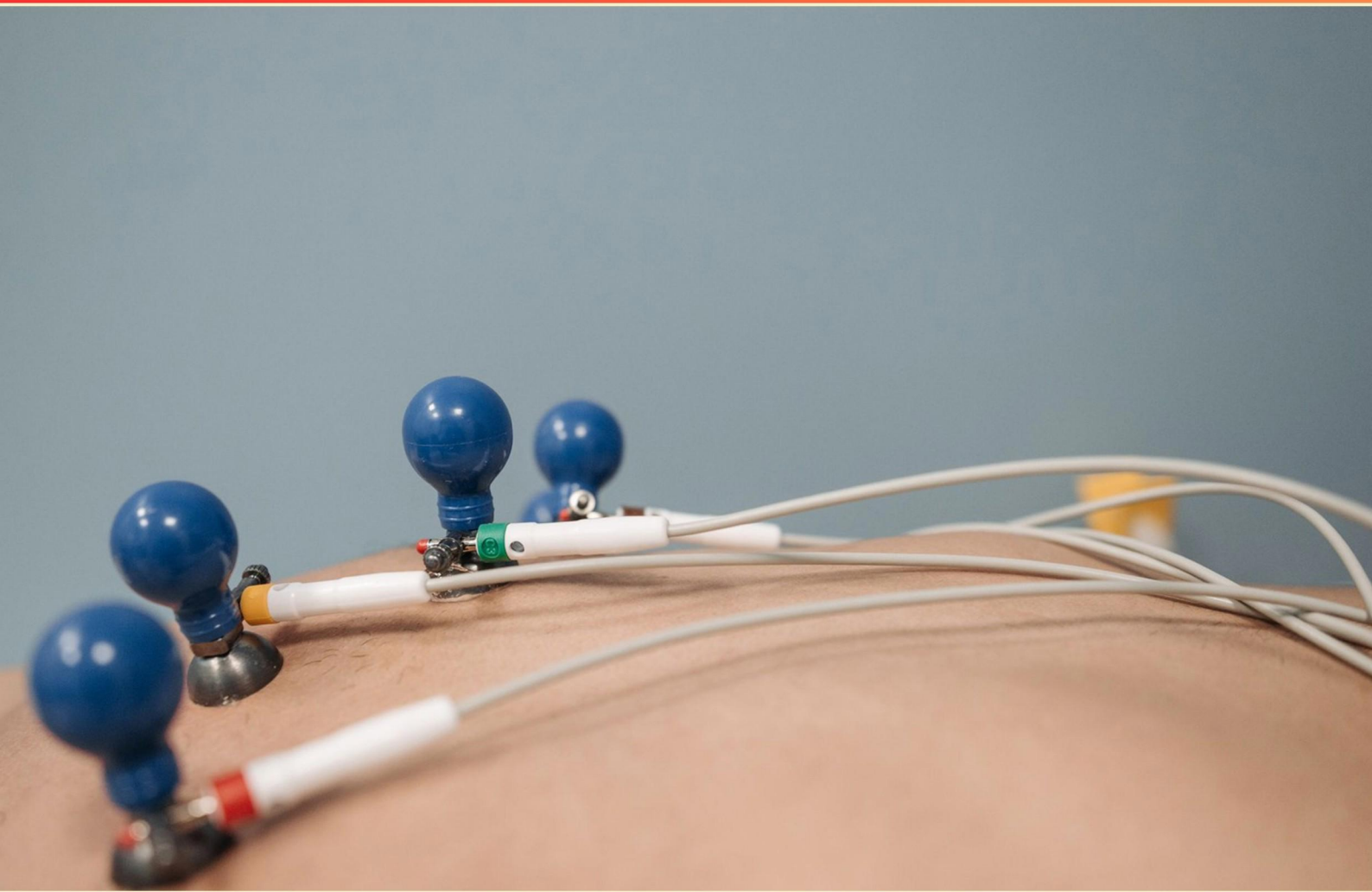


PTP 5 FITTING ASSISTIVE DEVICES, WEIGHT BEARING STATUSES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. Sliding boards are particularly useful when which body region is compromised?**
 - A. Upper extremity compromised
 - B. Lower extremity compromised
 - C. Trunk compromised
 - D. No impairment
- 2. Elbow flexion angle is recommended to minimize wrist stress when using crutches. What is the target angle?**
 - A. 60-70 degrees
 - B. 90 degrees
 - C. 0-10 degrees
 - D. 20-30 degrees
- 3. Which statement describes essential capabilities when managing an assistive device?**
 - A. The device height should never be adjusted after setup
 - B. You should be able to lock and unlock brakes, remove and replace leg rests, and remove or reposition the arm rests
 - C. Brakes are never adjusted after setup
 - D. Leg rests can always be removed without affecting stability
- 4. WBAT status: which statement is correct?**
 - A. They are not cleared to place weight on the lower extremities.
 - B. They are sometimes cleared to place weight on the lower extremities.
 - C. They are cleared to safely place weight on the lower extremities.
 - D. They require full weight bearing immediately.
- 5. What is the _____ of the condition?**
 - A. Context
 - B. Duration
 - C. Status
 - D. Course

