay in healing. Keep loading light and controlled until there are no adverse tissue effects and the tissue's tolerance has improved; only then can structured eccentric work be introduced to promote remodeling. Concentric contractions and broader isotonic or higher-load approaches are generally safer to initiate earlier, with eccentric work reserved for later stages when the tissue can handle it.

4. Taking equal to or more than how many medications increases fall risk?

- A. 2
- B. 3
- C. 4**
- D. 5

Polypharmacy raises fall risk because the chance of adverse drug effects, drug interactions, and sedating or blood pressure–altering effects grows as more medicines are taken. Reaching four medications often marks a tipping point where these cumulative effects become noticeable, increasing dizziness, orthostatic hypotension, confusion, or slowed reaction time—all factors that can lead to a fall. So four or more medications is a threshold where the risk is meaningfully higher than with fewer medications. In practice, review and simplify medications when possible, especially avoiding combinations with strong sedative or hypotensive effects, to reduce fall risk.

5. Phasic, fast-twitch muscle fibers correspond to which type?

- A. Type I
- B. Type II**
- C. Type IIa
- D. Type IIx

Phasic, fast-twitch fibers are built for rapid, powerful contractions and fatigue quickly. This maps to the fast-twitch category, known as Type II. Type I fibers are slow-twitch and support sustained, endurance activities. Within the fast-twitch group are IIa and IIx, with IIa being fast-oxidative-glycolytic (somewhat more fatigue-resistant) and IIx being fast-glycolytic (fatigue the quickest). So, the best match for phasic, fast-twitch is Type II, since it covers the fast-twitch fiber family.

6. Which characteristic is defined as strength maintained over a prolonged period?

- A. Muscle power
- B. Muscle endurance**
- C. Muscle strength
- D. Cardiovascular endurance

The concept being tested is endurance of the muscles—the ability to sustain performance or resist fatigue over time. Muscle endurance refers to how long a muscle or muscle group can continue to perform contractions, or how many repetitions it can complete before fatigue. The described characteristic—strength maintained over a prolonged period—fits muscle endurance because it focuses on sustaining effort rather than producing a maximal single effort. This is different from muscle strength, which is the maximum force a muscle can generate in one effort; muscle power, which combines force and speed for explosive actions; and cardiovascular endurance, which relates to the body's ability to supply oxygen to muscles during extended activity, not the muscle's fatigue resistance per se.

7. During the acute stage of healing, what ROM finding is typical?

- A. Painful ROM with guarding**
- B. Full, pain-free ROM
- C. Increased ROM beyond normal
- D. No change in ROM

In the acute stage of healing, inflammation makes the injured tissues irritable and highly sensitive. That irritability triggers pain and protective muscle guarding, so movement becomes painful and the body instinctively tenses surrounding muscles to protect the area. As a result, ROM is typically limited by pain, and you'll often see both active and passive motions guarded or painful rather than smooth and unrestricted. This pattern contrasts with later stages, where tissue irritability decreases and ROM can become full and pain-free as healing progresses.

8. Which of the following is a contraindication to ROM?

- A. If response or conditions are life threatening
- B. If motion is disruptive to healing
- C. If motion is comfortable
- D. If patient requests ROM**

ROM should be avoided when moving a joint could cause harm or worsen a condition. The clearest contraindications are situations where the patient is in a life-threatening state or where movement would disrupt healing. In those cases, moving the joint could pose serious risk, so ROM is postponed. By contrast, if motion is comfortable, ROM is typically appropriate and can help prevent stiffness, and a patient asking for ROM is a normal part of planning therapy and isn't by itself a reason to withhold movement. So the concept being tested is safety: only perform ROM when it's safe and truly beneficial, and avoid it when the risks are too high or healing would be impaired.

9. Body stability during a task refers to staying in one location. Which option reflects this concept?

- A. Remaining in one location during a task**
- B. Moving from one location to another during a task
- C. Manipulating an object during a task
- D. Timing of the movement

Body stability means keeping the body in one place while performing a task, providing a steady base for the movement and allowing precise, efficient control. When you stay put, your base of support remains constant, and you can focus your effort on the action itself without extra postural adjustments. Moving from one location to another shows body mobility rather than stability; manipulating an object describes hand-object interaction, not the stability of the whole body; and timing of movement concerns when you move, not whether you stay still. So remaining in one location during a task best reflects body stability.

10. Sidelying hip abduction with a velcro-stabilized 5 lb ankle weight is best described as which type of strength training?

- A. Isotonic**
- B. Isometric
- C. Eccentric
- D. Concentric

Isotonic training involves moving a limb through a range of motion against a constant external load. In sidelying hip abduction with a 5 lb ankle weight, the leg moves away from the body while being resisted by the weight, so the hip abductors shorten and lengthen as you go through the lift and, if you control the descent, also lengthen while under load. The key idea is movement with a steady resistance, not just holding a position. The upward portion is a concentric contraction (muscle shortens to produce the movement), and the lowering portion would be eccentric (muscle lengthens under tension); both are part of an isotonic activity. Isometric would involve no joint movement (holding still), which isn't the case here.

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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://therapeuticintrventions2.examzify.com>

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

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