

↑ Elevate Your Thinking

Virtual Workshop

PLAN YOUR NPTE STRATEGY

IN 1 HOUR

PT ELEVATE STRATEGIES

August 4th, 2023

Welcome!

GROUND RULES

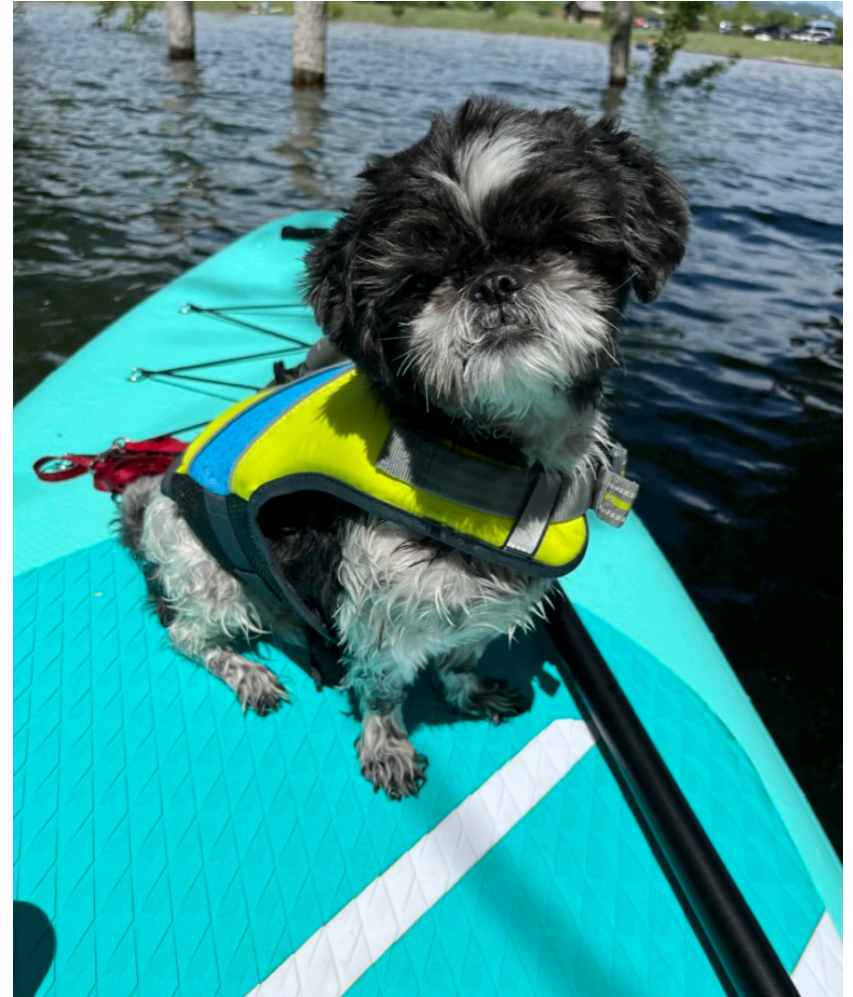
- You may choose to have your video on or off - up to you!
- Please MUTE yourself for now. (There will be time at the end for Q&A).
- Please have your chat up - this is how I will ask for communication and participation until the Q&A.

A FEW QUESTIONS...

- Where are you connecting from?
- Are you taking the PT or PTA examination?
- Have you already taken the test before?

ABOUT ME (Dr. Jace Sattler)

- Graduated from PT school in California.
- Most of my practice has been in outpatient (especially workers' compensation).
- Fellowship program.
- Outpatient clinic, mission trips, and NPTE training.
- Puppy Baxter.



MINDSET & the TEST

- **This matters!**
- *The strategy we review today will add to this intangible mindset thing because it will build your confidence for the questions you encounter.*
- **Be INTENTIONAL about your mindset.**

WHO ARE YOU?

WHERE DO YOU WANT

TO GO?



