

PTA BOARD EXAM NEWEST 2025/2026 LATEST ACTUAL EXAM WITH 400+ QUESTIONS AND CORRECT DETAILED ANSWERS ALREADY GRADED A+ / PHYSICAL THERAPIST ASSISTANT ACTUAL EXAM (BRAND NEW)

A 24-year-old male rehabilitating from a T2 spinal cord injury complains of a pounding headache and blurred vision while completing an exercise program in supine on a mat table. The patient is sweating profusely and has a pulse rate of 50 beats per minute. The MOST immediate physical therapist assistant response is:

1. maintain the patient in a supine position and monitor blood pressure
 2. place the patient in an upright position and check the catheter
 3. document the subjective and objective information in the medical record
 4. contact the nursing staff to discuss the patient's condition
- 2. Place the patient in an upright position and check the catheter.**

A physical therapist assistant employed in an out-patient physical therapy clinic notices that a patient referred to a group exercise program for osteoarthritis has been slow to engage in group activities and often seems disinterested. Which action would be the MOST immediate to increase the patient's level of participation?

1. continue to encourage the patient to participate
 2. develop a reward program for the patient based on his level of participation
 3. discuss the purpose of the program and the potential consequences of not participating with the patient
 4. consult with the patient's referring physician
- 3. discuss the purpose of the program and the potential consequences of not participating with the patient**

Which finding would most likely require physician consultation when treating a patient diagnosed with osteoarthritis currently taking a nonsteroidal anti-inflammatory agent?

1. morning stiffness and pain
2. increased soreness with increased activity
3. fluctuating pain levels correlated with weather changes
4. newly occurring stomach pain **4. Newly occurring stomach pain**

(Reports of newly occurring stomach pain should be taken seriously with subsequent referral to a physician. The other options are typical symptoms of osteoarthritis, and although relevant, would not typically require physician consultation.)

A physical therapist assistant completing documentation at a workstation observes a patient enter the gym and begin to use the weight machines. When approached by the physical therapist assistant, the patient indicates he is 10 minutes early for a scheduled appointment, however states that he often begins exercising before formal contact with a therapist. The MOST appropriate action is:

1. monitor the patient while he initiates the exercise program
2. ask the patient to return to the waiting area
3. review the patient's medical record
4. allow the patient to exercise independently **2. ask the patient to return to the waiting area**

A patient performing ambulation activities suddenly begins to demonstrate signs of weakness including shaking of the legs and impaired balance. When asked about her status, the patient reports she cannot continue walking. The MOST appropriate physical therapist assistant action is:

1. call for assistance
 2. provide verbal encouragement
 3. walk the patient to a chair
 4. slowly lower the patient to the floor
- 4. Slowly lower the patient to the floor**

A physical therapist assistant performs a special test on a 45-year-old male diagnosed with carpal tunnel syndrome by asking the patient to maximally flex his wrists and hold the position by pushing the wrists together for 60 seconds. Which finding would be MOST indicative of a positive test?

1. pain in an area innervated by the ulnar nerve
 2. pain in an area innervated by the median nerve
 3. tingling into the thumb, index finger, middle, and lateral half of the ring finger
 4. tingling into the palmar aspect of the hand
- 3. Tingling into the thumb, index finger, middle, and lateral half of the ring finger.**

A physical therapist assistant works on balance reeducation activities with a patient diagnosed with diabetes mellitus and peripheral neuropathy. Which of the following activities would be the MOST challenging for this patient?

