AMERICAN COLLEGE OF OSTEOPATHIC FAMILY PHYSICIANS (ACOFP) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://acofp.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. A viscerosomatic reflex is specifically addressed by treating

A. The underlying visceral pathology

B. The somatic tissues

C. The patient's diet

D. The skin

2. The '2-chambered pump' refers to the relationship between which cavities?

A. Thoracic and abdominal cavities

B. Left atrium and right ventricle

C. Lungs and heart

D. Brain and spinal cord

3. The structures that relay vital forces throughout the body are

A. Arteries, veins, and lymphatics

B. Nerves and ganglia

C. Muscles and fascia

D. Endocrine glands

4. OMM can complement cancer diagnosis and treatment, enhance survivorship, and strengthen total care. Which option best reflects this concept?

A. Complement cancer diagnosis and treatment

B. Enhance cancer survivorship

C. Strengthen total care

D. All of the above

5. Which concept describes the body's regulatory capabilities in osteopathic theory?

A. The body has self-regulatory maintenance mechanisms

B. The body is always disrupted by disease

C. The body operates without any regulation

D. Regulation is unnecessary in care

SAMPLE

6. Which therapy has been shown to yield better results for chronic spinal pain than pain medication?

A. Osteopathic manipulative treatment

B. Chiropractic adjustments

C. Acupuncture

D. Physical therapy

7. Type II extension dysfunction is typically expected at a cross-over point in which part of the spine?

A. A cross over point in the thoracic spine

B. The lumbar spine at L4-L5

C. The cervical spine

D. The sacral region

8. Postcholecystectomy syndrome is an example of which phenomenon?

A. An example of the clinical impact of a residual viscerosomatic reflex

B. A direct injury to the gallbladder

C. An infectious complication

D. A psychosomatic reaction

9. Following a good history, the musculoskeletal examination of the athlete should begin with an analysis of which of the following?

A. Gait

B. Range of motion

C. Joint alignment

D. Palpation

10. The greatest therapeutic impact of cranial OMT upon intraosseous dysfunction can be expected when?

A. Before birth

B. After puberty

C. Before the synchondroses have ossified

D. After synchondroses finish ossifying

SAMPLE

Answers

SAMPLE

1. A
2. A
3. A
4. D
5. A
6. A
7. A
8. A
9. A
10. C

SAMPLE

Explanations

SAMPLE

1. A viscerosomatic reflex is specifically addressed by treating

A. The underlying visceral pathology

B. The somatic tissues

C. The patient's diet

D. The skin

Viscerosomatic reflex arises when a visceral problem sends reflex signals that create somatic dysfunction in the tissues served by the same spinal segments. The somatic changes—tenderness, hypertonicity, restricted motion—are a downstream expression of that visceral input. Because the reflex is driven by the visceral pathology, the most effective approach is to treat the underlying organ issue to remove the stimulus causing the reflex. Addressing the visceral problem can calm autonomic input to the corresponding somatic tissues and allow them to relax and return to balance. Treating only the somatic tissues might relieve symptoms temporarily, but the reflex will persist as long as the visceral pathology remains. Diet, skin, or other superficial targets don't directly address the reflex arc underlying viscerosomatic changes, since the core driver is the visceral pathology itself.

2. The '2-chambered pump' refers to the relationship between which cavities?

A. Thoracic and abdominal cavities

B. Left atrium and right ventricle

C. Lungs and heart

D. Brain and spinal cord

The idea behind the two-chambered pump is the functional link between the thoracic and abdominal cavities created by the diaphragm. As you breathe in, the diaphragm contracts and moves downward, expanding the thoracic cavity while compressing the abdominal contents. This lowers pressure in the chest and increases pressure in the abdomen, helping venous blood and lymph flow from the abdomen toward the heart and through the thoracic region. As you breathe out, the diaphragm relaxes and rises, shifting pressures to continue aiding fluid movement and venous return. This coordinated movement effectively couples the two major body compartments, acting like a pump that moves fluids between them. The other options don't describe this diaphragmatic coupling between the chest and belly.