PT

PTA

WHAT YOU'LL LEARN TODAY

- .01** How to Mentally Prepare for the NPTE
- .02** Exactly Why You Need a NPTE Strategy
- .03** The NPTE Success Strategy Framework
- .04** Examples & Application of the Success Strategy
- .05** How to Conquer the NPTE

It's a *PROCESS*...



I can contribute my successful passing of the NPTE to Elevate Strategies PT and my tutor, Jace. Jace is extremely knowledgeable about all aspects of physical therapy, as well as the specifics on the NPTE. I utilized her services after two unsuccessful attempts at passing the NPTE. She helped me to analyze my strengths and weaknesses within the test, but this was simply the starting point.

She was thorough in addressing each area of knowledge within the NPTE to my satisfaction. Within each area, we reviewed primary diagnoses, encompassing examination, evaluation, treatment, differentials and related practice questions. On her knowledge and helpfulness in review of content alone, I would recommend Jace as an effective tutor.

However, what separated her from my previous experiences was what she taught me around test-taking strategies. While foundational knowledge is essential to passing and practice, knowledge and practice around these strategies are what boosted me into a passing score on the NPTE.

In a test as complex as this one, being able to efficiently analyze a question, in the method Jace taught me, helped me to confirm my knowledge on a question, successfully take educated guesses, and eliminate careless mistakes and reading errors. She did not let me down in her guarantee to help me pass the NPTE!

Jace, I hope you know I mean all of this sincerely. You were an incredible help and amazingly supportive and encouraging every step of the way. Thank you for all your help, as I could not have done it without you!

~ Austin Adamson



“ Study smarter, NOT harder. ”

**With every webinar that you must
learn the process, master it,
and STICK to it.**



I have nothing but the best to say about Jace and Elevate Strategies! This program was excellent for me and what I needed from an NPTE preparation course. She really took out the time to focus on my weaknesses, both in terms of content knowledge and test taking strategy, and **instill the confidence I needed to pass this exam.** I have taken different preparation courses that were over-populated with too much going on, so having the one-on-one help from her made things more clear for me and my preferred learning style. She is an extremely intelligent PT and instructor, whose content reviewing strategies were **unlike anything I've experienced from other NPTE preparation guides and resources.** She has a great way of making both easier and more difficult topics stick by using very organized and sensible methods, not through straight memorization but by "using our PT brains." She also is a very kind person who is understanding and compassionate, which is extremely important if you are a repeat NPTE taker. Jace brought out the very best in me and **ultimately made the biggest difference in me passing the NPTE.** I would not hesitate even for a millisecond to recommend her and Elevate Strategies for your NPTE preparation!

~ **Enrico Sanchez**

A QUICK RECAP...

- Don't forget that you are *already* a PT or PTA.
- You **MUST** be intentional with your mindset and consistently work on it for the test.
- You **MUST** understand that the test is 100% *LEARNABLE*.
- There is a learning *process* for the test. (It can take time!).
- It is absolutely possible for **YOU!**

**You're not just here for the tips
and tricks. You're here for a
deeper purpose.**

START WITH A STRATEGY.

THE STRATEGY

STEPS

1. Read the question and all answers.
2. Rephrase what the question is asking.
3. Choose answer.
4. Double check: Why are all the other answers incorrect? (USE the question!!).

Example #1 (PT Question)

A physical therapist is examining a patient who reports a burning sensation between the 2nd and 3rd metatarsals that spreads across the forefoot. The pain occurs primarily with weight-bearing or pressure on that area, but also at night when the patient is in bed. The MOST likely cause of the pain is:

- A) Plantar fasciitis
- B) Complex regional pain syndrome
- C) A morton neuroma
- D) Tarsal tunnel syndrome

Example #1 (The Process)

STEPS

1. Read the question and all answers.

Based on the answers, we are looking for a diagnosis.