1. activities in single-leg stance
 2. reaching in and out of the base of support in standing
 3. standing on foam with eyes closed
 4. lateral weight shifting
- 3. Standing on foam with eyes closed**

A physical therapist assistant works with a patient three days status post total hip arthroplasty. When inspecting the patient's hip the physical therapist assistant notes that it is extremely warm to the touch and is red when compared to the

surrounding skin. The incision appears to be healing, however there is a moderate amount of drainage and several edges appear to be raised and discolored. The MOST appropriate action is:

1. disregard the findings based on the patient's postoperative status
2. ask the patient if he recently had a fever
3. reassess the patient at the next scheduled session
4. consult with the referring physician **4. Consult with the referring physician**

A physical therapist assistant utilizes a cycle ergometer with a patient rehabilitating from a minor stroke. The established physical therapy goal relates to improving the patient's strength. The patient has progressed to 30 minutes, three times a week at a workload equivalent to 30% of their maximum oxygen consumption. The MOST appropriate modification is:

1. increase the intensity of the exercise
2. increase the frequency of the exercise
3. increase the duration of the exercise
4. discontinue the exercise **1. Increase the intensity of the exercise**

A physical therapist assistant reviews a patient's medical record that contains the results of testing using the Glasgow Coma Scale. The medical diagnosis MOST likely to utilize this instrument is:

1. trigeminal neuralgia
2. cerebrovascular accident
3. traumatic brain injury
4. amyotrophic lateral sclerosis **3. TBI**

A patient in an acute care hospital awaiting a heart transplant uses a left ventricular assistive device. During a treatment session, the patient suddenly fails to exhibit a pulse and appears to be in distress. The MOST appropriate immediate action is to:

1. administer chest compressions
2. call a code
3. attempt to assess the condition of the left ventricular assistive device
4. reassess the patient's vital signs **2. Call a code**

A physical therapist assistant instructs a patient with a transfemoral amputation in active stretching techniques. Which of the following motions would be MOST important to emphasize in the stretching program?

1. hip flexion and abduction
2. hip extension and abduction
3. hip flexion and adduction
4. hip extension and adduction **4. Hip extension and adduction**

A physical therapist assistant assesses the end-feel associated with forearm supination. Which of the following is the MOST plausible rationale for a firm end-feel with this motion?

1. contact between the olecranon process and the olecranon fossa
2. tension in the biceps brachii
3. tension in the palmar radioulnar ligament
4. contact between the ulna and the radius **3. Tension in the palmar radioulnar ligament**

A patient who collapsed in the physical therapy gym fails to exhibit a pulse. Upon viewing the patient's mouth it becomes obvious the patient has dentures. The physical therapist assistant is hesitant to remove the dentures since they seem secure, however does not want them to interfere with rescue breathing. The MOST appropriate action is to:

1. leave the dentures in place
 2. loosen the dentures
 3. remove the dentures
 4. remove the dentures and utilize a mask to limit direct pressure on the patient's mouth
1. **Leave the dentures in place**

A physical therapist assistant initiates ultrasound using water immersion to the distal calf of a patient rehabilitating from a motor vehicle accident. The physical therapist assistant had previously administered ultrasound using direct contact, 1 MHz frequency at 1.2 W/cm² for five minutes. In order to maintain the same amount of tissue heating as originally used with the direct contact technique, the physical therapist assistant should:

1. utilize the same treatment procedures
 2. increase the intensity and decrease the time
 3. increase the intensity and increase the time
 4. change the frequency to 3 MHz and increase the time
3. Increase the intensity and increase the time

A physical therapist assistant conducts a home health visit in a small two room efficiency. The physical therapist assistant is presently treating a patient status post transtibial amputation for a small wound on the anterior surface of the residual limb. After completing the treatment session, the physical therapist assistant would like to wash her hands. Which of the following actions would be the MOST inappropriate?

1. wash hands thoroughly in the kitchen sink
 2. utilize liquid soap instead of bar soap
 3. use paper towels to turn faucets on and off
 4. wash hands with soap and rinse under flowing water
1. Wash hands thoroughly in the kitchen sink.

A patient with metastatic lymphoma who has been given less than three months to live has been extremely depressed in recent treatment sessions. Which advice would be the MOST useful for a physical therapist assistant when interacting with the patient?