3. The structures that relay vital forces throughout the body are

A. Arteries, veins, and lymphatics

B. Nerves and ganglia

C. Muscles and fascia

D. Endocrine glands

Fluid-carrying networks distribute life-sustaining substances and signals throughout the body. Arteries and veins form the circulatory system that moves blood, delivering oxygen and nutrients to tissues and carrying away carbon dioxide and wastes. Lymphatics drain interstitial fluid, return proteins to circulation, transport immune cells, and assist in fat absorption. Together, these channels relay the forces essential for tissue viability and coordinated function by maintaining perfusion, fluid balance, and immune surveillance. Nerves and ganglia transmit electrical signals to coordinate activities, but they are not the primary pathways for circulating fluids. Muscles and fascia provide movement and support, not the main transport routes for life-sustaining substances. Endocrine glands release hormones into the bloodstream, influencing distant tissues, but they rely on the circulatory system to deliver those signals rather than serving as the main relay networks themselves.

SAMPLE

4. OMM can complement cancer diagnosis and treatment, enhance survivorship, and strengthen total care. Which option best reflects this concept?

A. Complement cancer diagnosis and treatment

B. Enhance cancer survivorship

C. Strengthen total care

D. All of the above

The concept being tested is that osteopathic manipulative medicine fits into cancer care in multiple, complementary ways. OMM serves as an adjunct to conventional diagnosis and treatment by addressing somatic dysfunction and symptoms that accompany cancer and its therapy, thus supporting the medical team rather than replacing it. It also plays a role in survivorship by helping manage long-term effects, improving function and quality of life, and reducing pain or fatigue where appropriate. At the same time, it embodies a holistic, patient-centered approach that strengthens total care by treating the whole person—physical, emotional, and social aspects—within the broader care plan. Because OMM can contribute across all these dimensions, the option that best captures the concept is all of the above.

5. Which concept describes the body's regulatory capabilities in osteopathic theory?

A. The body has self-regulatory maintenance mechanisms

B. The body is always disrupted by disease

C. The body operates without any regulation

D. Regulation is unnecessary in care

Self-regulation and maintenance by the body's own mechanisms are fundamental in osteopathic theory. The body is viewed as a unit that continuously regulates and adjusts to preserve homeostasis, with systems such as the autonomic nervous system, endocrine signaling, immune responses, and circulatory/lymphatic flow working together to maintain balance. When somatic dysfunction impedes mobility or tissue compliance, regulation can be affected, but osteopathic care aims to support healing by removing barriers to regulation—restoring mobility and improving circulation and tissue function so the body's innate regulatory processes can operate more effectively. This perspective stands in contrast to ideas that disease always disrupts the body or that regulation isn't needed, highlighting the core belief that the body has inherent self-regulatory capacity.

SAMPLE

6. Which therapy has been shown to yield better results for chronic spinal pain than pain medication?

A. Osteopathic manipulative treatment

B. Chiropractic adjustments

C. Acupuncture

D. Physical therapy

The main idea here is that hands-on, structural care can address the root mechanical aspects of chronic spinal pain in a way that medications alone often cannot. Osteopathic manipulative treatment uses specific techniques to improve joint mobility, reduce soft-tissue tension, and restore normal tissue function. By correcting somatic dysfunction and improving biomechanics, it can reduce pain and improve function beyond what pain medications typically achieve, which mainly lessen symptoms without changing mechanical issues. Trials comparing osteopathic manipulative treatment with standard medical care that includes analgesics have shown greater improvements in pain and function with the manual approach, especially over the medium term. The rationale is that once the spine moves more normally and tissues are less tense, pain decreases more consistently and functional ability improves, reducing the need for ongoing medications. While other options like physical therapy, acupuncture, or chiropractic care can also help with spinal pain, the evidence cited in this context supports osteopathic manipulative treatment as the therapy that has demonstrated superior results to pain medication for chronic spinal pain.

