

# Certification Examination for Orthopedic Physician Assistants



## Candidate Handbook 2024

Application Deadline	Testing Window
January 3, 2024	February 3 – February 17, 2024
May 8, 2024	June 8 – June 22, 2024
September 11, 2024	October 12 – October 26, 2024

Administered by:



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## TABLE OF CONTENTS

TABLE OF CONTENTS .....	i
CONTACT INFORMATION.....	ii
ATTENTION CANDIDATES.....	ii
PURPOSES OF CERTIFICATION .....	3
THE CERTIFICATION PROCESS .....	4
COMPLETION OF APPLICATION .....	5
EXAMINATION ADMINISTRATION AND SCHEDULING.....	7
EXAMINATION FEES .....	9
TEST ACCOMMODATIONS .....	9
PREPARING FOR EXAMINATION DAY .....	11
WHAT TO EXPECT AT THE TEST CENTER .....	12
RULES FOR THE EXAMINATION.....	13
TESTING CONDITIONS OR EXAMINATION FEEDBACK .....	14
REPORT OF RESULTS .....	14
EXAMINATION SECURITY .....	15
ATTAINMENT OF CERTIFICATION AND RECERTIFICATION .....	15
REVOCATION OF CERTIFICATION .....	15
CONTENT OF THE EXAMINATION .....	16
SAMPLE EXAMINATION QUESTIONS.....	20
ONLINE PRACTICE TEST.....	21
REFERENCES.....	22

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*This Handbook contains necessary information about the Certification Examination for Orthopedic Physician Assistants. Please retain it for future reference. Candidates are responsible for reading these instructions carefully. This Handbook is subject to change.*

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## CONTACT INFORMATION

<p><b>Professional Testing Corporation (PTC)</b> <a href="http://www.ptcny.com">www.ptcny.com</a> (212) 356-0660</p>	<ul style="list-style-type: none"><li>• Apply for the examination</li><li>• Obtain policy and procedure information</li><li>• Transfer to a new testing period</li><li>• Request Test Accommodations</li><li>• Request Hand Score or Duplicate Score Report</li><li>• Questions about score reports</li><li>• Miscellaneous inquiries</li></ul>
<p><b>Prometric</b> <a href="http://www.prometric.com/NBCOPA">www.prometric.com/NBCOPA</a> (800) 741-0934</p>	<ul style="list-style-type: none"><li>• Schedule test appointment</li><li>• Reschedule test appointment (within the same testing period)</li><li>• Cancel test appointment</li><li>• Find directions to test site</li><li>• Questions regarding testing sites and appointments</li></ul>
<p><b>National Board for Certification of Orthopedic Physician's Assistants (NBCOPA)</b> <a href="http://www.nbcopa.org">www.nbcopa.org</a></p>	<ul style="list-style-type: none"><li>• Study references</li><li>• State credentialing information</li><li>• Recertification information</li></ul>

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## ATTENTION CANDIDATES

This handbook contains necessary information about the NBCOPA Certification Examination for Orthopedic Physician Assistants. It is required reading for those applying for and taking the Examination. All individuals applying for the examination must comply with the policies, procedures, and deadlines in this Handbook and attest to this by signing the Candidate Attestation found on the application. Please retain this handbook for future reference. This handbook is subject to change. See [www.ptcny.com](http://www.ptcny.com) for handbook updates.

**ACCESSING CELL PHONES AND ELECTRONIC DEVICES AT ANY TIME WHILE YOU ARE TAKING THE EXAM IS PROHIBITED. YOU CAN ONLY REMOVE SNACKS, DRINKS, MEDICINE OR PERSONAL HEALTHCARE ITEMS FROM YOUR LOCKER- NO BACKPACKS, BAGS, POCKETBOOKS OR CLOTHING CAN BE REMOVED WHILE YOUR EXAM IS IN SESSION.**

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## PURPOSES OF CERTIFICATION

The National Board for Certification of Orthopedic Physician Assistants (NBCOPA) endorses the concept of voluntary, periodic certification by examination for physician assistant/orthopedic assistants working primarily in orthopedics. The certification process is designed to promote excellence in the practice of orthopedics by:

1. Recognizing formally those individuals who meet all the requirements of the NBCOPA.
2. Encouraging professional growth of assistants in orthopedics.
3. Establishing and measuring the level of knowledge required for certification as an orthopedic physician assistant/orthopedic assistant.
4. Providing a standard of requisite knowledge required for certification, thereby assisting employers, the public, and members of health professions in the assessment of the orthopedic physician assistant/orthopedic assistants.

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## ELIGIBILITY REQUIREMENTS

All candidates must be legal United States residents at the time of application and testing. It is highly recommended that candidates have at least two years of college work in sciences before sitting for the Certification Examination for Orthopedic Physician Assistants/Orthopedic Assistants.

