PCE - Physiotherapy Competency Exam Study Guide Questions with Detailed Answers Top Graded 2025

Describe the 3 stages of tissue healing. What are their general durations?

- 1. Inflammatory: 1-7 days post-injury.
- Proliferative / Repair: 5-28 days post-injury.
- Remodelling / Maturation: 28+ days to months/years.

Describe 3 contraindications to resistance exercise.

- 1. Acute inflammation.
- 2. Joint effusion.
- 3. Fracture.
- Joint/muscle pain during AROM.
- 5. Bony metastasis / cancer.

Describe 3 contraindications to stretching.

- Acute infection / inflammation.
- 2. Fracture.
- Joint effusion.
- 4. Recent corticosteroid injection.
- 5. Hypermobility / instability in the direction being stretched.

Describe 3 items in your treatment for a patient with spinal stenosis.

- 1. Lumbar spine flexion exercises.
- Lumbar traction.
- 3. Core stabilization to prevent lumbar flexion.
- 4. Aerobic exercise in a position allowing lumbar spine flexion.
- Education on posture and ergonomics.
- 1. What is the most common type of lumbar disc herniation?
- 2. What is the most common age category for lumbar disc herniation?

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Y Pai

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