

1. According to the definition of therapeutic exercise and the impact of exercise on the disablement process, which of the following is a correct statement about therapeutic exercise? It can be used to:
 - A) Remediate physical impairments but has little to no impact on functional limitations
 - B) Halt or retard the process of disablement but cannot partially or fully reverse the process of disablement
 - C) Remediate, decrease, or prevent physical impairments and functional limitations
 - D) Remediate or decrease physical impairments and functional limitations but cannot reduce risk factors for pathology

2. Awareness of safety measures during exercise protects the patient and the therapist. Which of the following measures should be taken to prevent injury of the physical therapist?
 - A) Screen the patient's current health status to ensure that he/she is able to participate in therapeutic exercise
 - B) Maintain proper body mechanics while applying manual resistance, stretching or joint mobilization techniques
 - C) Assess the physical environment for adequate space and equipment
 - D) Provide the necessary feedback and education for proper performance of therapeutic exercise

3. Which of the following terms, associated with aspects of physical function that can be modified by therapeutic exercise, is used to describe synergistic muscle actions that statically or dynamically hold proximal or distal body segments in appropriate positions?
 - A) Muscle strength
 - B) Muscle power
 - C) Anaerobic equilibrium
 - D) Stability

4. Consistent with terminology, associated with aspects of physical function that can be modified by therapeutic exercise, a term synonymous with aerobic fitness is:
 - A) Cardiopulmonary resistance
 - B) Cardiopulmonary endurance
 - C) Cardiopulmonary stability
 - D) Cardiopulmonary strength

5. Each of the following is a step in the process of evidence-based practice *except*:
 - A) Convert the patient problem to an answerable clinical question
 - B) Spend many hours gathering any and all evidence that might be used to answer the question
 - C) Integrate relevant evidence with clinical experience and expertise to make decisions about the management and care of a patient
 - D) Assess the outcomes of interventions based on evidence

6. In the model of disablement described in the *Guide to Physical Therapist Practice* a rotator cuff tear is considered a (an):
 - A) Pathology
 - B) Impairment
 - C) Functional limitation
 - D) Disability

7. Which of the following components of the disablement process is influenced primarily by personal desires, family roles, and societal expectations?
 - A) Risk factors for pathology
 - B) Impairments
 - C) Functional limitations
 - D) Disability

8. Ms.C. is an 18-year-old who is 3 days post-ACL reconstruction. She must wear a knee immobilizer during ambulation with axillary crutches and remain partial weight bearing on the involved side. She has limited passive and active motion of the operated knee. According to the disablement model and patient management model described in the *Guide to Physical Therapist Practice*, her limited knee ROM is classified as a (an):
 - A) Pathology
 - B) Impairment
 - C) Physical therapy diagnosis
 - D) Functional limitation

9. Ms. L. is a 78 year-old who underwent surgery for internal fixation of an intertrochanteric fracture of the (L) hip 3 days ago. For the next few weeks she must remain non-weight bearing on the operated side and has begun to use a walker for ambulation. She is able to walk for short distances around her hospital bed but is not yet able to rise from a chair to standing. The inability to stand up from a sitting position is classified as a (an):
 - A) Pathology
 - B) Impairment
 - C) Functional limitation
 - D) Disability

10. Part of a preseason testing program for high school athletes includes testing the stability of the glenohumeral and scapulothoracic joints. If you identify an athlete with signs of shoulder instability, you will suggest an exercise program designed to prevent or reduce the risk of injury during the season. This is an example of what type of prevention?
 - A) Primary
 - B) Secondary
 - C) Tertiary
 - D) Indirect

11. Which of the following is a true statement about the components of the patient management model described in the *Guide to Physical Therapist Practice*?
- A) Therapeutic exercise is classified as a procedural intervention.
 - B) Goals and outcomes are synonymous terms.
 - C) A primary focus of the diagnostic process performed by physical therapists is the identification of pathology.
 - D) It is appropriate to discharge a patient from an exercise program only when the patient has attained the goals stated in the plan of care.
12. According to the patient management model described in the *Guide to Physical Therapist Practice*, each of the following is a component of an examination performed by a physical therapist except:
- A) Selecting and performing appropriate tests and measures
 - B) Taking a patient's history
 - C) Interpreting information derived from specific measurement tools to form a diagnosis and prognosis
 - D) Performing a systems review
13. Due to supraspinatus impingement syndrome, Mrs. J. is unable to fully lift her arm overhead without pain. Each of the following is a functionally relevant impairment, except:
- A) Decreased muscle performance of the rotator cuff
 - B) Poor motor control of the scapular stabilizers
 - C) Tight posterior capsule
 - D) Leg length inequality
14. Your patient is performing pelvic tilt exercises for the first time and needs verbal and tactile cues (feedback) to perform this exercise correctly. This represents which stage of motor learning?
- A) Cognitive
 - B) Contemplative
 - C) Associative
 - D) Autonomous
15. During several physical therapy sessions, a patient you have been treating for low back pain learned how to perform pelvic tilt exercises in several positions (supine, sitting, quadruped, standing). With continued practice at home, your patient is now able to perform extremity movements while maintaining a stable pelvic position. This represents which stage of motor learning?
- A) Cognitive
 - B) Continuous
 - C) Associative
 - D) Autonomous