1. a. Completion of an orthopedic physician assistant program, a primary care physician assistant program, or a nurse practitioner program\*,  
OR  
b. Completion of a master's level program in orthopedic assisting\*  
OR  
c. Completion of a related allied health care program AND at least FIVE years of experience in orthopedic work with responsibility in surgical assisting, history and physical assessment, and immobilization techniques, under the supervision of a Board-certified orthopedic surgeon\*.

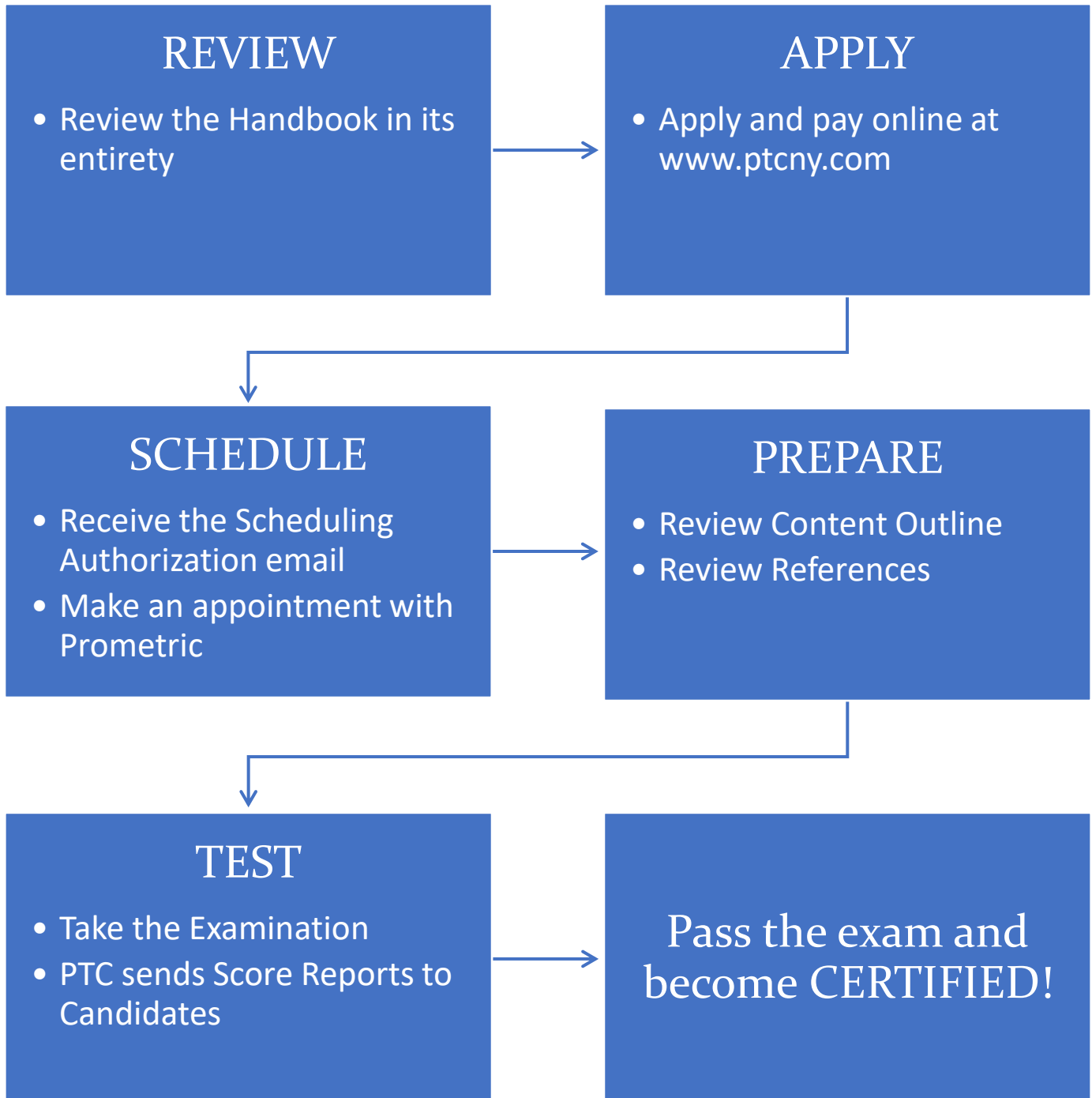
\* All applications must include Program completion certificates and/or Diplomas.

**NOTE: A supervising Board-certified orthopedic surgeon must verify this eligibility and sign the Supervising Physician's Statement on the candidate's Application.**

2. Completion and filing of Application and the required fee for the Certification Examination for Orthopedic Physician Assistants/Orthopedic Assistants.
3. Agreement to adhere to the following NBCOPA Code of Ethics:
  - a. Pledge to render service to humanity with full regard to the patient.
  - b. Pledge to safeguard all confidential information regarding a patient and NBCOPA unless required to divulge such information by law.
  - c. Pledge to uphold the principles and policies of NBCOPA.
  - d. Pledge to strive continually to gain professional knowledge and experience so as to provide better health care to patients, physicians, and the community served.

