



# NPTE

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## Practice Questions

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**1. You are working with a patient who has a feeding tube inserted through the nose into the stomach. This is known as which of the following?**

- A. jejunostomy tube
- B. nasointestinal tube
- C. gastrostomy tube
- D. nasogastric tube

**2. In terms of symbols that are commonly used in documentation for clinical practice, which of the following indicates “resulting from or secondary to”?**

- A. ↓
- B. ↑
- C. ←
- D. →

**3. Which of the following is not a part of informed consent?**

- A. Description of the fitness program
- B. Responsibility of the participant
- C. Risks and benefits
- D. Non-compete clause

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**4. Over which type of goal does the client have little control?**

- A. Process goals
- B. Performance goals
- C. Outcome goals
- D. Diversified goals



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**5. Which of the following statements about Medicare is incorrect?**

- A. Medicare only covers patients 65 years of age and older who have enrolled and pay premiums.
- B. Medicare is administered nationally by the Center for Medicare and Medicaid Services (CMS).
- C. Medicare is administered locally by Medicare carrier agencies.
- D. Medicare is a federal program.

**6. If you make decisions for another competent person who you think may not make a good decision himself you are displaying which of the following ?**

- A. paternalism
- B. fidelity
- C. beneficence
- D. maleficence

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**7. When examining patients, pulses are recorded using a scale of 0 to 3. A normal pulse, not easily obliterated would have which of the following ratings?**

- A. 1+
- B. 3+
- C. 2+
- D. 0

**8. All of the following are appropriate exercise guidelines for patients undergoing cancer treatment EXCEPT:**

- A. The patient's blood values should be monitored daily.
- B. Exercise should be conducted at a range of 40-65% of the peak heart rate.
- C. During exercise, perceived exertion should not exceed 8 on the original Borg's rating of perceived exertion.
- D. Treatment should be modified as needed to accommodate any side effects of medical treatment.

**9. Which of the following is the correct term for either the total number of repetitions or the total weight lifted in a training session?**

- A. Volume
- B. Set
- C. Maximum
- D. Repetitions



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**10. Which is not a commonly used way of arranging a resistance training workout?**

- A. Alternating “push” and “pull” exercises
- B. Alternating upper and lower body exercises
- C. Alternating loaded and then repetitive exercises
- D. Core then assistance exercises

**11. A patient is being evaluated by a physical therapist for a diabetic ulcer that penetrates the subcutaneous tissue, extending into the subcutaneous fat and fascia but without any gangrene or osteomyelitis present. The physical therapist wishes to document the severity of the ulcer.<br/><br/>What is the MOST appropriate objective measure of the wound?**

- A. Measure the depth and shape of the ulcer and classify it as a Grade 4 ulcer on the Wagner Ulcer Grade Classification System.
- B. Measure the depth and shape of the ulcer and classify it as a Grade 3 ulcer on the Wagner Ulcer Grade Classification System.
- C. Measure the depth and shape of the ulcer and classify it as a Grade 5 ulcer on the Wagner Ulcer Grade Classification System.
- D. Measure the depth and shape of the ulcer and classify it as a Grade 2 ulcer on the Wagner Ulcer Grade Classification System.

**12. Common speeds of motion for isokinetic dynamometry include all of the following degrees per second except:**

- A. 120
- B. 180
- C. 60
- D. 100

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**13. Carol is receiving TENS for intense shoulder pain. The physical therapist wants to activate both the A-delta and A-beta sensory fibers associated with both pain control mechanisms (pain gate and opioid). Which form of TENS can stimulate both nerve types?**

- A. Acupuncture TENS
- B. Traditional TENS
- C. Brief intense TENS
- D. Burst mode TENS

**14. A 42 year old female has ataxia and intention tremors. What do intention tremors indicate?**

- A. Myopathy.
- B. Hyperthyroidism.
- C. Peripheral neuropathy.
- D. Cerebellar disease.