- 6. Which status explicitly indicates toe touch weight bearing?**
- A. NWB
 - B. TTWB
 - C. PWB
 - D. WBAT
- 7. For a patient early in rehabilitation needing maximum stability to stand, which device is most appropriate?**
- A. Cane
 - B. Standard walker
 - C. Parallel bars
 - D. Wheelchair
- 8. For a patient with mild knee osteoarthritis and mild balance deficits who can bear full weight, which device is most appropriate?**
- A. Standard Walker
 - B. Cane
 - C. Hemi-Walker
 - D. Axillary Crutches
- 9. Which device is commonly used for patients with significant balance deficits requiring support?**
- A. Cane
 - B. Crutches
 - C. Rollator
 - D. Walker
- 10. Three-point gait is typically used when:**
- A. The involved leg bears full weight
 - B. The patient uses a walker
 - C. The involved leg is non-weight bearing
 - D. The patient is non-ambulatory

Answers

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

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Explanations

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1. Sliding boards are particularly useful when which body region is compromised?

- A. Upper extremity compromised**
- B. Lower extremity compromised
- C. Trunk compromised
- D. No impairment

Sliding boards work by creating a low-friction bridge between two surfaces so a person can move from one to the other without full standing or heavy lifting. The transfer is accomplished mainly by using the arms to push and stabilize the body across the board, with the caregiver guiding and supporting as needed. Because this method relies on arm use and controlled movement rather than a strong stand-pivot through the legs, it's especially helpful when the upper limbs have limited function but can still assist with propulsion. The board reduces the amount of weight bearing and effort required from the lower body, making a safer, more feasible transfer for someone whose trunk and legs can't bear full load or who would struggle with other transfer methods. Proper technique—placing the board correctly, positioning hands, and keeping the hips aligned—helps maintain safety and alignment throughout the move.

2. Elbow flexion angle is recommended to minimize wrist stress when using crutches. What is the target angle?

- A. 60-70 degrees
- B. 90 degrees
- C. 0-10 degrees
- D. 20-30 degrees**

When using crutches, the goal is to position the elbow in a light bend so the weight you bear passes through the forearm and hand rather than jamming the wrist. A target elbow flexion of about 20–30 degrees provides a comfortable, stable alignment that keeps the wrist from being held in an awkward extended position and reduces the load straight onto the wrist joints. If the elbow is nearly straight (0–10 degrees), the wrist tends to take more of the load and stays extended, increasing strain on the wrist and potentially causing discomfort or overuse issues. If the elbow is too bent (60–70 degrees or around 90 degrees), you lose efficient leverage, fatigue the shoulder more quickly, and the crutches become harder to use smoothly. The mid-range of 20–30 degrees offers a balance: good leverage, comfortable wrist position, and efficient weight transfer through the arms and trunk. So the best target angle is about 20–30 degrees of elbow flexion.

3. Which statement describes essential capabilities when managing an assistive device?

- A. The device height should never be adjusted after setup
- B. You should be able to lock and unlock brakes, remove and replace leg rests, and remove or reposition the arm rests**
- C. Brakes are never adjusted after setup
- D. Leg rests can always be removed without affecting stability

Managing an assistive device safely hinges on having practical control over adjustable components like brakes, leg rests, and arm rests. Being able to lock and unlock brakes is foundational for safety: you lock the brakes to prevent unwanted movement during transfers or when the user is stationary, and unlock them to maneuver the device when needed. You also need to remove and replace leg rests to accommodate transfers, adjust leg positioning, and fit the device to different activities or user sizes. Removing or repositioning arm rests helps you get closer to seating surfaces, improves stability during transfers, and allows for easier access or comfort in various situations. When you can perform these adjustments, the device stays usable and safe across a range of tasks and users. Other statements imply rigidity—that brakes should never be adjusted after setup or that leg rests can always be removed without affecting stability—which doesn't reflect practical safety and adaptability. In real use, devices require adjustable components to maintain proper fit, transfer safety, and comfort.

4. WBAT status: which statement is correct?

- A. They are not cleared to place weight on the lower extremities.
- B. They are sometimes cleared to place weight on the lower extremities.
- C. They are cleared to safely place weight on the lower extremities.**
- D. They require full weight bearing immediately.