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## THE CERTIFICATION PROCESS



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## COMPLETION OF APPLICATION

### Step 1 – Fill Out the Application

- Go to <http://www.ptcny.com/test-sponsors/NBCOPA>
  - View testing periods and application deadlines
  - Fill out online application completely and upload supporting documentation.
    - Use your first and last name exactly as it appears on your current driver's license, passport, state issued non-driver ID or military ID.
    - Applications are not complete until all information, documentation, and payment has been provided.
    - When you start a new application, you will be asked to create a PIN number. This PIN will be used if you need to come back to the application to finish it later. Keep the link to the application and your PIN number for later use.
  - **ELIGIBILITY AND BACKGROUND INFORMATION:** If you have completed one of the following programs use the code from the list below on the application:
    - 103 – Orthopedic Physician Assistant Programs
    - 200 – Primary Care Physician Assistant Programs
    - 300 – Surgical Assistant Programs
    - 400 – Athletic Trainer Programs
    - 450 – Nurse Practitioner Programs
    - 500 – University of St. Augustine Master of Orthopaedic Assistant Program
    - 550 – Military
  - **SUPERVISING BOARD CERTIFIED ORTHOPEDIC PHYSICIAN'S STATEMENT:** Your supervising board certified orthopedic surgeon must verify your eligibility and experience and complete and sign the supervising physician's statement. No candidate will be accepted for the examination without a completed and signed Supervising Physician's Statement. Signature, title, license number, address, and telephone number of your supervisor must be included. Supervising Physician's Statements must be uploaded with your application.
  - **PROGRAM COMPLETION CERTIFICATES AND / DIPLOMA:** Upload copies if you are applying via category 1.a. b. or c. eligibility (see ELIGIBILITY REQUIREMENTS on page 3).

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*Candidates must show their driver's license, passport, or U.S. Military ID at the testing center. Candidates who do not have proper identification at the time of their appointment will be refused admission.*

*The first and last name on your ID must exactly match the name on the Scheduling Authorization.*

*Fees will not be refunded for exams missed because of an invalid ID.*

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### Step 2 – Submit Exam Fee and Application for Review

- PTC will send an email that says that your payment and application has been received. This email will also say that your application is being reviewed. Allow up to 10 business days for review.

### ***Step 3 – Receive Application Status Update***

- After your application is reviewed PTC will update you with another email.
  - **REOPENED FOR MORE DOCUMENTS**
    - This means we are missing a copy of your program completion certificate and/or Supervising Physician Statement. Follow the directions in the email.
    - Applications that are incomplete as of 14 days before the start of the testing window will be refunded minus the administration fee (see fees page 12).
  - **REJECTED**
    - This means you are not eligible to take the exam. The reason will be explained in the email.
    - Rejected applications will be refunded minus the administration fee (see fees page 12)
  - **APPROVED**
    - This means your application is approved. You will move on to Step 4.

### ***Step 4 – Receive Scheduling Authorization and Schedule Testing Appointment***

- Approved candidates will receive an email with their Scheduling Authorization, within 11 weeks before the start of the testing window. Scheduling Authorization emails come from notices@ptcny.com. **Do not lose this email.**
- If you don't receive your Scheduling Authorization email 3 weeks before the start of your testing window, contact PTC.

The Scheduling Authorization includes important information including:

- Your PTC Candidate ID number
- Instructions on how to set up your Exam appointment with Prometric.

**Applicants who are not approved to sit for the examination or whose applications are incomplete 14 days prior to the first day of the testing window will receive a refund of their application fee minus the \$75 administrative fee. Refunds will be processed approximately 30 days after the end of the testing period.**

## EXAMINATION ADMINISTRATION AND SCHEDULING

The Certification Examination for Orthopedic Physician Assistants is administered during an established two-week testing window, excluding holidays, at computer-based testing facilities managed by Prometric.

### Scheduling Examination Appointments

Follow the steps on your Scheduling Authorization to schedule your examination appointment with Prometric.



- Appointment times are first-come, first-served, so schedule your appointment as soon as you receive your Scheduling Authorization.
- **Candidates who wait until the last minute run the risk of missing out on their preferred date, time, and testing center. Candidates unable to schedule an appointment will forfeit their fees.**

After you make your test appointment, Prometric will send you a confirmation email with the date, time, and location of your exam. Check this confirmation carefully and contact Prometric at (800) 741-0934 if you do not receive this email confirmation or if there is a mistake with your appointment.

**Note:** International candidates may also schedule, reschedule, or cancel an appointment online at [www.prometric.com/NBCOPA](http://www.prometric.com/NBCOPA).