2. Rephrase what the question is asking.

“What structure could cause a burning sensation at the metatarsals that increases with weightbearing and at night?”

3. Choose answer.

What did you choose?

4. Double check: Why are all the other answers incorrect? (USE the question!!).

Use pain patterns.

Use anatomy.

THE BASICS!

Example #2 (PTA Question)

A patient demonstrates loss of sensation over the dorsum of the thumb (1st digit) and an inability to perform active wrist extension. Which of the following nerve roots is MOST likely involved?

- A) C4
- B) C5
- C) C6
- D) C7

Example #2 (The Process)

STEPS

1. Read the question and all answers.

Based on the answers, we are looking for a nerve root.

2. Rephrase what the question is asking.

“What **dermatome** correlates with the posterior thumb?

“What **myotome** correlates with wrist extension?”

3. Choose answer.

What did you choose?

4. Double check: Why are all the other answers incorrect? (USE the question!!).

Use **EITHER** knowledge of your dermatomes or myotomes (you don't have to have both!).

Ultimate Ascent Mentoring Program

**How to Conquer
the NPTE**

Elevate Your Thinking

Pass the NPTE within 12 weeks with a proven methodology to escape this discouraging try-and-fail cycle.

Success Timeline

WEEKS 1-4

- Master sub-strategies for the “big 3”
- Ample time to learn strategies
- APPLY all strategies to practice questions

WEEKS 5-9

- Implement strategies on PEAT and practice exams (minimum of 2)
- Instant feedback and validation of the process for the real test

WEEKS 10-12

- Review & refine...
- then CONQUER the NPTE!

This program was made for...

- Students who are tired of **struggling**, putting in long study hours, and having **nothing to show for it**.
- Learners who categorize themselves as “**poor test-takers**” and who hate standardized tests.
- Students who are **overwhelmed** with the **amount of information** to know for the test.
- Students who need a **method to attack questions** and a way to **think during** the test.
- Anyone who **feels anxious** when taking tests.

I had roughly six weeks to prepare for the exam. Unfortunately, I needed to continue working while preparing for my exam. I was working two jobs along with taking care of my family. There's so much information, and although it's nice to have different variations, too many sources when studying confused me. **Jace really organized me and broke down the material to make it more manageable for the exam.** With her support, I was able to prioritize and keep focused despite a crazy and hectic life.

The exam is frustrating and tricky because it doesn't test you on what you know or don't know. It's about **knowing how to be successful with strategies** while taking the exam, specifically for some questions that you may not be confident in. That doesn't mean that you don't need to have the knowledge. You absolutely do, but **you have to apply it to the best possible answer.** I think what she did was not only explain the various subjects and rationale, she also did her own research into the rationale used for the exam by sticking with those resources. Obviously I still have more to learn, but I am so glad to put this awful test behind me-hahah! I'm really thankful that I found her.

Jace is not only an amazing tutor she is truly a kind person that will go above and beyond to make sure you have what you need during this grueling process. My first attempt I used Final Frontier independent study course and failed with a 543. The **second attempt** I changed my study habits completely, met with Jace weekly, and **focused on using the PEATs as a guide this ultimately led to a passing score of 652.** Jace is worth the small investment and I will forever consider her a fellow PT friend.

~ Sydney Priola, PT, DPT

“Jace is an excellent tutor. She's kind, patient, and always provides encouragement. Her study plan catered to my specific weaknesses, and the way she explained topics made it easy for me to understand. She also helped me **overcome my testing anxiety**, which I've struggled with for years! I highly recommend investing in her services.”

~ Eevi

Book a Call

This free call is an opportunity to share your NPTE struggles and your specific situation, then get expert feedback on your strategy and how to actually implement it. We'll also answer your Qs about the UAMP program and what we could help you accomplish with the Success Strategy system.

[TO BOOK YOUR FREE CALL, CLICK LINK IN THE CHAT.](#)

Limited spots.

All the learners on the previous slide started with this call :).

Q & A

