PHYSICAL THERAPY TECHNICIAN CERTIFICATION (PTTC) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://physicaltherapytechpttc.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Which of the following terms refers to the "cell" in anatomy?

A. Electr/o

B. Cyt/o

C. Derm/o

D. Fet/o

2. Which muscle group is primarily responsible for extension of the knee?

A. Hamstrings

B. Quadriceps

C. Gastrocnemius

D. Deltoid

3. What does "Cerebr/o" help to define in the context of brain anatomy?

A. Brain Stem

B. Cortex

C. Largest part of the brain

D. Cerebellum

4. What medical term means 'Removal of the stomach'?

A. Gastrectomy

B. Rhinoplasty

C. Sarcectomy

D. Thrombectomy

5. Title III of HIPAA relates to which type of provisions?

A. Application and Enforcement of Group Health Plan Requirements

B. Healthcare Access, Portability and Renewability

C. Preventing Health Care Fraud and Abuse

D. Tax - Related Health Provisions

6. What is the primary function of parallel bars or hemi bars in physical therapy?

A. To assist patients in lifting weights

B. To provide stability when teaching a patient to walk

C. To offer resistance training

D. To facilitate upper body exercises

SAMPLE

7. What is the primary purpose of using flow charts in medical records?

A. To outline hospital policies

B. To visually track specific information like growth

C. To summarize patient medical history

D. To record personal observations

8. What function does the periosteum serve in long bones?

A. Provides protection for the bone ends

B. Functions to articulate and form joints

C. Acts as a protective covering on the outer surface of the bone

D. Contains yellow bone marrow

9. Which of the following positions involves lying on the stomach?

A. Supine position

B. Lateral recumbent position

C. Prone position

D. Normal anatomic position

10. Contact precautions are primarily aimed at preventing which type of transmission?

A. Transmission through contaminated air

B. Transmission through contaminated hands of health workers

C. Transmission via blood transfusions

D. Transmission through liquid medications

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following terms refers to the "cell" in anatomy?

A. Electr/o

B. Cyt/o

C. Derm/o

D. Fet/o

The term that refers to the "cell" in anatomy is "cyt/o." This prefix originates from the Greek word "kytos," which means "cell." In various medical and anatomical contexts, "cyt/o" is often used to describe anything related to cells, including different types of cells and diseases that may affect cellular structures. For example, terms like cytoplasm (the material within the cell membrane) and cytotoxic (toxic to cells) utilize this prefix to convey their connection to cellular function or pathology. The other terms provided have different meanings: "electr/o" pertains to electricity or electrical activity, typically used in the context of electrical impulses in the body; "derm/o" relates to the skin, as seen in terms like dermatology; and "fet/o" refers to a fetus or conditions related to the fetal stage of development. Understanding these prefixes helps in grasping the larger context of medical terminology and anatomy.

2. Which muscle group is primarily responsible for extension of the knee?

A. Hamstrings

B. Quadriceps

C. Gastrocnemius

D. Deltoid

The quadriceps muscle group is primarily responsible for the extension of the knee. This group comprises four muscles: the rectus femoris, vastus lateralis, vastus medialis, and vastus intermedius. When these muscles contract, they pull on the patellar tendon, which then causes the knee joint to extend, enabling movements such as standing up from a seated position, kicking a ball, or climbing stairs. In contrast, the hamstrings, located on the back of the thigh, are primarily responsible for knee flexion rather than extension. The gastrocnemius, a calf muscle, also plays a role in knee flexion and works primarily during movements that involve the ankle. The deltoid is a shoulder muscle, which has no direct function related to the knee joint. Understanding the specific roles of these muscle groups is crucial for physical therapy technicians as they assist in rehabilitation programs targeting specific movements or injuries.

3. What does "Cerebr/o" help to define in the context of brain anatomy?

A. Brain Stem

B. Cortex

C. Largest part of the brain

D. Cerebellum

The term "Cerebr/o" specifically refers to the cerebrum, which is indeed the largest part of the brain. The cerebrum is composed of two hemispheres and is responsible for a variety of higher brain functions, including thought, action, and sensory processing. It plays a crucial role in functions such as movement, reasoning, perception, and problem-solving. Understanding brain anatomy is key for those in the field of physical therapy, as injury or disease affecting the cerebrum can significantly impact a patient's physical capabilities and rehabilitation needs. Recognizing that "Cerebr/o" directly refers to the largest component of the brain is essential for comprehending brain structure and function.

SAMPLE

4. What medical term means 'Removal of the stomach'?

A. Gastrectomy

B. Rhinoplasty

C. Sarcectomy

D. Thrombectomy

The term that means 'removal of the stomach' is gastrectomy. This surgical procedure involves the partial or total removal of the stomach, typically performed to treat conditions such as gastric cancer, severe obesity, or chronic ulcers. The root "gastro-" refers to the stomach, and the suffix "-ectomy" indicates the surgical removal of an organ. In contrast, the other terms refer to different medical procedures or conditions. Rhinoplasty is a surgical procedure involved in reshaping the nose. Sarcectomy does not correspond to a standard medical procedure recognized in this context, and thrombectomy relates to the surgical removal of a blood clot. Understanding the specific terminology used in medicine is crucial for accurate interpretation and communication in healthcare settings.