### Rescheduling Examination Appointments within a Testing Period

Candidates can reschedule their examination appointments within the same testing period as long as the request is submitted within the timeframe described below. Reschedule within the permitted time frame by calling or going to the Prometric website: [www.prometric.com/NBCOPA](http://www.prometric.com/NBCOPA)

Time Frame	Reschedule Permitted?	Stipulations
Requests submitted 30 days or more before the original appointment	Yes	None
Requests submitted 29 to 5 days before the original appointment	Yes	Candidate must pay Prometric a rescheduling fee of \$50.
Requests submitted less than 5 days before the original appointment	No	Candidates who do not arrive to test for their appointment will be considered a no-show and all their examinations fees will be forfeited. Candidates will need to reapply and pay full examination fees for a future testing period.



## Transferring to a New Testing Period

Candidates unable to take the examination during their scheduled testing period may request a **ONE-TIME** transfer to a future testing period. **There is a transfer fee of \$215.00.** After you have transferred once by paying the \$215.00 fee, you will need to pay the examination fee in order to transfer a second time; so, ***please plan carefully.***

**Please note:** requests to transfer to a new testing period should be received within 30 days of your originally scheduled testing period.

Candidates wishing to transfer to a new testing period need to follow the steps below.

1. Go to <http://secure.ptcny.com/apply>.
2. Click “Start New Application.”
3. Choose NBCOPA in the first drop-down menu; then choose the new examination period in the second drop-down menu and fill out the rest of the information on the page.
4. Fill out the application making sure you answer yes to the question asking if you are transferring.
5. When you have finished the application, click “Submit Transfer Request.”
6. PTC Support will send you an email letting you know your transfer application was approved and that you can log back into your application and pay the one-time \$215.00 transfer fee.

Call 212-356-0660 if you have any questions regarding the transfer process.

If candidates are unable to attend the examination on the date for which they registered and elect not to transfer to another testing period, the application will be closed and all fees will be forfeited. There will be no refund of fees.

The transfer fee is based on costs and is not punitive in nature. The transfer fee must be paid at the time the request is approved.

Please note: Transferring your Examination only refers to instances when a candidate is unable to take their exam during a testing period for which they have already applied. Candidates who did not pass their examination and are retaking the examination need to pay the full Examination Fee.

## Failing to Report for an Examination

If you fail to report for an examination, you will forfeit all fees paid to take the examination. A completed application form and examination fee are required to reapply for the examination.

## EXAMINATION FEES

Fee Type	Amount	Details
Initial Certification Fee	US \$450.00	<ul style="list-style-type: none"> <li>• Non-refundable</li> <li>• Non-transferable</li> <li>• Includes testing center fees</li> <li>• Includes non-refundable \$75.00 administrative fee</li> </ul>
Recertification by Exam (OPA-C or OA-C)	US \$350.00	
Transfer Fee (Moving to a new testing window; see page 8)	US \$215.00	<ul style="list-style-type: none"> <li>• <b>Applies to candidates who need to move to a new testing period</b></li> <li>• Must submit new application &amp; fee to PTC</li> </ul>
Rescheduling Fee (29-5 days prior to scheduled appointment; see page 8)	US \$50.00	<ul style="list-style-type: none"> <li>• <b>Applies to candidates who need to change their appointment within their current testing period</b></li> <li>• Payable directly to Prometric</li> <li>• Reschedule with Prometric online or over the phone</li> </ul>



- There will be no refund of fees unless applicants are ineligible for the examination.
- Ineligible candidates will be refunded their fees minus an administrative fee.
- No refunds will be issued for applying for the incorrect examination or testing period, for failing to make an examination appointment, or for failing to appear at your scheduled appointment.

**Be advised: Prometric does not have the authority to grant transfers to another testing period or refunds.**

## TEST ACCOMMODATIONS

NBCOPA and PTC support the intent of and comply with the Americans with Disabilities Act (ADA) and will take steps reasonably necessary to make certification accessible to persons with disabilities covered under the ADA. According to the ADA, an individual with a disability is a person who has a physical or mental impairment that substantially limits a major life activity (such as seeing, hearing, learning, reading, concentrating, walking) or a major bodily function (such as neurological, endocrine, or digestive system).

The information you provide and any documentation regarding your disability and test accommodations is confidential and is not included in scoring or reporting.

All approved testing accommodations must maintain the psychometric nature and security of the examination. Accommodations that fundamentally alter the nature or security of the exam will not be granted.

To request test accommodations, follow these 4 steps:

1. Download the Request for Test Accommodations Form, available from [www.ptcny.com](http://www.ptcny.com) or by calling PTC at (212) 356-0660.
2. Complete Test Accommodations Form with your doctor/healthcare professional.
3. Upload the completed and signed Test Accommodations Form with the online exam application.
4. Submit fully both the Test Accommodations Form and the application at least 8 weeks prior to the start of your chosen testing period.

