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.

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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 statement best describes respiratory hygiene/cough etiquette?

A. The CDC standard that applies to all persons entering a health care setting, including visitors, patients, and health care personnel

B. A protocol for sterilizing equipment before use

C. A policy requiring patient admission to be delayed

D. A guideline for masking, hand hygiene, and cough etiquette to reduce transmission

2. Which statement best describes precautions for a patient with spinal cord injury during transfers?

A. Protective positioning or restraints will be required when the patient is side-lying

B. No precautions needed

C. Avoid trunk contact at all times

D. Move quickly without support

3. Practices that help reduce the number and spread of microorganisms are referred to as what?

A. Sterilization

B. Medical asepsis

C. Disinfection

D. Asepsis

4. 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

5. What degree range defines Semi-Fowler's position?

A. Zero to ten degrees

B. Thirty to sixty degrees

C. Fifteen to forty-five degrees

D. Ninety degrees

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6. What is the Trendelenburg position?

A. Position: Feet above the head
B. Position: Head above the feet
C. Position: Head and feet upright
D. Position: Feet below the head

7. What is a potential consequence of poor wheelchair fit?

A. Increased propulsion efficiency
B. Improved skin integrity
C. Pressure injuries, impaired circulation, pain, instability, and reduced mobility
D. No adverse effects

8. Which is a recommended knee position after total knee replacement?

A. Keep the knee in flexion
B. Maintain affected knee in extension
C. Lock the knee in 30 degrees of rotation
D. Avoid any knee motion

9. Which statement correctly reflects hand hygiene moments?

A. Before and after patient contact
B. Only after patient contact
C. Only before patient contact
D. Never required

10. Which PPE is required for droplet transmission?

A. N95 mask, gown, gloves, and face shield
B. Mask, gown, gloves, and face shield
C. Mask only
D. Gown and mask

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Answers

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

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Explanations

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1. Which statement best describes respiratory hygiene/cough etiquette?

A. The CDC standard that applies to all persons entering a health care setting, including visitors, patients, and health care personnel

B. A protocol for sterilizing equipment before use

C. A policy requiring patient admission to be delayed

D. A guideline for masking, hand hygiene, and cough etiquette to reduce transmission

Respiratory hygiene/cough etiquette is a set of practices in healthcare settings aimed at preventing the spread of respiratory infections. It focuses on actions like masking when appropriate, proper hand hygiene, and cough etiquette—covering the mouth and nose (with a tissue or elbow), disposing of tissues, and cleaning hands after contact with respiratory secretions. This approach is applied to everyone entering the facility—patients, visitors, and staff—to reduce transmission from people who are coughing or have respiratory symptoms. The other options describe different concepts: sterilizing equipment before use, delaying patient admission, or a broad standard without the specific cough- and masking-focused actions.

2. Which statement best describes precautions for a patient with spinal cord injury during transfers?

A. Protective positioning or restraints will be required when the patient is side-lying

B. No precautions needed

C. Avoid trunk contact at all times

D. Move quickly without support

The key idea here is protecting the spine during transfers in a patient with spinal cord injury. Any movement during a transfer can cause the spine to bend, twist, or shear, potentially worsening injury. To prevent this, clinicians use protective positioning to keep the spine in a neutral, stable alignment and to limit movements that could harm the cord. When the patient is side-lying, that protective alignment becomes especially important, so positioning devices or restraints may be used to maintain stability and prevent unwanted rotation or flexion as the body is moved. This careful, controlled approach reduces the risk of secondary injury during the transfer. No precautions would leave the spine vulnerable to further injury, which is not appropriate for SCI. Trunk contact is often necessary to stabilize and guide the movement, not avoided entirely. Moving quickly without support can cause abrupt, uncontrolled movements, increasing danger.

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3. Practices that help reduce the number and spread of microorganisms are referred to as what?

A. Sterilization

B. Medical asepsis

C. Disinfection

D. Asepsis

Reducing the number of microorganisms and limiting their spread in everyday care is achieved through medical asepsis, or clean technique. This involves practical measures like hand hygiene, using gloves when appropriate, cleaning and disinfecting surfaces, and proper waste management to lower microbial load and transmission during patient care. Sterilization completely destroys all microorganisms and spores, mainly for nondisposable instruments. Disinfection lowers the microbial count on inanimate surfaces but may not eliminate all organisms or spores and isn't applied to living tissues in routine care. Asepsis refers to a state or practice aimed at preventing infection, often in the context of sterile techniques, which is more stringent than daily medical asepsis. Thus, medical asepsis is the best-fit concept for practices that reduce and prevent the spread of microorganisms.