Weight bearing as tolerated means the patient may place as much weight on the injured leg as they can tolerate without increasing pain or risking healing. The statement "cleared to safely place weight on the lower extremities" reflects this: a clinician is authorizing weight bearing within the patient's safe tolerance, using precautions as needed. It isn't a fixed, one-size-fits-all amount and doesn't demand full weight bearing right away. The other options don't fit because they imply no weight bearing (not cleared), inconsistent or vague permission (sometimes cleared), or an obligation to immediately bear all weight (full weight bearing right away) which WBAT does not prescribe.

5. What is the _____ of the condition?

- A. Context
- B. Duration**
- C. Status
- D. Course

The term that fits describes how long the condition has existed. Duration refers to the length of time the condition has been present or the time it's expected to persist, which is why it's the best choice here. This is different from status, which is about the current state (e.g., stable vs. unstable); context, which covers surrounding factors and circumstances; and course, which describes how the condition changes or progresses over time. If you have an injury that started yesterday, you'd note a short duration; if you're tracking how symptoms change week by week, that would relate to the course.

6. Which status explicitly indicates toe touch weight bearing?

- A. NWB
- B. TTWB**
- C. PWB
- D. WBAT

Toe touch weight bearing is the status that explicitly indicates you may only touch the floor with the toes for balance, with no weight transmitted through the injured leg. That precise label means the leg is not loaded, except for incidental toe contact for balance, which is why it's the best answer. Other statuses describe different load levels: non-weight bearing means no contact at all with the ground; partial weight bearing allows some load but not necessarily toe contact; weight bearing as tolerated lets the patient determine how much weight to bear based on comfort and clinician guidance.

7. For a patient early in rehabilitation needing maximum stability to stand, which device is most appropriate?

- A. Cane
- B. Standard walker
- C. Parallel bars**
- D. Wheelchair

Maximum stability when standing early in rehab comes from devices that provide bilateral handholds and adjustable support, allowing the patient to bear weight safely with both sides and maintain upright alignment. Parallel bars give two secure handholds on opposite sides at a height and width tailored to the patient, enabling gradual weight bearing, proper posture, and the therapist's hands-on control if needed. This setup offers more stability than a cane, which provides only single-point support, and more adaptability than a standard walker, which, while helpful, does not offer the same level of bilateral control and alignment options. A wheelchair is for seating and mobility rather than facilitating standing. So, parallel bars best meet the need for maximum stability during early standing practice.

8. For a patient with mild knee osteoarthritis and mild balance deficits who can bear full weight, which device is most appropriate?

- A. Standard Walker
- B. Cane**
- C. Hemi-Walker
- D. Axillary Crutches

Choosing an assistive device hinges on how much weight the patient can safely bear and how much balance support they need. For someone with mild knee osteoarthritis and only mild balance deficits who can bear full weight, a cane is the most appropriate option because it provides just enough stability without over-restricting gait or adding excessive bulk. Holding the cane in the hand opposite the affected knee helps offload some load from the knee and improves balance, aiding confidence during ambulation while keeping walking relatively natural and easy to manage. A standard walker offers more stability but is bulky and can hinder mobility for someone with only mild balance issues. A hemi-walker sits between a cane and a full walker in terms of support but is still more cumbersome than needed for this level of balance deficit. Axillary crutches require more upper-body strength and coordination and carry a higher risk of nerve compression under the arm, making them less suitable when mild balance deficits are present and full weight bearing is allowed.

9. Which device is commonly used for patients with significant balance deficits requiring support?

- A. Cane
- B. Crutches
- C. Rollator
- D. Walker**

When balance is severely compromised, the goal is maximum stability and support. A walker provides a sturdy, wide frame with four points of contact on the ground, allowing you to bear weight through the arms and hands and push forward in a controlled, secure way. This design helps maintain an upright posture and reduces the risk of tipping compared to other devices. Cane and crutches demand more balance and coordination, offering less overall stability. A rollator adds wheels for easier movement but can be harder to control and stop safely for someone with significant balance deficits. For those needing substantial support, the walker is the most reliable option.

10. Three-point gait is typically used when:

- A. The involved leg bears full weight
- B. The patient uses a walker
- C. The involved leg is non-weight bearing**
- D. The patient is non-ambulatory

When one leg cannot bear weight, you move in a way that protects that limb while still keeping a stable base of support. Three-point gait achieves this by using two devices (crutches or a walker) plus the unaffected leg for support, while the involved leg remains non-weight bearing. The body is advanced by moving the two devices and the healthy leg forward together, then swinging the injured leg forward to rest on the devices, and repeating. This creates three points of contact—the two devices and the healthy leg—while the injured leg stays off the ground, which is exactly what's needed when the involved leg cannot bear weight. If the involved leg could bear weight, this pattern wouldn't be necessary or appropriate. The fact that a walker is used can fit this pattern, but the core criterion is the non-weight-bearing status of the involved leg, not the device alone.

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:

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

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