REMBE ELECTROTHERAPY PRACTICE TEST (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 about ultraviolet effects on tissue is true?

A. Primary effect is photochemical

B. Vitamin D production is the primary effect

C. Both are primary effects

D. None of the above

2. Heat produced is proportional to the square of current strength. Which current-law statement describes this relationship?

A. Direct current

B. Alternating current

C. Joule's law

D. Ohm's law

3. Which current type is Faradic impulse?

A. Pulsed direct current

B. Direct current

C. Static current

D. Alternating current

4. The unit of power is represented by the

A. Ohm

B. Watt

C. Volt

D. Ampere

5. The duration of the faradic impulse is approximately which?

A. 0.001 of a second

B. 1 megasecond

C. 0.01 of a second

D. Variable

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6. The counterirritant effect produced by infrared radiation is best explained by

A. The increase in venous and arterial capillary pressure

B. A desensitization of superficial sensory nerves

C. The decrease of stimuli passing over sensory nerves

D. The sedative effect produced by mild heating

7. When a muscle is in a state of partial reaction of degeneration, it responds to a tetanizing (faradic) current by:

A. Normal reaction

B. Diminished response

C. No response

D. Brisk contraction

8. Which statement indicates that the reaction of degeneration is not involved?

A. Accompanies partial reaction of degeneration

B. Accompanies full reaction of degeneration

C. Accompanies absolute reaction of degeneration

D. Reaction of degeneration is not involved

9. When using ultrasound, cavitation can occur in which of the following?

A. After laminectomy

B. Carotid sinus

C. Infected wound

D. Plastic implants

10. Which of the following changes are known as reaction of degeneration following a peripheral nerve injury?

A. Fatty degeneration of the muscle fibers

B. Atrophy of muscle cells

C. Degeneration of the nerve trunk

D. Changes in the electrical reaction of the muscle fibers

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Answers

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

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Explanations

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1. Which statement about ultraviolet effects on tissue is true?

A. Primary effect is photochemical

B. Vitamin D production is the primary effect

C. Both are primary effects

D. None of the above

Ultraviolet light affects tissue mainly through photochemical reactions. The photons initiate chemical changes in skin molecules, especially DNA and other cellular components, leading to direct photochemical damage such as DNA lesions. This direct chemical alteration is the primary effect of UV exposure on tissue. Vitamin D production in the skin is a secondary biochemical outcome that occurs when UVB converts 7-dehydrocholesterol to previtamin D3; while important systemically, it is not the immediate tissue effect being described. Therefore, stating that the primary effect is photochemical correctly captures the main mechanism, and the other statements don't describe the initial tissue response.

2. Heat produced is proportional to the square of current strength. Which current-law statement describes this relationship?

A. Direct current

B. Alternating current

C. Joule's law

D. Ohm's law

Heat produced in a conductor comes from electrical energy being converted into thermal energy. The rate of heat generation is the electric power P, which equals VI. If the conductor has resistance R, then V = IR, so P = I^2R. This shows that for a given resistance, the heat produced per unit time is proportional to the square of the current. Over a time interval, the total heat is Q = I^2Rt. This specific relationship is Joule's law. Direct current and alternating current describe the type of current, not the heating rule, and Ohm's law relates voltage, current, and resistance. The heating relation that ties heat to the square of current is Joule's law, applicable to both DC and AC (using RMS current for AC).

3. Which current type is Faradic impulse?

A. Pulsed direct current

B. Direct current

C. Static current

D. Alternating current

Faradic impulse comes from an alternating current that is intermittently interrupted to create brief bursts. The device uses a transformer fed by AC, and the interrupter chops the flow into pulses, but the underlying current type remains alternating rather than direct. That's why this impulse is classified as alternating current. It's not a steady direct current, nor a static or non-changing flow, and the pulsing is a feature of how the AC source is interrupted, not a DC source.

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4. The unit of power is represented by the

A. Ohm

B. Watt

C. Volt

D. Ampere

Power is the rate at which energy is transferred or converted in an electrical circuit. It's defined by the relationship P = V × I, where V is voltage and I is current. The unit that measures this rate is the watt. One watt equals one joule of energy transferred per second, and because P = V × I, volts times amperes naturally gives watts (V × A = W). The other options correspond to different electrical quantities: Ohm is the unit of resistance, Volt is the unit of electric potential difference, and Ampere is the unit of electric current. For example, a device rated in watts tells you how much energy it uses each second, while volts tell you the driving force and amperes tell you how much current flows.