4. 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.

5. What degree range defines Semi-Fowler's position?

A. Zero to ten degrees

B. Thirty to sixty degrees

C. Fifteen to forty-five degrees

D. Ninety degrees

Semi-Fowler's position is a supine posture with the head of the bed elevated to a moderate angle, typically around 30 degrees, and within a range of about 15–45 degrees. This elevation improves chest expansion and ventilation, lowers the work of breathing, and helps with swallowing and reducing aspiration risk during feeding, while keeping the patient stable and comfortable with some knee flexion for spine support. Elevations near flat (0 degrees) don't provide the airway and lung benefits, whereas a near-90-degree upright position is a different, higher level of Fowler's used for other purposes, so the moderate range of 15–45 degrees best defines semi-Fowler's.

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6. What is the Trendelenburg position?

A. Position: Feet above the head

B. Position: Head above the feet

C. Position: Head and feet upright

D. Position: Feet below the head

The Trendelenburg position places the person lying on their back with the table tilted so that the feet are higher than the head. In other words, the entire body is angled with the feet elevated relative to the head. This setup can shift blood toward the central circulation and briefly raise blood pressure, which is why it's been used in some clinical situations. It's the opposite of the reverse Trendelenburg position, where the head is higher than the feet. Remember that this position can affect breathing and intracranial pressure, so it's used selectively.

7. What is a potential consequence of poor wheelchair fit?

A. Increased propulsion efficiency

B. Improved skin integrity

C. Pressure injuries, impaired circulation, pain, instability, and reduced mobility

D. No adverse effects

Poor wheelchair fit disrupts how the body sits and moves in the chair, leading to uneven load distribution and unwanted forces. When the seating surface doesn't support the hips, pelvis, and spine properly, weight is carried by small bony areas and tissues that aren't meant to bear it, plus shear from sliding or sliding against the cushion. That combination reduces blood flow to those tissues, increasing the risk of pressure injuries. The misalignment also narrows circulation and creates muscle and joint strain, which can cause pain and fatigue. Instability arises because hips, pelvis, or feet aren't well aligned, making the chair harder to control and increasing the chance of tipping or slipping. All of these factors together limit movement and functional participation. That's why a poor fit can lead to pressure injuries, impaired circulation, pain, instability, and reduced mobility.

8. Which is a recommended knee position after total knee replacement?

A. Keep the knee in flexion

B. Maintain affected knee in extension

C. Lock the knee in 30 degrees of rotation

D. Avoid any knee motion

After a total knee replacement, the goal of early positioning is to protect healing tissues while preventing stiffness. Keeping the knee in extension helps maintain normal alignment, reduces the risk of a flexion contracture, and supports functional activities like standing and progressing to walking. It also aids the extensor mechanism and reduces posterior knee capsule tightness that can limit motion. Sustained knee flexion or forcing a rotation is not a standard protective approach and can contribute to stiffness or abnormal loading, while avoiding motion entirely leads to adhesions and ROM loss. So, extending the knee is the recommended position.

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9. Which statement correctly reflects hand hygiene moments?

A. Before and after patient contact

B. Only after patient contact

C. Only before patient contact

D. Never required

The essential idea is to minimize the risk of transferring pathogens at the moments when you interact with a patient. You should perform hand hygiene both before you touch a patient and after you finish touching a patient. This dual timing protects the patient from potential contaminants at the start of care and also protects you and the surrounding environment from anything picked up during the encounter. While there are additional moments to consider (like before aseptic tasks or after exposure to body fluids), the statement that accurately reflects the practice around direct patient contact is that you clean your hands before and after patient contact. Doing it only before or only after leaves a gap in protection, and saying it's never required is clearly incorrect. Remember to use an alcohol-based hand rub when hands aren't visibly soiled, or wash with soap and water if they are.

10. Which PPE is required for droplet transmission?

A. N95 mask, gown, gloves, and face shield

B. Mask, gown, gloves, and face shield

C. Mask only

D. Gown and mask

Droplet transmission calls for barriers that cover the respiratory tract, eyes, skin/clothes, and hands. A mask protects the airway and reduces exposure to droplets; eye protection (such as a face shield or goggles) guards the eyes from splashes; a gown prevents contamination of skin and clothing; and gloves shield the hands from contact with infectious material. For routine droplet precautions, an N95 isn't required because droplets are larger and don't stay airborne like aerosols. So the best choice includes a mask, gown, gloves, and a face shield to provide comprehensive protection against droplet exposure. The other options miss one or more essential protections or include unnecessary equipment.

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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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