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National Physical Therapy Exam (NPTA)

Physical Therapy Assistant

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Question: 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

Answer: B

Explanation:

Teres Minor, Infraspinatus, Supraspinatus, and Subscapularis make up the Rotator Cuff.

Question: 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 C. my right hand today."
- D. A young female reports, "I think I sprained my ankle about 2 weeks ago."
- E. A middle-aged patient reports, "My knee is still hurting from the TKR."

Answer: B

Explanation:

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.

Question: 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.

Answer: A

Explanation:
All of these factors indicate a DVT.

Question: 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."
- E. crutches."

Answer: B

Explanation:
Pain may be indicating neurovascular complication.

Question: 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.

Answer: B

Explanation:
Stimulation in the form of pictures may decrease signs of confusion.

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