5. Title III of HIPAA relates to which type of provisions?

A. Application and Enforcement of Group Health Plan Requirements

B. Healthcare Access, Portability and Renewability

C. Preventing Health Care Fraud and Abuse

D. Tax - Related Health Provisions

Title III of HIPAA actually relates to tax-related health provisions, specifically addressing the tax implications associated with medical care and health insurance. This section sets forth regulations concerning deductions for medical care and also impacts how health insurance provides tax benefits to individuals. These provisions aim to enhance the public's understanding of the tax impact of health care costs and ensure that certain deductions are accounted for in a way that supports accessibility to healthcare. In contrast, the other options represent different titles or sections of HIPAA that focus on other significant areas. For example, Title I deals with healthcare access, portability, and renewability, which helps ensure that individuals maintain health insurance coverage. Title II addresses the prevention of health care fraud and abuse, establishing guidelines and standards to combat fraudulent activities in healthcare funding. Therefore, Title III specifically zeroes in on taxes associated with health care, making it essential for understanding financial aspects of healthcare provisions.

6. What is the primary function of parallel bars or hemi bars in physical therapy?

A. To assist patients in lifting weights

B. To provide stability when teaching a patient to walk

C. To offer resistance training

D. To facilitate upper body exercises

The primary function of parallel bars, also known as hemi bars, is to provide stability and support when teaching a patient to walk. These bars allow patients to practice gait and ambulation in a safe environment, where they can rely on the structure for balance and safety as they gain confidence in their walking abilities. The close positioning of the bars aids in the rehabilitation process by enabling therapists to monitor and assist patients closely while they learn proper walking techniques. Using parallel bars helps to reduce the risk of falls and instills a greater sense of security during challenging movements, ultimately helping patients progress toward independence in mobility. The other options involve elements that parallel bars do not primarily focus on, such as weightlifting, resistance training, or facilitating upper body exercises. These activities typically require different types of equipment or environments designed explicitly for strength training or targeted upper body engagement.

EXAMPLE

7. What is the primary purpose of using flow charts in medical records?

A. To outline hospital policies

B. To visually track specific information like growth

C. To summarize patient medical history

D. To record personal observations

The primary purpose of using flow charts in medical records is to visually track specific information like growth. Flow charts are effective tools for illustrating the progression of a patient's condition, changes in vital signs, or response to treatments over time. They provide a clear and organized visual representation, making it easier for healthcare professionals to quickly reference and analyze trends or patterns in a patient's health. This visual format helps in identifying any significant changes that warrant further attention or intervention. While other options may involve aspects of medical documentation, they don't capture the unique capability of flow charts to represent data in a visual format that aids in monitoring specific metrics, such as growth or vital signs, effectively. Flow charts serve as a complementary tool to other methods of documentation, enhancing understanding and communication among healthcare providers.

8. What function does the periosteum serve in long bones?

A. Provides protection for the bone ends

B. Functions to articulate and form joints

C. Acts as a protective covering on the outer surface of the bone

D. Contains yellow bone marrow

The periosteum serves crucial functions for long bones, and its primary role is to act as a protective covering on the outer surface of the bone. This dense layer of connective tissue not only protects the bone but also serves as an attachment point for muscles and tendons, aiding in the overall stability and movement of the skeletal system. The periosteum plays a vital role in nourishing the bone through its blood supply and is involved in the growth and repair processes of the bone. This tissue contains osteoblasts, which are essential for bone formation, making the periosteum significant in maintaining the health and functionality of bones. Other options mentioned do not accurately describe the primary function of the periosteum. While providing protection for the ends of bones is important, it is specifically the periosteum that functions in a more comprehensive protective capacity over the entire outer surface. Articulating and forming joints pertains to cartilage at the ends of bones rather than the periosteum, and yellow bone marrow is found within the medullary cavity of long bones, not within the periosteum itself.

9. Which of the following positions involves lying on the stomach?

A. Supine position

B. Lateral recumbent position

C. Prone position

D. Normal anatomic position

The correct choice is the prone position, which specifically refers to lying flat on the stomach, with the face and front of the body facing downward. This position is commonly used in various physical therapy treatments, assessments, and rehabilitation exercises, as it allows for specific muscle engagement, spinal alignment, and enhances certain therapeutic techniques. In contrast, the supine position involves lying on the back, while the lateral recumbent position describes lying on one side of the body. The normal anatomic position refers to an upright posture where a person stands facing forward, with arms at the sides and palms facing forward. Understanding these definitions helps to clarify which position aligns with the description of lying on the stomach.

SAMPLE

10. Contact precautions are primarily aimed at preventing which type of transmission?

A. Transmission through contaminated air

B. Transmission through contaminated hands of health workers

C. Transmission via blood transfusions

D. Transmission through liquid medications

The primary focus of contact precautions is to prevent transmission through contaminated hands of health workers. These precautions are critical in healthcare settings to reduce the risk of spreading infections that can occur through physical contact with contaminated surfaces or individuals. Health workers can inadvertently carry pathogens from one patient to another if proper hand hygiene practices are not followed, which emphasizes the importance of thorough hand washing and the use of personal protective equipment (PPE) as part of these precautions. The other options refer to different modes of transmission that are not the main concern of contact precautions. For instance, while airborne transmission and bloodborne exposures require specific preventive measures, contact precautions specifically target the transmission of infections that are primarily spread by direct or indirect contact, underscoring the significance of maintaining sanitary conditions and practices in patient care environments.

SAMPLE

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://physicaltherapytechpttc.examzify.com

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

SAMPLE