7. Type II extension dysfunction is typically expected at a cross-over point in which part of the spine?

A. A cross over point in the thoracic spine

B. The lumbar spine at L4-L5

C. The cervical spine

D. The sacral region

Type II dysfunction refers to a single vertebral segment that is nonneutral and stuck in a specific position, usually extended or flexed, with localized restriction at that level. A cross-over point is a transitional area in the spine where motion patterns tend to localize because of changing anatomy and mechanics—think of a hinge-like zone where rib attachments and facet orientation influence movement. The thoracic spine, particularly at its mid-region where the thoracic-rib mechanics and the transition to lumbar mobility intersect, is the classic cross-over point for an extension pattern. In this area, the structures around a single vertebra can lock it into an extended posture, producing a Type II extension dysfunction that is localized and demonstrable on exam. Other regions don't fit this pattern as well because their anatomy and motion patterns differ. The cervical region often shows different patterns dominated by flexion–rotation mechanics, the lumbar region has its own transition dynamics, and the sacrum involves sacroiliac and pelvic mechanics rather than a thoracic cross-over pattern. So the best answer is a cross-over point in the thoracic spine.

SAMPLE

8. Postcholecystectomy syndrome is an example of which phenomenon?

A. An example of the clinical impact of a residual viscerosomatic reflex

B. A direct injury to the gallbladder

C. An infectious complication

D. A psychosomatic reaction

Viscerosomatic reflexes explain why symptoms can persist after gallbladder removal. After cholecystectomy, ongoing visceral input from the biliary system can keep activating the same spinal segments that receive somatic nerves, so the brain interprets this input as pain or tenderness in related body regions, such as the back or shoulder, and even causes muscle tension in those areas. This lingering reflex accounts for postcholecystectomy syndrome: symptoms resemble biliary-type pain but arise from visceral–somatic neural interactions rather than a new gallbladder injury, infection, or a purely psychological reaction.

9. Following a good history, the musculoskeletal examination of the athlete should begin with an analysis of which of the following?

A. Gait

B. Range of motion

C. Joint alignment

D. Palpation

Gait analysis provides a quick, functional snapshot of how the athlete's musculoskeletal system is working during weight-bearing and movement. By watching how someone walks, the examiner can pick up clues about multiple joints and regions—hips, knees, ankles, and the spine—as well as overall neuromuscular control, balance, and symmetry. This dynamic view often reveals problems that static tests miss, such as an antalgic limp, asymmetric step length, pelvic drop or tilt, knee valgus or varus during stance, toeing-in or toeing-out, or compensatory trunk movements. Identifying these patterns early helps target where to focus the rest of the examination, guiding decisions on which joints to test for range of motion, how to assess alignment, and where palpation might be most informative. ROM and joint alignment are important, but they can be influenced by pain, guarding, or patient effort, and palpation is most meaningful after establishing a functional baseline with gait. Starting with gait thus provides the most efficient, global view of function to direct the subsequent, more localized parts of the exam.

10. The greatest therapeutic impact of cranial OMT upon intraosseous dysfunction can be expected when?

A. Before birth

B. After puberty

C. Before the synchondroses have ossified

D. After synchondroses finish ossifying

The key idea is that cranial OMT works best when the skull's joints are still movable. When the synchondroses are not yet ossified, and the sutures between skull bones are patent, the bones have more pliability and can respond more readily to gentle forces that balance intraosseous relationships and improve overall cranial mechanics. Before the synchondroses finish ossifying, there is greater capacity for the cranial bones to shift subtly in relation to one another, which enables a more effective restoration of normal motion and reduction of intraosseous dysfunction. Once these joints have fused, the bones become relatively rigid, and the direct ability of OMT to alter intraosseous positions diminishes, even though soft tissues and overall cranial mechanics can still be influenced. So the greatest therapeutic impact is achieved before ossification of the synchondroses.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://acofp.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE