NON-SYSTEMS NPTE PRACTICE EXAM (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.

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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!

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Questions

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1. Which imaging modality provides continuous X-ray visualization of the heart and lungs during procedures but has high radiation exposure?

A. Fluoroscopy

B. MRI

C. Echocardiography

D. CT scan

2. What best describes Independent Health Plans like HMO and PPO?

A. Subscribers must pay full price and have no network restrictions.

B. Providers are not contracted with the insurer and charges are unregulated.

C. Subscribers use contracted providers at lower cost and gatekeepers manage access.

D. They do not aim to control costs or utilization.

3. Pulsed ultrasound with which duty cycle produces nonthermal effects?

A. 50%

B. 100%

C. 20% or lower

D. 75%

4. A Floor Reaction AFO primarily accomplishes which effect?

A. Places extension force closer to knee than other AFOs with anterior padded shell

B. Assists with knee flexion during stance

C. Provides ankle inversion/eversion control

D. Places extension force closer to knee than other AFOs with anterior padded shell

5. When the null hypothesis is rejected, what does this indicate?

A. There is no significant difference between groups.

B. The test is inconclusive.

C. The data are biased.

D. There is a significant difference between groups.

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6. Which of the following is listed as an example of exploratory research?

A. Cross-sectional study

B. Cohort study

C. Randomized controlled trial

D. Case report

7. Tilt-in-space wheelchair is indicated for which condition?

A. Upper cervical SCI requiring active pressure relief

B. Trunk extensor spasms

C. Bariatrics

D. Metatarsalgia

8. Setting the prosthetic knee too far posterior to the TKA line results in what?

A. Increased knee flexion

B. Buckling

C. Reduced stability

D. Excessive knee stability and difficulty flexing knee

9. In the PICO framework, what does O stand for?

A. Observation

B. Outcome of interest

C. Operator

D. Original

10. Which of the following represents the acute-phase cervical traction force for joint distraction?

A. 10-15 pounds

B. 20-30 pounds

C. 5-10 pounds

D. 15-20 pounds

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Answers

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

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Explanations

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1. Which imaging modality provides continuous X-ray visualization of the heart and lungs during procedures but has high radiation exposure?

A. Fluoroscopy

B. MRI

C. Echocardiography

D. CT scan

Fluoroscopy provides real-time, continuous X-ray visualization of moving structures like the heart and lungs, which is essential during procedures such as catheter insertions or device placements. This real-time capability is why you can watch a guidewire or a balloon unfold inside blood vessels as the procedure happens. The trade-off is higher radiation exposure for both patient and staff, since the X-ray beam is on continuously (or in high-frame-rate pulses) to maintain a live image. Other imaging methods avoid this continuous exposure. MRI uses magnetic fields and radio waves, with no ionizing radiation. Echocardiography relies on ultrasound, also radiation-free, and is great for visualizing heart function and valves in real time. CT scans provide superb cross-sectional anatomy with high resolution but aren't used for continuous live guidance during procedures and involve substantial radiation, though in different imaging contexts they offer detailed static images rather than real-time fluoroscopic feedback. To reduce dose during fluoroscopy, clinicians use strategies like pulsed imaging, minimizing fluoroscopy time, collimation, and protective shielding, balancing the need for real-time visualization with patient safety.

2. What best describes Independent Health Plans like HMO and PPO?

A. Subscribers must pay full price and have no network restrictions.

B. Providers are not contracted with the insurer and charges are unregulated.

C. Subscribers use contracted providers at lower cost and gatekeepers manage access.

D. They do not aim to control costs or utilization.

These plans are managed care networks where providers contract with the insurer to deliver services at discounted, negotiated rates. A primary care physician or gatekeeper coordinates care, approving referrals to specialists and overseeing tests and hospitalizations to prevent unnecessary services. The combination of using a contracted network at lower costs and having a gatekeeper manage access is what defines how plans like HMO and PPO operate. Why this is the best description: the discount from negotiated provider rates lowers out-of-pocket costs, and gatekeeping keeps utilization in check by ensuring care is appropriate and coordinated. Why the other ideas don't fit: these plans rely on a network with negotiated rates, not full-price care with no restrictions; they involve contracted providers and cost controls, not unregulated charges; and they are designed to curb costs and utilization, not to ignore them.

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3. Pulsed ultrasound with which duty cycle produces nonthermal effects?

A. 50%

B. 100%

C. 20% or lower

D. 75%

Nonthermal effects come from delivering ultrasound in a pulsed pattern with a very low duty cycle. The duty cycle is the fraction of time the transducer is actively emitting during each cycle. When this on-time is brief (20% or less) and the off-time is long, the tissue experiences minimal temperature rise, so thermal effects are minimized and mechanical phenomena—such as microstreaming and cavitation—dominate. This mechanical stimulation is thought to aid healing without heating the tissue. Higher duty cycles deliver more energy continuously, increasing heating and producing thermal effects rather than nonthermal ones. Therefore, a duty cycle of 20% or lower best produces nonthermal effects.

