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PRACTICE QUESTIONS

American Physical Therapy Association (APTA)

AAGYZY82

Specialist Certification Examination In Geriatric Physical Therapy

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for American Physical Therapy Association (APTA) AAGZY82 , each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, AAGZY82
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

Which age-related cardiovascular change most directly contributes to a reduced maximal aerobic capacity (VO₂max) in healthy older adults?

- ☐ A Increased resting heart rate due to enhanced sympathetic tone
- ☒ B Decreased maximal heart rate and decreased maximal stroke volume
- ☐ C Increased peripheral vascular compliance throughout the systemic circulation
- ☐ D Increased blood volume and increased left ventricular end-diastolic volume

ANSWER B

WHY VO₂max declines with age primarily because of decreases in maximal heart rate (formula approximation: 220 - age) and maximal stroke volume, which together reduce maximal cardiac output. Resting heart rate does not increase with healthy aging, peripheral vessels typically stiffen (compliance decreases), and blood volume and end-diastolic volume do not increase as a normal age-related change.

QUESTION 2

SINGLE CHOICE

A physical therapist is selecting an outcome measure for a patient with moderate Alzheimer's disease to track functional mobility over time. Which measure is most appropriate?

- ☐ A Mini-Mental State Examination (MMSE)
- ☐ B Performance-Oriented Mobility Assessment (POMA / Tinetti)
- ☒ C Functional Independence Measure (FIM)
- ☐ D Berg Balance Scale as a stand-alone cognitive screen

ANSWER C

WHY The FIM is a standardized functional mobility and ADL outcome measure appropriate for tracking change in patients with dementia. The MMSE is a cognitive screen, not a mobility measure; the POMA is appropriate but is best used in lower-functioning or community-dwelling older adults without severe cognitive impairment as a mobility-focused balance and gait tool; and the Berg Balance Scale is a balance measure, not a cognitive screen.

QUESTION 3

SINGLE CHOICE

For an older adult with knee osteoarthritis who reports increased joint pain after a bout of exercise, which initial modification to the exercise program is most consistent with evidence-based geriatric physical therapy practice?

- ☐ A Discontinue all lower-extremity exercise and substitute upper-body ergometry only
- ☒ B Reduce external loading, decrease repetitions, and reassess symptoms across the next several sessions
- ☐ C Continue the same program unchanged because pain indicates effective muscle strengthening
- ☐ D Increase the load and decrease the number of sets to provoke a greater training effect

ANSWER B

WHY Temporary symptom exacerbation is addressed by adjusting dosing (reducing load and/or repetitions) and reassessing rather than stopping exercise entirely or pushing through symptoms. Evidence supports quadriceps strengthening with appropriate dosing for knee osteoarthritis; complete discontinuation eliminates the benefits of exercise, and increasing load in the face of symptom worsening is contraindicated.

QUESTION 4

SINGLE CHOICE

Which age-related change in the integumentary system is most clinically relevant to a physical therapist selecting a taping or adhesive application for an older adult?

- ☐ A Increased skin thickness and enhanced barrier function
- ☐ B Increased collagen density and accelerated wound healing
- ☒ C Decreased skin turgor, thinning of the epidermis, and increased skin fragility
- ☐ D Increased sebaceous gland activity across the trunk and extremities

ANSWER C

WHY Aging skin has decreased turgor, epidermal thinning, and increased fragility, which raises the risk of skin tears, blistering, and tape-stripping injuries from adhesive products. Aging skin thins rather than thickens, collagen becomes less dense (and more cross-linked), wound healing is delayed rather than accelerated, and sebaceous gland activity generally decreases rather than increases.

QUESTION 5 SINGLE CHOICE

A 78-year-old man with NYHA Class III heart failure is referred for outpatient cardiac rehabilitation. Which clinical finding would be the strongest indication to defer the therapy session and contact the referring clinician before proceeding?