16. You are helping a patient learn motor skill. You set up several variations of the same task (walking on several types of surface). You have the patient perform two or three repetitions of one variation of the task; then you have him identify his own errors after the first repetition (or point out errors to him after the first repetition). Next, allow him to repeat the same variation of the task one or two more times before moving on to another variation of the task. What term best describes this type of practice?
- A) Blocked
 - B) Blocked-random
 - C) Random
 - D) Augmented
17. In which of the following stages of motor learning does augmented feedback have the most positive impact on acquisition of a motor skill?
- A) Cognitive stage
 - B) Associative stage
 - C) Autonomous stage
 - D) External feedback is equally effective in any stage of motor learning
18. Helping a patient acquire the ability to shift his weight from side to side in standing position by means of manual guidance by the therapist during the weight-shift activity is called:
- A) Summary feedback
 - B) Delayed feedback
 - C) Concurrent feedback
 - D) Instantaneous post-response feedback
19. For which of the following tasks will teaching components (parts) of the motor task be most effective?
- A) Swinging a golf club
 - B) Riding a stationary bicycle
 - C) Grasping an object
 - D) Performing a standing-pivot transfer from bed to wheelchair
20. Consistent with the taxonomy of motor tasks, which of the following activities is the best example of body stable in an open environment with intertrial variability without manipulation?
- A) Maintaining sitting balance while riding a bus from school to home
 - B) Maintaining standing balance while on an escalator
 - C) Maintaining balance on a sidewalk or on the grass
 - D) Maintaining sitting balance in different-height chairs in your family room when you are home alone

21. Which of the following is not a prerequisite for motor skill acquisition and retention?
- A) Augmented feedback
 - B) Understanding the task or goal
 - C) Being able to activate the motor system
 - D) Being able to retrieve motor memories over time
22. As a therapist, one way you can be relatively confident that motor learning has taken place is when your patient demonstrates which of the following?
- A) Consecutive repetitions of a task without error during the treatment session
 - B) Decreased need for manual guidance during the treatment sessions
 - C) The ability to perform a slight variation of the task in a new context during the treatment session
 - D) Increased speed demonstrated when carrying out the task

Answer Key

1. C
2. B
3. D
4. B
5. B
6. A
7. D
8. B
9. C
10. B
11. A
12. C
13. D
14. A
15. D
16. B
17. A
18. C
19. D
20. A
21. A
22. C

1. You are asked to use therapeutic exercise with a patient who has impairments in muscle performance. You could expect to do any of the following *except*:
 - A) Strength exercises
 - B) Coordination exercises
 - C) Power exercises
 - D) Muscular endurance exercises

2. Using the Disablement Model, the loss of range of motion and pain present with an inversion sprain of the ankle is referred to as the:
 - A) Pathology
 - B) Impairment
 - C) Functional limitation
 - D) Disability

3. Using the Disablement Model, the inability to perform self-care activities such as feeding is referred to as the:
 - A) Pathology
 - B) Impairment
 - C) Functional limitation
 - D) Disability

4. The best way to develop effective treatment procedures is to use which of the following methods?
 - A) Evidence-based practice
 - B) Anecdotal evidence
 - C) Clinical tradition
 - D) Opinion of the experienced clinician

5. Which of the following components of patient management is within the scope of practice of a PTA?
 - A) Evaluation of data collected
 - B) Determination of a PT diagnosis
 - C) Establishment of a prognosis and plan of care
 - D) Implementation of appropriate interventions

6. Which of the following elements is not a source of a patient's history?
 - A) Self-report health questionnaire
 - B) Medical record review
 - C) Posture analysis
 - D) Interview with significant individual

7. Which of the following is an example of task-specific functional training?
- A) Instructing a patient in self-ROM for the shoulder to improve independence with ADLs.
 - B) ISOM quad strengthening to improve stair-climbing ability
 - C) Hamstring stretching to improve knee extension at heel-strike
 - D) Sit to stand activities with a weighted backpack to improve strength for transfers
8. Any of the following would be grounds for discontinuation of PT services *except*:
- A) Patient decision to stop
 - B) Expected outcomes are attained
 - C) Change in medical status
 - D) Need for further service not justifiable to a payer
9. The stage of learning in which an open environment with distractions interferes with learning is which of the following?
- A) Cognitive
 - B) Transformative
 - C) Associative
 - D) Autonomous
10. Each of the following is a good instructional strategy for the autonomous stage of learning *except*:
- A) Use little to no feedback
 - B) Set up a series of more difficult exercises
 - C) Demonstrate the movements
 - D) Suggest ways that the task can be used in more challenging situations

Answer Key

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