5. The duration of the faradic impulse is approximately which?

A. 0.001 of a second

B. 1 megasecond

C. 0.01 of a second

D. Variable

Faradic impulses are very brief bursts of current used to rapidly stimulate nerves or muscles. The duration is on the order of a fraction of a second, specifically about one millisecond (0.001 seconds). This short pulse is enough to depolarize nerves effectively while minimizing tissue heating and prolonged contraction. Longer pulses, like 0.01 seconds, would produce a slower, more sustained response and more heating, which isn't typical for the intended faradic stimulation. The impulse duration isn't variable in standard practice, and a megasecond would be far too long to function as a distinct stimulation pulse. So the best match is the brief, about-one-millisecond duration.

6. The counterirritant effect produced by infrared radiation is best explained by

A. The increase in venous and arterial capillary pressure

B. A desensitization of superficial sensory nerves

C. The decrease of stimuli passing over sensory nerves

D. The sedative effect produced by mild heating

Infrared heating creates a counterirritant effect by desensitizing superficial sensory nerves, which aligns with the way non-noxious cutaneous input can modulate pain signals. The warmth from infrared stimulates skin receptors and, through mechanisms like the gate-control idea, reduces the transmission of deeper nociceptive signals to the brain. In other words, the superficial nerves become less responsive, so pain signals are dampened. This is why desensitization of these superficial nerves best explains the counterirritant effect. The other options don't describe this specific neural modulation: vascular changes and general reductions in stimuli don't capture the targeted nerve desensitization that leads to analgesia, and a sedative effect from mild heating isn't the mechanism at play here.

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7. When a muscle is in a state of partial reaction of degeneration, it responds to a tetanizing (faradic) current by:

A. Normal reaction

B. Diminished response

C. No response

D. Brisk contraction

Muscle excitability with different states of innervation explains the result. When a muscle is in partial reaction of degeneration, some motor units are still innervated and can be activated, but others have begun to degenerate and are less responsive. A tetanizing (faradic) current rapidly recruits available motor units to produce a sustained contraction, but because only a portion of the fibers respond, the resulting contraction is weaker than normal. So the best description is a diminished response.

8. Which statement indicates that the reaction of degeneration is not involved?

A. Accompanies partial reaction of degeneration

B. Accompanies full reaction of degeneration

C. Accompanies absolute reaction of degeneration

D. Reaction of degeneration is not involved

The main idea here is whether a degenerative reaction occurs alongside the process. If degeneration is involved, the statements would say it accompanies partial, full, or absolute degeneration, signaling that a degenerative response is present. The only option that fits the prompt of "not involved" is the one that asserts no degenerative reaction occurs. So, the correct choice is the statement that the reaction of degeneration is not involved, meaning the process proceeds without any degenerative changes.

9. When using ultrasound, cavitation can occur in which of the following?

A. After laminectomy

B. Carotid sinus

C. Infected wound

D. Plastic implants

Cavitation with ultrasound happens when acoustic energy interacts with gas bubbles in tissue. Gas pockets provide nuclei that can rapidly oscillate and collapse under the ultrasound field, which is most likely to occur in areas where gas-forming bacteria have created pockets in the tissue. An infected wound often contains such gas pockets, making it the setting where cavitation is most likely. The post-laminectomy site typically lacks gas pockets, the carotid sinus is a vascular/soft-tissue area without inherent gas, and plastic implants are solid materials that don't normally harbor gas pockets—so they're less likely to undergo cavitation under standard therapeutic ultrasound.

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10. Which of the following changes are known as reaction of degeneration following a peripheral nerve injury?

A. Fatty degeneration of the muscle fibers

B. Atrophy of muscle cells

C. Degeneration of the nerve trunk

D. Changes in the electrical reaction of the muscle fibers

After a peripheral nerve injury the muscle first shows its response through electrical changes rather than immediate structural changes. This reaction of degeneration reflects how the muscle fibers behave when they lose their nerve supply. Denervated muscle becomes electrically unstable, so on studies like EMG you see spontaneous activity in resting muscle, such as fibrillation potentials or positive sharp waves, and later changes in how the muscle responds to stimulation. These electrical alterations are the hallmark of the reaction of degeneration. Fatty degeneration of muscle fibers and atrophy are true consequences of denervation over time, and degeneration of the nerve trunk describes Wallerian degeneration of the nerve itself, but the specific term "reaction of degeneration" refers to the altered electrical properties of the muscle fibers after denervation.

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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://rembeelectrotherapy.examzify.com

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

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