**NOTES:**

- Only those requests made and received on the official Request for Test Accommodations Form will be reviewed.
- All requests must be made at the time of application. Accommodations cannot be added to an existing exam appointment.
- If you miss the 8-week deadline, you may not be able to test during your chosen testing period and you will be subject to rescheduling or transfer fees.
- Do not go to [www.prometric.com](http://www.prometric.com) or contact Prometric to request test accommodations as they are not authorized to approve accommodations. All requests for test accommodations must be submitted on the PTC Request Form.
- If you need to use your cell phone or another electronic device to monitor a medical condition, such as diabetes, please be sure to include this on Part 1 of the Request for Test Accommodations Form so that we can notify Prometric in advance
- Only pre-approved test accommodations will be permitted on the day of the examination. Test center personnel are not authorized to make any changes to the test accommodations on the day of the testing session and any such change may result in your examination score being canceled.

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## PREPARING FOR EXAMINATION DAY

- Check your driver's license, passport, non-driver state issued ID or U.S. Military ID.
  - Is it expired?
  - Does the first and last name on your ID match the first and last name on your Scheduling Authorization email?
  - Proctors at the Prometric testing center will refuse admission to candidates with expired ID, IDs with names that do not match their records, and temporary paper IDs. Candidates will be marked as no-shows and will forfeit their exam fees.
- Check your PTC Scheduling Authorization email and Prometric Appointment Confirmation email to make sure everything is accurate (i.e., your first and last name, exam name, appointment date, time and location).
- Make yourself familiar with the location of your test center and parking options and check the weather and traffic conditions before you leave for the test center. Allow plenty of time as late arrival may prevent you from testing.
- In the event of inclement weather, check the Prometric website for site closures: <https://www.prometric.com/closures>
- Prometric's website provides information on what you can expect on your test day, including a walkthrough of check in and security procedures: <https://www.prometric.com/test-center-security>.
- This Handbook provides the Content Outline for the Examination (see appendix). Use this to help you start studying for the examination.
- Review What to Expect at the Test Center and Rules for the Examination on the next pages before your appointment.

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## WHAT TO EXPECT AT THE TEST CENTER

- Candidate Check-In
  - Candidates will be asked to:
    - present their IDs.
    - empty and turn out their pockets.
    - walk through a metal detector or get “wanded”.
  - Eyeglasses, jewelry, and other accessories will be inspected.
    - Jewelry other than wedding and engagement rings is prohibited.
    - Leave these at home or place them in your locker.
  - Religious headwear may be worn into the testing room; however, it is subject to inspection by test center staff.
  - Prometric provides lockers to store purses, backpacks, mobile phones, jackets, food, drinks and medical supplies.
  - Water in a clear plastic containers (no labels) may be brought into the testing room.
- During the Exam
  - No breaks are scheduled during the exam.
  - Candidates are only permitted to leave the testing room to use the restroom or access food, drink, or medicine from their assigned locker. The exam timer will NOT be paused.
  - Smoking is prohibited at the testing center.
  - All examinations are monitored and may be recorded in both audio and video format.
- Keep in mind:
  - Other exams will be administered at the same time as your examination.
  - You may hear ambient noises such as typing, coughing, or people entering and exiting the testing room that cannot be avoided.
  - Prometric is unable to provide a completely noise-free environment.
  - Headphones may be requested to minimize the impact of ambient noise.
  - Proctors will periodically walk through the testing room as part of their monitoring process.

See [Prometric's website](#) for more information about what to expect on testing day.

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## RULES FOR THE EXAMINATION

Read the information below carefully. You are responsible for adhering to the examination rules while at the testing center.

- DO NOT BRING

These items are strictly prohibited at the testing center. Leave these items in your car or your assigned locker.

- Cell phones and all other electronic devices
- Watches
- Jackets/coats/bulky clothing such as sweatshirts
- Hats (except hats worn for religious reasons)
- Jewelry, including watches and wearable technology.



- ⇒ You may NOT access the following at any time during your exam or breaks: papers, books, any reference materials; electronic devices including your cell phone. Candidates may access the following items from their locker: snacks, drinks, medicine, or other personal healthcare items.
- ⇒ No questions concerning content of the examination may be asked during the examination session. Read carefully the directions that are provided on screen at the beginning of the examination session.
- ⇒ You are prohibited from leaving the testing room while your examination is in session, except for going to the restroom. Candidates who do go to their lockers or the restroom will need to repeat the security screening before being permitted to reenter the testing room. **Candidates who leave the center will have their examinations terminated.**
- ⇒ See [Prometric's statement on Test Center Security](#) for more information.

Contact PTC at (212) 356-0660 or [www.ptcny.com/contact](http://www.ptcny.com/contact) with any questions about the Examination Rules.

