

NPTE Practice Exam

1. A physical therapist is working in an outpatient orthopedic clinic. During the patient's history the patient reports, "I tore 3 of my 4 Rotator cuff muscles in the past." Which of the following muscles cannot be considered as possibly being torn?

- a. Teres minor
- b. Teres major
- c. Supraspinatus
- d. Infraspinatus

2. A physical therapist at an outpatient clinic is returning phone calls that have been made to the clinic. Which of the following calls should have the highest priority for medical intervention?

- a. A home health patient reports, "I am starting to have breakdown of my heels."
- b. A patient that received an upper extremity cast yesterday reports, "I can't feel my fingers in my right hand today."
- c. A young female reports, "I think I sprained my ankle about 2 weeks ago."
- d. A middle-aged patient reports, "My knee is still hurting from the TKR."

3. A physical therapist working on an ICU unit, notices a patient is experiencing SOB, calf pain, and warmth over the posterior calf. All of these may indicate which of the following medical conditions?

- a. Patient may have a DVT.
- b. Patient may be exhibiting signs of dermatitis.
- c. Patient may be in the late phases of CHF.
- d. Patient may be experiencing anxiety after surgery.

4. A physical therapist is performing a screening on a patient that has been casted recently on the left lower extremity. Which of the following statements should the physical therapist be most concerned about?

- a. The patient reports, "I didn't keep my extremity elevated like the doctor asked me to."
- b. The patient reports, "I have been having pain in my left calf."
- c. The patient reports, "My left leg has really been itching."
- d. The patient reports, "The arthritis in my wrists is flaring up, when I put weight on my crutches."

5. A 93-year-old female with a history of Alzheimer's disease gets admitted to an Alzheimer's unit. The patient has exhibited signs of increased confusion and limited stability with gait. Moreover, the patient is refusing to use a w/c. Which of the following is the most appropriate course of action for the physical therapist?

- a. Recommend the patient remains in her room at all times.
- b. Recommend family members bring pictures to the patient's room.
- c. Recommend a speech therapy consult to the doctor.
- d. Recommend the patient attempt to walk pushing the w/c for safety.

6. A physical therapist is covering a pediatric unit and is responsible for a 15-year-old male patient on the floor. The mother of the child states, "I think my son is sexually interested in girls." The most appropriate course of action of the physical therapist is to respond by stating:

- a. "I will talk to the doctor about it."
- b. "Has this been going on for a while?"
- c. "How do you know this?"
- d. "Teenagers often exhibit signs of sexual interest in females."

7. A physical therapist is caring for a patient who has recently been diagnosed with fibromyalgia and COPD. Which of the following tasks should the physical therapist delegate to an aide?

- a. Transferring the patient during the third visit.
- b. Ambulating the patient for the first time.
- c. Taking the patient's vital sign while setting up an exercise program
- d. Educating the patient on monitoring fatigue

8. A physical therapist has been instructed to provide wound care for a patient that has active TB and HIV. The physical therapist should wear which of the following safety equipment?

- a. Sterile gloves, mask, and goggles
- b. Surgical cap, gloves, mask, and proper footwear
- c. Double gloves, gown, and mask
- d. Goggles, mask, gloves, and gown

9. A physical therapist is instructing a person who had a left CVA and right lower extremity hemiparesis to use a quad cane. Which of the following is the most appropriate gait sequence?

- a. Place the cane in the patient's left upper extremity, encourage cane, then right lower extremity, then left upper extremity gait sequence.
- b. Place the cane in the patient's left upper extremity, encourage cane, then left lower extremity, then right upper extremity gait sequence.
- c. Place the cane in the patient's right upper extremity, encourage cane, then right lower extremity, then left upper extremity gait sequence.
- d. Place the cane in the patient's right upper extremity, encourage cane, then left lower extremity, then right upper extremity gait sequence.

10. A 64-year-old Alzheimer's patient has exhibited excessive cognitive decline resulting in harmful behaviors. The physician orders restraints to be placed on the patient. Which of the following is the appropriate procedure?

