



01	A	B	C	D	E
02	A	B	C	D	E
03	A	B	C	D	E
04	A	B	C	D	E
05	A	B	C	D	E
06	A	B	C	D	E
07	A	B	C	D	E
08	A	B	C	D	E
09	A	B	C	D	E
10	A	B	C	D	E
11	A	B	C	D	E
12	A	B	C	D	E
13	A	B	C	D	E

14	A	B	C	D	E
15	A	B	C	D	E
16	A	B	C	D	E
17	A	B	C	D	E
18	A	B	C	D	E
19	A	B	C	D	E
20	A	B	C	D	E
21	A	B	C	D	E
22	A	B	C	D	E
23	A	B	C	D	E
24	A	B	C	D	E
25	A	B	C	D	E
26	A	B	C	D	E

27	A	B	C	D	E
28	A	B	C	D	E
29	A	B	C	D	E
30	A	B	C	D	E
31	A	B	C	D	E
32	A	B	C	D	E
33	A	B	C	D	E
34	A	B	C	D	E
35	A	B	C	D	E
36	A	B	C	D	E
37	A	B	C	D	E
38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

Sharjah Health Authority (SHA)

PHYSP

Physiotherapist

EDITION

Original Demo

QUESTIONS

4

ISSUED

October 14, 2026

Before you begin

What this is

4 practice questions for Sharjah Health Authority (SHA) **PHYSP**, 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, **PHYSP**
- the question number
- the email address on your order

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

Licence

Original Mometrix demo. This free sample contains fewer questions than the full paid edition.

QUESTION 1

SINGLE CHOICE

A physiotherapist wishes to use a patient's clinical photographs for a case presentation at a continuing education conference. What is the most appropriate course of action?

- ☐ A Use the photographs without identification and proceed with the presentation
- ☒ B Obtain written informed consent from the patient specifically for the use of photographs in the presentation
- ☐ C Blur the patient's face only and proceed with the presentation
- ☐ D Use the photographs only if the patient has given general consent for treatment

ANSWER B

WHY Specific written informed consent must be obtained from the patient for any use of their images or case information for purposes beyond direct clinical care, including teaching, presentations, or publication. General consent for treatment does not cover secondary uses such as conference presentations, and identifiable images require explicit authorisation regardless of blurring.

QUESTION 2

SINGLE CHOICE

Which breathing exercise technique is most appropriate for a patient with COPD to assist in mobilising and clearing retained pulmonary secretions?

- ☐ A Pursed-lip breathing
- ☐ B Diaphragmatic breathing
- ☒ C Active cycle of breathing technique (ACBT)
- ☐ D Incentive spirometry

ANSWER C

WHY The Active Cycle of Breathing Technique (ACBT) is a cycle of breathing control, thoracic expansion exercises, and the forced expiration technique (FET/huff), specifically designed to mobilise and clear pulmonary secretions. Pursed-lip breathing and diaphragmatic breathing are used to control dyspnoea and improve breathing pattern, while incentive spirometry is used post-operatively to encourage deep inspiration.

QUESTION 3

SINGLE CHOICE

A physiotherapist is performing passive range of motion (PROM) assessment of the shoulder. Which movement is primarily tested when the patient's arm is abducted to 90 degrees and externally rotated with the elbow flexed to 90 degrees?

- ☐ A Shoulder flexion
- ☐ B Shoulder extension
- ☒ C Shoulder external (lateral) rotation
- ☐ D Shoulder internal (medial) rotation

ANSWER C

WHY With the shoulder abducted to 90 degrees and the elbow flexed to 90 degrees, moving the forearm posteriorly tests external (lateral) rotation of the glenohumeral joint, while moving the forearm anteriorly tests internal rotation. This is the standard testing position for shoulder rotation as described in musculoskeletal assessment texts.

QUESTION 4

SINGLE CHOICE

When applying therapeutic ultrasound to a patient with acute soft tissue inflammation, which dosage parameter is most appropriate to minimise thermal effects and avoid exacerbating the acute inflammatory response?

- ☐ A Continuous mode at 1.5 W/cm² for 8 minutes
- ☒ B Pulsed mode at low intensity (e.g., 0.5 W/cm², 20% duty cycle)
- ☐ C Continuous mode at 0.5 W/cm² for 5 minutes
- ☐ D Pulsed mode at high intensity (e.g., 1.5 W/cm², 50% duty cycle)

ANSWER B

WHY In the acute phase of inflammation, pulsed ultrasound at low intensity with a low duty cycle (e.g., 20%) is preferred because it minimises thermal heating while still delivering non-thermal mechanical effects that may assist in the inflammatory and repair phases. Continuous high-intensity ultrasound is contraindicated as the heat can aggravate acute inflammation.