**Irregular or improper behavior that is observed, made apparent by statistical analysis, or uncovered by other means before, during or after the examination will be considered a violation of these rules and may constitute grounds for invalidation of a candidate's examination. NBCOPA will initiate an investigation and request suitable analyses and appropriate documentation.**

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## TESTING CONDITIONS OR EXAMINATION FEEDBACK

Any candidate who feels that the examination was negatively impacted by the test center conditions should notify the proctor immediately. The situation should also be reported to PTC at [www.ptcny.com/contact](http://www.ptcny.com/contact) within 15 business days of the test appointment. Any comments about the test itself should also be reported to PTC at [www.ptcny.com/contact](http://www.ptcny.com/contact) within 15 business days of the test appointment.

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## REPORT OF RESULTS

Candidates will be notified via email by PTC within approximately 4 weeks after the test window ends whether they have passed or failed the examination. Scores on the major areas of the examination and on the total examination will be reported.

### Confidentiality of Examination Scores

The National Board for Certification of Orthopedic Physician Assistants will release the individual test scores only to the individual candidate. Individual scores will NOT be sent to employers, educational institutions, school/programs, etc. under any circumstances. Any questions concerning test results should be referred to NBCOPA.

### Requesting a Handscore

Candidates who fail the examination may request a hand scoring of their data file. Hand scoring is a manual check of the data file by the testing service to determine if there have been any errors in scoring. Although the probability of such an error is extremely remote, this service is available. Requests for hand scoring must be received by PTC no later than 90 days after the date of the examination by completing and returning the Request of Handscore form on [www.ptcny.com](http://www.ptcny.com) with payment of \$25. Candidates who fail the examination will not be permitted to see the examination questions. For reasons of test security, no candidate is allowed to review the examination or any of its items.

To ensure correct reporting of results, PTC automatically performs handscores of examinations of candidates who score within 3 points of passing as a quality control measure. Thus, it is extremely doubtful that any examination results will change from “fail” to “pass” through handscoring.

### Reexamination

The Certification Examination Orthopedic Physician Assistants / Orthopedic Assistants may be taken as often as desired, upon filing of a new Application and fee. There is no limit to the number of times the examination may be repeated.

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## EXAMINATION SECURITY

Candidates seeking admission to take the examination do so for the purpose of pursuing certification, and for no other purpose. Because of the confidential nature of the examination, candidates may not make or keep copies, excerpts, or notes of examination materials, and may not use or divulge information learned from the examination. The examination is the exclusive property of NBCOPA and candidates may not use examination information in any way without the express prior written consent of NBCOPA.

The NBCOPA examination is confidential. Candidates are required to sign a confidentiality agreement prior to the start of the examination.

Candidates agree to abide by the testing rules in effect at the time of their test appointment. NBCOPA, PTC, and/or Prometric staff may refuse a candidate admission to the examination if they do not have the proper identification as detailed in the Candidate Handbook. Candidates who do not abide by the testing rules may have their exam terminated during the exam administration in order to maintain a secure and proper exam administration and/or exam scores invalidated.

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## ATTAINMENT OF CERTIFICATION AND RECERTIFICATION

Candidates who pass the Certification Examination may use OPA-C (for Orthopedic Physician Assistant-Certified) or OA-C (Orthopedic Assistant - Certified) after their name and will receive certificates from NBCOPA.

Certification as an Orthopedic Physician Assistant/Orthopedic Assistant is recognized for a period of four years at which time the candidate must either retake and pass the current Certification Examination or meet continuing education requirements in effect at that time in order to retain certification.

### Disclaimer

State Statutes provide the basic guidelines that recognize Allied Health Professionals in their respective states. Medical institutions credentialing committees interpret these statutes. These committees with surgeon support, based on their interpretations, decide what privileges to grant individuals applying for employment in their respective institutions. The NBCOPA examination is a National Certification Examination. It is your responsibility as a passing candidate of this examination to insure you meet the requirements of your respective State and Institutional Credentialing Committee when applying for medical privileges within your place of employment.

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## REVOCATION OF CERTIFICATION

Certification will be revoked for either of the following reasons:

1. Falsification of Application.
2. Misrepresentation of certification status.
3. Failure to adhere to NBCOPA Code of Ethics.



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## CONTENT OF THE EXAMINATION

The Certification Examination for Orthopedic Physician Assistants/Orthopedic Assistants is a computer-based examination with 200 multiple-choice, objective questions with a total testing time of three hours and fifteen minutes.

The questions for the examination are developed by individuals with expertise in orthopedics and are reviewed for construction, accuracy, and appropriateness by representatives of NBCOPA.