**15. For acute bronchitis, treatment includes:**

- A. rest
- B. breathing warm and moist air
- C. fluids
- D. all of the above

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**16. Artificial airways keep the airway open. This is done through different means. If your patient has a tube inserted through the mouth and into the pharynx which of the following airways is being used?**

- A. Tracheostomy tube
- B. Endotracheal tube
- C. Oropharyngeal airway
- D. Pleural effusion



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**17. Movement in and out of the lungs is controlled mainly by which of the following actions?**

- A. Changes in atmospheric pressure within the respiratory cavities and relaxation of abdominal musculature
- B. Alveolar contraction and contractions of the heart, circulating blood through the lung anatomy
- C. Changes in the pleural pressure and deep abdominal relaxation of the rectus abdominus
- D. Downward and upward motion of the diaphragm and elevation and depression of the ribs to increase the diameter of the chest cavity

**18. Heart attack symptoms vary. Not all people who have heart attacks experience the same symptoms or experience them to the same degree. Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort. Signs that can indicate a heart attack include:**

- A. discomfort in the center of the chest that lasts for more than a few minutes, or that goes away and comes back
- B. shortness of breath with or without chest discomfort
- C. all of the above
- D. pain or discomfort in one or both upper extremities, the back, neck, jaw or stomach

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**19. Mr. Chen is seeing you because he has been diagnosed with a respiratory condition requiring physical therapy. He has a ventilation/perfusion mismatch and difficulty breathing. <br/><br/>Which condition results from a ventilation/perfusion abnormality causing renal hypoxia, pulmonary hypertension, right heart failure, increased pressure in the peripheral tissues, and eventually leads to left ventricular failure?**

- A. Cor pulmonale
- B. Cyanosis
- C. Polycythemia
- D. Asthma

**20. A 71 year old male patient's respiratory function is so impaired he is receiving mechanical ventilation. <br/><br/>What is a non-pulmonary complication involved with mechanical ventilation?**

- A. Pneumonia.
- B. Atelectasis.
- C. Neuromuscular atrophy.
- D. Oxygen toxicity.



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**21. A patient is being tested for general motor system function. The patient's weakness is not related to a nerve distribution. There are no changes in her reflexes and the tone is normal. Instead her weakness is more generalized throughout the limbs.**

**What is most likely the cause of her weakness?**

- A. Spinal nerve injury.
- B. Myasthenis gravis.
- C. Polyradiculopathy.
- D. Myopathy.

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**22. Which of the following statements is false about Syme's amputation?**

- A. it is the loss of all foot functions
- B. Dog ears must be reduced for proper prosthetic fit
- C. The residual limb cannot weight bear through its end
- D. Residual limb is bulbous with a non-cosmetic appearance

**23. Carol is receiving TENS for intense shoulder pain. The physical therapist wants to activate both the A-delta and A-beta sensory fibers associated with both pain control mechanisms (pain gate and opioid). Which form of TENS can stimulate both nerve types?**

- A. Acupuncture TENS.
- B. Burst mode TENS.
- C. Brief intense TENS.
- D. Traditional TENS.

**24. Poliomyelitis is a viral infection resulting in a neuropathy that includes focal and asymmetrical motor impairments. Post-polio syndrome (PPS) is a lower motor neuron pathology that affects the anterior horn cells of those previously affected by polio. There is no pharmacological intervention to alter the progression of PPS. Emphasis of treatment involves all of the following except:**

- A. Adaptive equipment
- B. Lifestyle modifications
- C. Symptomatic intervention
- D. Unsupervised exercise

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**25. A foot flat phase is defined as all of the following except:**

- A. Occurring before the heel strike
- B. Occurring directly after heel strike
- C. It is the beginning of the stance phase
- D. The point in which the entire foot makes contact with the ground

**26. 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. <br/><br/>Which of the following medications may be necessary?**

- A. Atropine
- B. Nystatin
- C. Amoxil
- D. Loritab

**27. A patient is receiving physical therapy to rehab an injured arm and hand. <br/><br/>Which muscle flexes and ABDUCTS the hand at the wrist?**

- A. Flexor digitorum superficialis
- B. Palmaris longus
- C. Flexor carpi radialis
- D. Flexor carpi ulnaris

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**28. In terms of burn victims, a surgical procedure that is done to eliminate a scare contracture is which of the following?**