- a. Secure the restraints to the bed rails on all extremities.
- b. Notify the physician that restraints have been placed properly.
- c. Communicate with the patient and family the need for restraints.
- d. Position the head of the bed at a 45-degree angle.

11. A 22-year-old patient in a mental health lock-down unit under suicide watch appears happy about being discharged. Which of the following is probably happening?

- a. The patient is excited about being around family again.
- b. The patient's suicide plan has probably progressed.
- c. The patient's plans for the future have been clarified.
- d. The patient's mood is improving.

12. A patient that has delivered a 8.2 lb. baby boy 3 days ago via c-section, reports white patches on her breast that aren't going away. Which of the following medications may be necessary?

- a. Nystatin
- b. Atropine
- c. Amoxil
- d. Loritab

13. A 64-year-old male who has been diagnosed with COPD, and CHF exhibits an increase in total body weight of 10 lbs. over the last few days during inpatient therapy. The physical therapist should:

- a. Contact the patient's physician immediately.
- b. Check the intake and output on the patient's flow sheet.
- c. Encourage the patient to ambulate to reduce lower extremity edema.
- d. Check the patient's vitals every 2 hours.

14. A patient that has TB can be taken off restrictions after which of the following parameters have been met?

- a. Negative culture results.
- b. After 30 days of isolation.
- c. Normal body temperature for 48 hours.
- d. Non-productive cough for 72 hours.

15. A physical therapist teaching a patient with COPD pulmonary exercises should do which of the following?

- a. Teach purse-lip breathing techniques.
- b. Encourage repetitive heavy lifting exercises that will increase strength.
- c. Limit exercises based on respiratory acidosis.
- d. Take breaks every 10-20 minutes with exercises.

16. A patient asks a physical therapist the following question. Exposure to TB can be identified best with which of the following procedures?

- a. Chest x-ray
- b. Mantoux test
- c. Breath sounds examination
- d. Sputum culture for gram-negative bacteria

Answer Key and Explanations

Question	Question	Question	Question	Question
1. B	16. B	31. B	46. A	61. D
2. B	17. D	32. C	47. D	62. D
3. A	18. A	33. A	48. B	63. A
4. B	19. C	34. A	49. B	64. B
5. B	20. A	35. A	50. C	65. B
6. D	21. A	36. B	51. D	66. D
7. A	22. D	37. D	52. D	67. C
8. D	23. C	38. C	53. B	68. C
9. A	24. B	39. A	54. A	69. A
10. C	25. B	40. A	55. D	70. B
11. B	26. B	41. A	56. C	71. A
12. A	27. D	42. C	57. D	72. A
13. B	28. D	43. D	58. A	73. D
14. A	29. C	44. B	59. D	74. C
15. A	30. A	45. B	60. B	75. D

- 1. B:** Teres Minor, Infraspinatus, Supraspinatus, and Subscapularis make up the Rotator Cuff.
- 2. B:** The patient experiencing neurovascular changes should have the highest priority. Pain following a TKR is normal, and breakdown over the heels is a gradual process. Moreover, a subacute ankle sprain is almost never a medical emergency.
- 3. A:** All of these factors indicate a DVT.
- 4. B:** Pain may be indicating neurovascular complication.
- 5. B:** Stimulation in the form of pictures may decrease signs of confusion.
- 6. D:** Adolescents exhibiting signs of sexual development and interest are normal.
- 7. A:** Aides should be competent on transfers.
- 8. D:** All protective measures must be worn, it is not required to double glove.
- 9. A:** The cane should be placed in the patient's strong upper extremity, and left arm/right foot go together, for normal gait.
- 10. C:** Both the family and the patient should have the need for restraints explained to them.
- 11. B:** The suicide plan may have been decided.
- 12. A:** Thrush may be occurring and the patient may need Nystatin.
- 13. B:** Check the intake and output prior to making any decisions about patient care.
- 14. A:** Negative culture results would indicate absence of infection.