NBCOPA, with the advice and assistance of the Professional Testing Corporation, prepares the examination. The Certification Examination for Orthopedic Physician Assistants / Orthopedic Assistants will be weighted in the following manner:

I. Anatomy and Physiology	15%
II. Musculoskeletal Conditions	30%
III. Orthopedic History and Physical Examination	15%
IV. Imaging and Laboratory Studies	10%
V. Treatment of Musculoskeletal Conditions	30%

### **I. ANATOMY AND PHYSIOLOGY**

#### **A. Skeletal**

##### **1. Bones**

##### **a. Structure**

- 1) Composition
- 2) Special Anatomic Configurations
  - a) Fossa
  - b) Foramen
  - c) Condyle
  - d) Trochanter
  - e) Crest
  - f) Spinous Process
  - g) Tuberosity
  - h) Other

- 3) Growth
- 4) Coverings
- 5) Blood Supply

##### **b. Types**

- 1) Long Bones
- 2) Short Bones
- 3) Flat Bones
- 4) Irregular Shaped Bones

##### **c. Functions**

- 1) Support

##### **2) Protection**

#### **2. Joints**

##### **a. Structure**

- 1) Cartilage
  - a) Articular
  - b) Meniscal
  - c) Other
- 2) Ligaments
- 3) Synovia
- 4) Joint Fluid

##### **b. Types**

- 1) Ball and Socket
- 2) Hinge
- 3) Gliding
- 4) Other

##### **c. Functions**

- 1) Flexion and Extension
- 2) Abduction and Adduction
- 3) Rotation and Circumduction
- 4) Supination and Pronation
- 5) Inversion and Eversion
- 6) Other

#### **B. Neuromuscular**

##### **1. Muscles**

- a. Structure
  - 1) Belly
  - 2) Tendons
  - 3) Origins and Insertions
- b. Types
- c. Location
- d. Actions
- 2. Nerves
  - a. Structure
    - 1) Central
    - 2) Peripheral
  - b. Location
  - c. Function

## **II. MUSCULOSKELETAL CONDITIONS**

- A. Trauma
  - 1. Fractures and Dislocations
    - a. Open
    - b. Closed
  - 2. Soft Tissue Injuries
  - 3. Complications
- B. Disorders
  - 1. Upper Extremities
  - 2. Lower Extremities
  - 3. Spine
    - a. Cervical
    - b. Thoracic
    - c. Lumbar
    - d. Sacrum and Coccyx
- C. Diseases
  - 1. Neuromuscular
  - 2. Skeletal
  - 3. Deficiency
  - 4. Blood Dyscrasias
  - 5. Systemic
- D. Joint Conditions
  - 1. Arthritic
    - a. Degenerative
    - b. Inflammatory
    - c. Posttraumatic
  - 2. Soft Tissue
    - a. Inflammatory
    - b. Attritional
  - 3. Congenital
- E. Infections
  - 1. Acute

- 2. Chronic
- 3. Periprosthetic
- F. Neoplasms
  - 1. Malignant
  - 2. Benign
- G. Muscle, Ligament, Tendon, and Cartilage Conditions

## **III. ORTHOPEDIC HISTORY AND PHYSICAL EXAMINATION**

- A. Present Illness
  - 1. Symptoms
  - 2. Cause
  - 3. Duration
  - 4. Prior Treatment
  - 5. Changes Since Onset
  - 6. Present Medical Status
- B. Patient History
  - 1. Serious Illness
  - 2. Surgery
  - 3. Hospitalizations
  - 4. Similar Conditions or Broken Bones
  - 5. Congenital Problems
  - 6. Present Medications
  - 7. Activities of Daily Living
  - 8. Alignment
- C. Family History
- D. Physical Examination
  - 1. Observation
    - a. Gait
    - b. Swelling
    - c. Deformities and Scarring
    - d. Stature and Posture
    - e. Nutritional Status
    - f. Muscular Development
    - g. Amputations
    - h. Other
  - 2. Manual Examination
    - a. Palpation
    - b. Range of Motion
    - c. Stability
    - d. Strength
    - e. Neurological
    - f. Circulation

## **IV. IMAGING AND LABORATORY STUDIES**

- A. Imaging
  - 1. Roentgenography

- a. Routine
  - b. Tomography
  - c. Computerized Axial Tomography
- 2. Magnetic Resonance Imaging
- 3. Nuclear Studies
- 4. Ultrasonography
- 5. Special Diagnostic Procedures
  - a. Arthrography
  - b. Fluoroscopy
  - c. Venography
  - d. Other
- 6. Findings
- B. Laboratory Studies
  - 1. Urine
  - 2. Blood
  - 3. Synovial Fluid
  - 4. Cultures
- C. Other Diagnostic Procedures
- V. TREATMENT OF MUSCULOSKELETAL CONDITIONS**
- A. Nonsurgical
  - 1. Casting
    - a. Indications
    - b. Types
      - 1) Plaster
      - 2) Fiberglass and Other Synthetics
    - c. Anatomical Site
      - 1) Upper Extremity
      - 2) Lower Extremity
      - 3) Body
    - d. Application and Procedures
      - 1) Preparation
      - 2) Padding
      - 3) Special Considerations
      - 4) Removal
    - e. Duration of Treatments
    - f. Complications
  - 2. Supportive and Assistive Devices
    - a. Taping, Strapping, Bandages
    - b. Splints and Braces
      - 1) Static
      - 2) Dynamic
      - 3) Prefabricated
      - 4) Custom
    - c. Ambulatory, Assistive Devices (Crutches, Walkers, Canes)
  - 3. Traction