- A. Z-plasty
- B. Allograft
- C. Escharotomy
- D. Sheet graft

**29. A patient presents to the clinic with right shoulder pain and complains of difficulty reaching overhead, with pain especially from 60-120 degrees of shoulder flexion. <br/><br/>Which special test would be MOST informative for this set of symptoms?**

- A. Push Off Test
- B. Crossover Test
- C. Empty Can Test
- D. Neer Test



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**30. Wrapping guidelines includes all of the following except:**

- A. Secure the wrap with tape; do not use clips
- B. Use 2-4 inch wrap for upper extremity amputations
- C. Use 5-6 inch wrap for transtibial amputations
- D. Use 6 inch wrap for transfemoral amputations



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## Answer Key & Explanations

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### 1. D — nasogastric tube

A nasogastric (NG) tube is one that is inserted through the nose into the stomach. A nasointestinal tube is also inserted through the nose but it is inserted into the small intestine. A gastrostomy tube, also called a stomach tube, is inserted directly into the stomach through a surgically created opening. A jejunostomy tube is a feeding tube that is inserted into a surgically created opening in the jejunum of the small intestine.

### 2. C — ←

The symbol “←” means “resulting from or secondary to.” The symbol “→” means “yields, or leads to.”

### 3. D — Non-compete clause

A non-compete clause is not a part of informed consent. Informed consent should, however, include documentation of the acceptance of terms described in the forms. A confidentiality clause may also be included.

### 4. C — Outcome goals

Outcome goals are goals over which the client has little control. Process goals are highly controlled by the client, and performance goals are in the middle. Since outcome goals can be relative, they are not a very effective way to measure fitness success.

### 5. A — Medicare only covers patients 65 years of age and older who have enrolled and pay premiums.

This is incorrect. Medicare also covers disabled individuals who qualify for Social Security disability payments.

### 6. A — paternalism

Paternalism is a term this used when someone fails to recognize another individual's rights and autonomy. Autonomy requires that the wishes of competent individuals must be honored.

### 7. C — 2+

Pulses are described using a scale of 0 to 3. A normal, not easily obliterated pulse is described as 2+. A description of 0 means no pulse; 1+ is palpable but thready, and easily obliterated; and 3+ is bounding, easily palpable, and cannot obliterate.

### 8. C — During exercise, perceived exertion should not exceed 8 on the original Borg's rating of perceived exertion.

Actually, during exercise, perceived exertion should not exceed 12 on the original Borg's rating of perceived exertion. This is a ranking between fairly light and somewhat hard on the scale.

### 9. A — Volume

Volume is the total number of repetitions or the total weight lifted in a training session. Volume is affected by the client's resistance training capabilities and training goal.



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**10. C — Alternating loaded and then repetitive exercises**

Alternating loaded and then repetitive exercises is not a common resistance training workout configuration. Load and repetition are actually completely different exercise variables. All other answer choices are correct.

**11. D — Measure the depth and shape of the ulcer and classify it as a Grade 2 ulcer on the Wagner Ulcer Grade Classification System.**

As a physical therapist, you should always document depth and shape of the ulcer. Grade 2 on the Wagner Scale is defined as a deep ulcer penetrating into the subcutaneous tissue, but without gangrene. The Wagner scale is commonly used to classify diabetic ulceration.

**12. D — 100**

Common speeds of motion include 60, 120, and 180 degrees per second. Benefits include the ability to test the muscle strength at various speeds, the ability to measure the patient's power, and that the patient will never have more resistance than they can handle during the isokinetic testing.

**13. D — Burst mode TENS**

Transcutaneous electrical nerve stimulation (TENS) comes in a variety of modes and produces a variety of effects through its two mechanisms of pain relief. High frequency stimulation usually involves A-beta fibers and the pain gate mechanism. Low frequency stimulation involves A-delta fibers and the opioid mechanism. Burst mode TENS can stimulate both fibers and engage both mechanisms.

**14. D — Cerebellar disease.**

Ataxia is a common sign of cerebellar disease. Intention tremors also indicate cerebellar disease. Intention tremors should not be confused with essential tremors.