4. A Floor Reaction AFO primarily accomplishes which effect?

A. Places extension force closer to knee than other AFOs with anterior padded shell

B. Assists with knee flexion during stance

C. Provides ankle inversion/eversion control

D. Places extension force closer to knee than other AFOs with anterior padded shell

Floor reaction AFOs work by using the ground reaction force to create an external knee extension moment during stance. By positioning the design so that the extension effect is directed closer to the knee than other AFOs with an anterior padded shell, the external knee extension moment is increased, which helps resist knee flexion and stabilize the knee during weight-bearing. This is why the primary outcome of this type of device is improved knee control in stance, rather than aiding knee flexion or providing ankle inversion/eversion control.

5. When the null hypothesis is rejected, what does this indicate?

A. There is no significant difference between groups.

B. The test is inconclusive.

C. The data are biased.

D. There is a significant difference between groups.

Rejecting the null hypothesis means the observed difference between groups is unlikely to be due to random variation alone at the chosen level of significance. In other words, there is evidence of a statistically significant difference between groups. This conclusion comes from a p-value at or below the alpha threshold or a test statistic that falls into the rejection region. It's important to note that statistical significance doesn't imply a large or clinically important difference, and it doesn't indicate bias in the data. An inconclusive result would be failing to reject the null, not rejecting it.

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6. Which of the following is listed as an example of exploratory research?

A. Cross-sectional study

B. Cohort study

C. Randomized controlled trial

D. Case report

Exploratory research aims to uncover potential relationships and generate hypotheses, often using observational designs that let you observe what happens over time without testing a specific intervention. A cohort study fits this well because it follows a group of people who are exposed to something and a comparison group that isn't, over a period of time, to see what outcomes occur. This setup lets you notice temporal sequences and associations between exposure factors (like activity level, treatment, or risk factors) and outcomes, which can spark ideas for future, more focused research or interventions. Think of it this way: you're looking to identify possible factors that seem linked to a future outcome, rather than proving that a treatment works. That's why a cohort study is a solid example of exploratory research among the options. In contrast, a cross-sectional study gives a single-time snapshot and is more descriptive, a case report describes a unique or rare instance, and a randomized controlled trial tests a specific intervention with control, which aligns more with hypothesis testing and causality than exploration.

7. Tilt-in-space wheelchair is indicated for which condition?

A. Upper cervical SCI requiring active pressure relief

B. Trunk extensor spasms

C. Bariatrics

D. Metatarsalgia

Tilt-in-space seating is designed to change the orientation of the pelvis and trunk without altering the knee and hip angles, which is especially helpful when trunk muscles are prone to extensor spasms. By gradually tilting the seat posteriorly, the pelvis achieves a more comfortable posterior tilt and the trunk can rest with less demand from the paraspinal extensors to stay upright. This reduces involuntary extension and provides a stable, supported seated posture, making it easier to tolerate sitting for longer and to perform pressure-relief shifts safely. It also distributes pressure more evenly and reduces shear forces, which helps with comfort and skin protection. Other scenarios like upper cervical spinal cord injury needing active pressure relief, bariatric seating needs, or metatarsal pain have different primary considerations (nerve or muscle control, weight capacity and width, or foot/forefoot comfort, respectively) and are not the main indication for tilt-in-space seating.

8. Setting the prosthetic knee too far posterior to the TKA line results in what?

A. Increased knee flexion

B. Buckling

C. Reduced stability

D. Excessive knee stability and difficulty flexing knee

Placing the prosthetic knee too far posterior to the TKA line changes how the knee's stability mechanism engages during movement, making the knee overly stable and harder to bend. When the knee is set back, the posterior structures and the knee's stability features engage sooner and more firmly as flexion begins, so bending the knee faces extra resistance. That gives a stiff-feeling, overly stable knee and a reduced ability to flex. This isn't about getting more bend (that would be increased flexion) or about the knee giving way (buckling). Nor is it about reduced stability—the alignment makes the knee too stable, especially in flexion, leading to difficulty with knee bending.

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9. In the PICO framework, what does O stand for?

A. Observation

B. Outcome of interest

C. Operator

D. Original

In PICO, the O stands for the outcome of interest—the specific result you want to measure after applying the intervention. This is the patient-centered endpoint that shows whether the intervention had the desired effect, such as pain reduction, improved function, fewer adverse events, or better quality of life. Focusing on the outcome guides what you look for in studies and how you judge their usefulness. The other options don't fit because the term for who performs the intervention is operator, not the result; observation isn't the formal label used in PICO for the measured result; and original isn't related to the framework.

10. Which of the following represents the acute-phase cervical traction force for joint distraction?

A. 10-15 pounds

B. 20-30 pounds

C. 5-10 pounds

D. 15-20 pounds

When aiming to distract the cervical facet joints, you need enough traction to actually separate the vertebrae and open the facet joints. That level of force is typically in the 20–30 pound range. This amount helps unload the joint surfaces and reduce impingement while still being within what many patients can tolerate in the acute phase. Lower forces (such as 5–10 or 10–15 pounds) are generally used for soft-tissue effects or when you want gentler unloading, not reliable joint distraction. The 15–20 pound range may provide some stretch or soft-tissue effects but is usually not enough to achieve meaningful joint separation in most adults.

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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://nonsystemsnpte.examzify.com

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

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