

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.
2. Proliferative / Repair: 5-28 days post-injury.
3. Remodelling / Maturation: 28+ days to months/years.

Describe 3 contraindications to resistance exercise.

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

Describe 3 contraindications to stretching.

1. Acute infection / inflammation.
2. Fracture.
3. 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.
2. Lumbar traction.
3. Core stabilization to prevent lumbar flexion.
4. Aerobic exercise in a position allowing lumbar spine flexion.
5. 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?

Physiotherapy Competency Exam Study Guide For California

TD Snyder



Physiotherapy Competency Exam Study Guide For California:

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