

Test Bank - Chapter 01

Q1: A physical therapist is prioritizing interventions for a patient with multiple impairments following a neurological injury. Which approach BEST aligns with the foundational principles of neurological rehabilitation described in this chapter?

- A. Address impairments in order of severity before considering functional activities
- B. Select interventions that normalize movement patterns prior to task engagement
- C. Design interventions that link movement performance to meaningful activities and participation (Correct)**
- D. Focus treatment on body structure deficits to minimize compensatory strategies

Rationale: Foundational practice emphasizes linking movement to activity and participation rather than prioritizing impairment normalization alone.

Q2: During task practice, a patient demonstrates variable movement strategies yet improves task success. Which interpretation BEST aligns with contemporary motor learning theory?

- A. Variability indicates poor motor control and should be minimized
- B. Variability reflects exploration that supports learning (Correct)**
- C. Consistency should be achieved before task difficulty is increased
- D. Compensation should be immediately corrected

Rationale: Dynamic systems and motor learning theories identify variability as essential for skill acquisition.

Q3: A therapist modifies the environment rather than the patient to improve performance. Which theoretical principle BEST supports this approach?

- A. Hierarchical motor control theory
- B. Dynamic systems theory (Correct)**
- C. Reflex-based facilitation
- D. Neurodevelopmental sequencing

Rationale: Dynamic systems theory emphasizes task and environmental constraints as drivers of movement.

Q4: A patient performs well in therapy but fails to demonstrate carryover at home. Which strategy BEST improves transfer of learning?

- A. Increase verbal feedback frequency
- B. Practice only in the clinic setting
- C. Increase task variability and contextual relevance (Correct)**
- D. Reduce task difficulty

Rationale: Motor learning research shows variability and contextual practice enhance transfer.

Q5: Which therapist action BEST reflects evidence-informed practice?

- A. Using interventions supported only by personal experience
- B. Following published protocols without modification
- C. Integrating research evidence, patient goals, and clinical judgment (Correct)**
- D. Selecting interventions based on equipment availability

Rationale: Evidence-based practice integrates research, clinician expertise, and patient values.

Q6: A therapist emphasizes movement quality over task completion speed. This approach MOST directly addresses which movement system concept?

- A. Pathology-based diagnosis
- B. Movement pattern organization (Correct)**
- C. Isolated muscle strengthening
- D. Compensatory efficiency

Rationale: Movement system diagnosis focuses on how movement is organized, not just outcomes.

Q7: Which scenario BEST demonstrates participation-level improvement?

- A. Increased quadriceps strength
- B. Improved balance score on Berg Balance Scale
- C. Independent return to recreational sports (Correct)**
- D. Normalized muscle tone

Rationale: Participation reflects involvement in life situations, per the ICF.

Q8: A therapist delays increasing task difficulty until performance stabilizes. Which learning principle is MOST compromised by this approach?

- A. Specificity
- B. Repetition
- C. Error-based learning (Correct)**
- D. Motivation

Rationale: Error experience is necessary to drive neural adaptation.

Q9: Which assessment strategy BEST supports movement system diagnosis?

- A. Manual muscle testing in isolation
- B. Observation of standardized functional tasks (Correct)**
- C. Passive range of motion measurement
- D. Reflex testing only

Rationale: Movement system diagnosis relies on analysis of functional movement patterns.

Q10: A patient demonstrates improved function despite persistent impairments. Which interpretation is MOST appropriate?

- A. Impairments must be eliminated to improve function
- B. Compensation negates true recovery
- C. Function can improve through system adaptation (Correct)**
- D. Outcome measures are invalid

Rationale: Contemporary rehabilitation recognizes adaptive strategies can improve function.