- 4. Physical Therapy and Exercise/Continuous Passive Motion
- 5. Complications
- 6. Other
- B. Pharmacologic
  - 1. Types, Functions, and Side Effects
    - a. Analgesics
    - b. Muscle Relaxants
    - c. Antibiotics
    - d. Steroids
    - e. Anticoagulants
    - f. Anti-inflammatories
    - g. Vasoconstrictors
    - h. Antiemetics
  - 2. Administration
    - a. Oral
    - b. Parenteral
      - 1) Intravenous Including Patient controlled Analgesia
      - 2) Intramuscular
      - 3) Subcutaneous
      - 4) Regional
    - c. Other
  - 3. Interactions
    - a. Other Drugs
    - b. Disease Conditions
- C. Surgical
  - 1. Indications
  - 2. Preoperative Planning and Care
  - 3. Types of Procedures
    - a. Reduction
      - 1) Fractures
      - 2) Dislocations
    - b. Reconstruction
      - 1) Arthroplasty
        - a) Replacement
        - b) Interpositional
      - 2) Ligaments
      - 3) Digits
      - 4) Fusion
    - c. Repair
      - 1) General
      - 2) Reimplantation
    - d. Removal
      - 1) Amputation
      - 2) Foreign bodies
      - 3) Other
    - e. Wound care

- 1) Traumatic
  - 2) Elective
- f. Diagnosis
  - 1) Arthroscopy
  - 2) Other
- 4. Intraoperative Management
  - a. Positioning
  - b. Anesthesia
  - c. Incision
  - d. Equipment
    - 1) Instrumentation
    - 2) Implants
    - 3) Sutures

- 4) Other
  - e. Sterilization Procedures
- 5. Postoperative Management
  - a. Immediate
  - b. Hospital
  - c. Long Term
- 6. Complications
- D. Patient Education
- E. Documentation
- F. Infection Control
- G. Safety
- H. Medicolegal

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## SAMPLE EXAMINATION QUESTIONS

In the following questions, choose the one best answer.

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1. What are the three groups of bones in the hand?

1. Ulnar, radius, and metacarpals
2. Carpals, metacarpals, and phalanges
3. Metatarsals, carpals, and phalanges
4. Phalanges, tarsals, and metatarsals

---

2. A deforming force which makes reduction of a Bennett's fracture difficult is the pull of the

1. flexor pollicis longus.
2. extensor pollicis brevis.
3. abductor pollicis longus.
4. adductor pollicis longus.

---

3. Anterior wedging and kyphosis are common x-ray findings in

1. osteoporosis.
2. osteosarcoma.
3. osteopetrosis.
4. osteomalacia.

---

4. Reflex sympathetic dystrophy is typically characterized by

1. hemorrhage.
2. tissue swelling.
3. excessive joint mobility.
4. pain out of proportion for injury.

---

5. An acute closed mallet finger is most appropriately treated by

1. central slip release.
2. operative repair of the tendon.
3. hyperextension splint for distal interphalangeal joint.
4. transarticular Kirschner wire across distal interphalangeal joint.

ANSWER KEY	
Q	A
1	2
2	3
3	1
4	4
5	3

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## ONLINE PRACTICE TEST

A 75-item online practice test is available. It provides candidates with an opportunity to become familiar with the testing experience. The practice test is developed according to the certification examination's test specifications (content outline).

The purpose of the practice test is to simulate an actual computer-based testing experience and not to serve as a study guide nor to be used as a substitute for studying. Candidates are NOT provided with the answer key, rationale for the correct answer, nor notification of which items were answered correctly or incorrectly.

The instant score report after completion of the practice test provides an overall score as well as a score for each content area. The results of the practice test should not be interpreted as a predictor of performance on the actual examination. The scores do not provide a valid or reliable indicator of how you will perform on the actual examination.

The PTC Online Testing System does not demonstrate the testing software used during the certification examinations. The testing platform used during the certification examination will be different. Once the practice test is scored, you cannot return to the test to review the questions.

The completion of the practice test is optional, is not required to sit for the certification examination, and is provided for review purposes only. It does not guarantee a passing score on the examination, nor does it assess your readiness in passing the examination.

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- II. Musculoskeletal Conditions
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- IV. Imaging and Laboratory Studies
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## REFERENCES

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You may also use these websites for more information:

Wheeless' Textbook of Orthopaedics

<http://www.wheelessonline.com/>

Orthopedic Surgery Articles at Medscape

[http://emedicine.medscape.com/orthopedic\\_surgery](http://emedicine.medscape.com/orthopedic_surgery)

iMedicalApps – Mobile medicine

<http://www.imedicalapps.com/>

AO Surgery Reference

<http://aosurgery.org>

American Academy of Orthopaedic Surgeons

<http://www.aaos.org>

The Journal of Bone and Joint Surgery

<http://www.jbjs.org>

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