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39	A	B	C	D	E

PRACTICE QUESTIONS

TTBU - The Testing Board Ukraine

2PHYE

Krok 2 Physical therapy (English)

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for TTBU - The Testing Board Ukraine **2PHYE**, 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, **2PHYE**
- the question number
- the email address on your order

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

QUESTION 1

SINGLE CHOICE

According to the classification used in Ukrainian physical therapy practice, physical therapy interventions are categorized into which of the following groups?

- ☐ A Surgical, pharmacological, and rehabilitation interventions
- ☒ B Active, passive, and active-assisted interventions
- ☐ C Diagnostic, therapeutic, and preventive interventions
- ☐ D Curative, palliative, and supportive interventions

ANSWER B

WHY Physical therapy interventions are conventionally grouped into active (performed by the patient), passive (performed entirely by the therapist), and active-assisted (combined) interventions. This tripartite classification is the standard framework for describing physical therapy techniques and is consistent with the categorization used in Krok 2 Physical Therapy preparation materials.

QUESTION 2

SINGLE CHOICE

Which of the following outcome measures is most appropriate for assessing functional mobility and balance in an elderly patient recovering from a hip fracture during physical therapy?

- ☐ A Barthel Index
- ☒ B Berg Balance Scale
- ☐ C Visual Analog Scale for pain
- ☐ D Glasgow Coma Scale

ANSWER B

WHY The Berg Balance Scale is a validated 14-item instrument specifically designed to assess static and dynamic balance and functional mobility, and is widely used in physical therapy for elderly patients and those recovering from lower-limb injuries such as hip fracture. The Barthel Index assesses activities of daily living but is less specific to balance; the VAS measures pain; and the Glasgow Coma Scale measures level of consciousness, none of which are appropriate primary choices for balance assessment.

QUESTION 3

SINGLE CHOICE

When prescribing therapeutic exercise to a patient in the early post-infarction period, which principle of dosed physical activity is most important to follow?

- ☐ A Maximal load to ensure rapid cardiovascular adaptation
- ☒ B Strict gradual increase of load with mandatory control of tolerance
- ☐ C Intermittent high-intensity bursts separated by rest
- ☐ D Self-determined intensity based on patient preference

ANSWER B

WHY In the early post-infarction (post-MI) period, the cardinal principle of physical therapy is strict, gradual progression of physical activity with continuous monitoring of tolerance (heart rate, blood pressure, ECG, subjective response). This corresponds to the standard physical rehabilitation protocols used in Ukrainian clinical practice for cardiac patients. Maximal, high-intensity, or self-determined loads are contraindicated in this period.

QUESTION 4

SINGLE CHOICE

In the physical therapy program for a patient with knee osteoarthritis (gonarthrosis), which exercise category is most strongly recommended as a first-line intervention?

- ☐ A High-impact running
- ☒ B Quadriceps strengthening and low-impact aerobic exercise
- ☐ C Prolonged immobilization of the knee joint
- ☐ D Deep thermal heating only with no active exercise

ANSWER B

WHY Current clinical guidelines for knee osteoarthritis consistently recommend quadriceps strengthening combined with low-impact aerobic exercise (such as walking, cycling, or aquatic exercise) as first-line non-pharmacological management within a physical therapy program. High-impact loading, prolonged immobilization, and passive thermal treatment without active exercise are not recommended as primary interventions.

QUESTION 5

SINGLE CHOICE

Before performing a session of therapeutic physical culture, the physical therapist must first assess the patient's general condition. Which set of vital signs is considered the standard minimum for this assessment?

- ☒ **A Heart rate, respiratory rate, and blood pressure**
- ☐ B Blood glucose, cholesterol, and body temperature
- ☐ C Visual acuity, hearing, and reaction time
- ☐ D Body weight, height, and waist circumference

ANSWER A

WHY Before a physical therapy session, the standard minimum pre-procedure assessment of vital signs includes heart rate, respiratory rate, and blood pressure. These three parameters allow evaluation of cardiovascular and respiratory tolerance to the planned exercise load and detection of contraindications to its performance. The other parameters listed are useful for general assessment but are not the standard minimum pre-session vital signs.

QUESTION 6

SINGLE CHOICE

A patient on the second day after acute myocardial infarction is prescribed therapeutic physical culture. Which form of physical therapy is appropriate at this stage?

- ☐ A Intensive interval training on a cycle ergometer
- ☒ **B Therapeutic gymnastics with strictly limited load and breathing exercises**
- ☐ C Long-distance walking on level ground
- ☐ D Resistive strength training with free weights

ANSWER B

WHY In the early (acute) phase of myocardial infarction rehabilitation (including day 2), the indicated physical therapy consists of therapeutic gymnastics with a strictly limited, individually dosed load, predominantly breathing exercises, and small-range limb movements performed under continuous monitoring. Intensive interval training, long-distance walking, and resistive strength training are introduced only in later stages of the cardiac rehabilitation program.

QUESTION 7

SINGLE CHOICE

Which physical therapy approach is a core element of motor rehabilitation in the acute period of ischemic stroke, aimed at preventing contractures and promoting motor recovery?

- ☐ A Prolonged bed rest without mobilization
- ☒ B Therapeutic positioning, passive movements, and early verticalization
- ☐ C High-intensity plyometric training
- ☐ D Electrical cardiac pacing

ANSWER B

WHY Modern stroke rehabilitation protocols emphasize early mobilization, including therapeutic positioning (to prevent contractures and bedsores), passive range-of-motion exercises, and gradual verticalization as core physical therapy interventions from the acute period onward. Prolonged bed rest without mobilization increases complications; plyometric training is not appropriate in the acute stage; and electrical cardiac pacing is unrelated to motor rehabilitation.

QUESTION 8

SINGLE CHOICE

In a patient with obstructive bronchitis and productive cough, which physical therapy technique is most appropriate to facilitate airway clearance?

- ☐ A Continuous bed rest and avoidance of coughing
- ☒ B Postural drainage combined with chest percussion and directed cough
- ☐ C Steam inhalation with suppression of cough reflex
- ☐ D Hyperventilation breathing exercises only

ANSWER B

WHY Postural drainage combined with chest (clapping) percussion/vibration and directed (active) coughing is a standard physical therapy airway clearance technique for patients with obstructive airway disease and retained secretions. Avoiding coughing, suppressing the cough reflex, or using only hyperventilation breathing exercises do not effectively clear secretions and may worsen the patient's condition.

QUESTION 9

SINGLE CHOICE

A patient is in the early recovery period after acute myocardial infarction. Which mode of motor activity corresponds to the second stage of the physical rehabilitation program (stationary phase) according to the classification used in Ukrainian clinical practice?

- ☐ A Strict bed rest with prohibition of any physical activity
- ☐ B Half-bed rest (ward) mode with permission to walk within the ward and use a bedside commode
- ☒ C Free (general) ward mode with permission to walk along the corridor and use a shared bathroom
- ☐ D Free hospital mode with permission to climb stairs and walk outside the department

ANSWER C

WHY According to the classification used in Ukrainian physical therapy practice for myocardial infarction rehabilitation, the second stage (stationary phase) corresponds to the free (general) ward mode, which allows the patient to walk along the corridor and use shared facilities. Strict bed rest is the first stage; half-bed rest is a transitional early-stationary mode; free hospital mode with stair climbing belongs to the later sanatorium or polyclinic phase.