1. establish trust
 2. accept the patient's anger
 3. listen, be patient
 4. encourage the patient to ask questions
3. Listen, be patient

A physical therapist assistant works with a patient diagnosed with a vestibular disorder on various balance activities. When assessing balance the physical therapist assistant should expect the vestibular system to be MOST responsive to changes in:

1. center of gravity
 2. head position
 3. visual field
 4. tactile feedback
2. Head position

A patient recently diagnosed with terminal cancer discusses his future plans with a physical therapist assistant. The patient indicates that if he dedicates himself to a daily exercise program it will be possible to attend his grandson's college

graduation next year. Which stage of death and dying is BEST characterized in this scenario?

1. denial
2. bargaining
3. depression
4. acceptance 2. Bargaining

A physical therapist asks a physical therapist assistant to instruct an existing patient in ascending and descending the stairs with axillary crutches. During the training session the patient falls and fractures her hip. Who is MOST liable for the incident?

1. the referring physician
2. the patient
3. the physical therapist
4. the physical therapist assistant 4. the PTA

A physical therapist assistant designs an inservice for physical therapy aides to expose them to basic elements associated with superficial heating agents. Which of the following statements regarding hot packs is NOT accurate?

1. tissue temperature elevation at depths approaching one centimeter is possible using hot packs
2. 3-5 towel layers should be used between a hot pack and a patient's skin
3. hot packs are stored in water at a temperature of approximately 160 degrees Fahrenheit (71 degrees Celsius)
4. hot packs do not retain significant amounts of heat for periods greater than 20 minutes 2. 3-5 towel layers should be used between a hot pack and a patients skin

A physical therapist assistant monitors a patient performing a wall stretch as shown. Which muscle would be emphasized by instructing the patient to perform the stretch with the rear knee in slight flexion?

1. medial head of the gastrocnemius
2. lateral head of the gastrocnemius
3. soleus
4. plantaris 3. Soleus

A physical therapist assistant works with a patient rehabilitating from a medial meniscectomy. While observing the patient complete a leg press exercise, the physical therapist assistant feels the patient is struggling more than usual and is concerned that the patient may alter his technique in an attempt to successfully complete the activity. The MOST appropriate action for the physical therapist assistant is to:

1. attempt to contact the supervising physical therapist to discuss the situation
2. decrease the weight used on the leg press exercise
3. decrease the number of sets for the leg press exercise
4. discontinue the exercise session 2. decrease the weight used on the leg press exercise

A physical therapist assistant performs a series of measurements to determine the necessary back height of a wheelchair. The physical therapist assistant obtains a measurement of 20 inches when measuring from the seat of the chair to the base of the axilla. Assuming the patient uses a two inch seat cushion, the MOST appropriate back height for the wheelchair is:

1. 14 inches
2. 16 inches

3. 18 inches

4. 20 inches 3. 18 inches

A patient rehabilitating from a lower extremity fracture is referred to physical therapy. As part of the treatment regimen, the patient participates in aquatic therapy. Assuming the patient is cleared for 50% weight bearing, how much of the patient's body should be immersed in water during ambulation activities?

1. knee level

2. mid-thigh level

3. waist level

4. mid-sternal level 3. Waist level

A physical therapist assistant employed in an outpatient clinic observes the knee of a patient three days status post surgery. The physical therapist assistant notes that the borders of the one quarter inch incision on the anterior surface of the knee are slightly raised and a small amount of drainage has slightly discolored the dressing. When changing the dressing the MOST appropriate form of protective equipment to utilize is:

1. gloves

2. gloves, gown

3. gloves, gown, mask

4. gloves, gown, mask, protective eyewear 1. Gloves

A physical therapist assistant attempts to differentiate closed kinetic chain exercise from open chain exercise during a rehabilitation rounds seminar. Which of the following is MOST representative of a closed chain exercise using the upper extremity?

1. completing an arm curl using a five pound weight