- ☐ A Resting systolic blood pressure of 118 mm Hg and resting heart rate of 78 bpm
- ☒ B Reported weight gain of 2 kg over the past 3 days with increased shortness of breath on exertion
- ☐ C Mild fatigue that resolves within 5 minutes after starting warm-up exercises
- ☐ D Ankle edema that has been stable for the past 2 months

ANSWER B

WHY A recent rapid weight gain accompanied by increasing exertional dyspnea suggests acute decompensated heart failure and warrants deferring exercise and contacting the referring clinician. The other findings represent expected chronic findings or appropriate physiologic responses that do not require deferring the session.

QUESTION 6 SINGLE CHOICE

A physical therapist is developing a home program for an older adult who has fallen twice in the past year and is afraid of falling. Which initial focus is most consistent with current evidence for reducing fear of falling and fall risk?

- ☐ A Static standing balance drills performed only while holding onto a kitchen counter
- ☐ B Bedrest to conserve energy and prevent further falls
- ☒ C Task-specific balance and gait training, including sit-to-stand and dynamic standing activities
- ☐ D Long-duration high-intensity treadmill running to improve cardiovascular fitness

ANSWER C

WHY Evidence supports task-specific, challenging balance and gait training (such as sit-to-stand, dynamic standing, and varied surface walking) to reduce fear of falling and fall risk. Static supported balance on a counter provides insufficient challenge, bedrest promotes deconditioning and falls, and high-intensity treadmill running is not appropriate as an initial intervention for a frail older adult with a fear of falling.

QUESTION 7

SINGLE CHOICE

An older adult in a subacute rehabilitation setting is making progress toward discharge home. Which outcome measure best captures the patient's readiness for community ambulation?

- ☐ A Manual Muscle Test of the quadriceps
- ☒ B 6-Minute Walk Test
- ☐ C Timed Up and Go (TUG) alone, without gait speed
- ☐ D Single-Leg Stance with eyes open only

ANSWER B

WHY The 6-Minute Walk Test is a valid measure of submaximal aerobic capacity and walking endurance that reflects the ability to ambulate community distances. Manual muscle testing captures strength, not community ambulation; the TUG alone reflects mobility/balance rather than endurance; and single-leg stance is a balance measure, not a community ambulation measure.

QUESTION 8

SINGLE CHOICE

An 85-year-old patient with mild cognitive impairment consistently demonstrates the ability to explain her exercise program and the risks and benefits of treatment in her own words, and she consistently chooses to attend therapy. Which principle best supports proceeding with the plan of care?

- ☒ A Informed consent, because the patient demonstrates decision-making capacity for the specific decision at hand
- ☐ B Substituted judgment by the nearest adult child before each treatment session
- ☐ C Advance directive execution prior to initiating any physical therapy intervention
- ☐ D Mandatory guardianship for any patient older than 80 years of age

ANSWER A

WHY Informed consent requires decision-making capacity specific to the decision at hand; capacity is decision- and time-specific and is not lost simply because of a diagnosis of mild cognitive impairment. Substituted judgment is unnecessary when the patient demonstrates capacity, an advance directive is not required to begin therapy, and age alone is not a basis for guardianship.

QUESTION 9

SINGLE CHOICE

An 80-year-old man hospitalized for pneumonia has been on bed rest for 5 days. On evaluation, he demonstrates orthostatic intolerance, generalized weakness, and reduced exercise tolerance. Which physiological change associated with prolonged bed rest is the primary contributor to his decreased aerobic capacity?

- ☒ **A** Decreased left ventricular end-diastolic volume
- ☐ **B** Increased maximal heart rate response
- ☐ **C** Increased skeletal muscle oxidative enzyme activity
- ☐ **D** Increased resting stroke volume

ANSWER A

WHY Prolonged bed rest leads to a reduction in plasma volume, decreased venous return, and a consequent decrease in left ventricular end-diastolic volume and stroke volume. This reduces cardiac output and maximal aerobic capacity. Maximal heart rate actually decreases with prolonged bed rest, skeletal muscle oxidative enzyme activity decreases (not increases), and resting stroke volume decreases (not increases). Early mobilization and progressive activity are key interventions to counter these effects.