**15. D — all of the above**

Treatment for acute bronchitis includes rest, drinking plenty of fluids and breathing warm and moist air. Cough suppressants and acetaminophen or aspirin may also be recommended.

**16. C — Oropharyngeal airway**

An oropharyngeal airway is inserted through the mouth and into the pharynx. A nurse or respiratory therapist inserts the airway. An endotracheal tube is inserted through the mouth or nose and into the trachea. A tracheostomy tube is inserted through a surgically created opening into the trachea. Pleural effusion is the escape and collection of fluid in the pleural space and has nothing to do with airways.

**17. D — Downward and upward motion of the diaphragm and elevation and depression of the ribs to increase the diameter of the chest cavity**

Movement in and out of the lungs is controlled mainly by downward and upward motion of the diaphragm and by elevation and depression of the ribs to increase the diameter of the chest cavity. These changes affect the pressure and space availability within the lungs, thus forcing inspiration and expiration of air.

**18. C — all of the above**

Signs that can indicate a heart attack include discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Pain or discomfort in one or both upper extremities, the back, neck, jaw or stomach may also occur. Shortness of breath with or without chest discomfort, breaking out in a cold sweat, nausea or lightheadedness are also common.



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**19. A — Cor pulmonale**

Cor pulmonale can occur in the later stages of COPD. It results from a ventilation/perfusion abnormality. The abnormality causes hypoxia which causes a series of complications including pulmonary hypertension, renal hypoxia, polycythemia, increased systemic blood pressure. Cor pulmonale can eventually lead to death.

**20. C — Neuromuscular atrophy.**

Mechanical ventilation is used when patients cannot breathe unassisted. This device is associated with pulmonary and non-pulmonary complications. Weakening of the chest muscles or atrophy is a non-pulmonary complication.

**21. D — Myopathy.**

Neurological assessment can help the physical therapist determine the nature of musculoskeletal problems. Generalized weakness unrelated to nerve distribution or other disease is most likely due to myopathy. Myopathy is a disorder stemming from the muscles themselves.

**22. C — The residual limb cannot weight bear through its end**

A Syme's amputation is loss of all foot functions. The residual limb **can weight bear** through its end. The residual limb is bulbous with a non-cosmetic appearance. Dog ears must be reduced for proper prosthetic fit. Adaptation is required for the increased weight of the prosthesis and diminished toe off during gait.

**23. B — Burst mode TENS.**

Transcutaneous electrical nerve stimulation (TENS) comes in a variety of modes and produces a variety of effects through its two mechanisms of pain relief. High frequency stimulation usually involves A-beta fibers and the pain gate mechanism. Low frequency stimulation involves A-delta fibers and the opioid mechanism. Burst mode TENS can stimulate both fibers and engage both mechanisms.

**24. D — Unsupervised exercise**

Emphasis of treatment surrounds lifestyle modification and symptomatic intervention. Physical therapy should emphasize supervised exercise, functional independence, adaptive equipment, and education to assist patients to maintain as much independence as possible.

**25. A — Occurring before the heel strike**

Foot flat is the point in which the entire foot makes contact with the ground and should occur directly after heel strike. The heel strike is the instant that the heel touches the ground to begin the stance phase.

**26. B — Nystatin**

Thrush may be occurring and the patient may need Nystatin.

**27. C — Flexor carpi radialis**

Many muscles act to flex and extend the wrist. The flexor carpi radialis muscle flexes and ABDUCTS the hand at the wrist. Movement goes towards the thumb.

**28. A — Z-plasty**

Z-plasty is a surgical procedure to eliminate a scar contracture. An incision is made in the shape of a "Z." This allows the contracture to change configuration and lengthen the scar.

**29. D — Neer Test**

The Neer Test is a test for subacromial impingement and is typically associated with the painful arc.



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**30. C — Use 5-6 inch wrap for transtibial amputations**

Wrapping guidelines include securing the wrap with tape; do not use clips. Use 2-4 inch wrap for upper extremity amputations and 3-4 inch wrap for transtibial amputations. Use 6 inch wrap for transfemoral amputations. Rewrap frequently to maintain adequate pressure.



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