

PTA Practice Test Questions and Answers

1. What does PTA stand for in healthcare?

- A) Physical Therapy Assistant
- B) Personal Training Associate
- C) Patient Treatment Aide
- D) Physical Treatment Administrator

2. Which of the following is within the scope of practice for a PTA?

- A) Performing initial patient evaluations
- B) Implementing treatment plans designed by a Physical Therapist
- C) Diagnosing patient conditions
- D) Modifying treatment plans without PT consultation

3. What type of muscle contraction occurs when muscle length changes while tension remains constant?

- A) Isometric
- B) Isotonic
- C) Isokinetic
- D) Eccentric only

4. When applying heat therapy, what is the typical treatment duration?

- A) 5-10 minutes
- B) 15-20 minutes
- C) 30-45 minutes
- D) 60 minutes

Answers: 1-A 2-B 3-B 4-B

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