CHIROPRACTIC FULL SPINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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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.

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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!

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Questions

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1. Which factor MOST directly causes SI fixation?

A. Ligament adhesions

B. Edema in joint

C. Myospasm

D. Disc degeneration

2. What is the activator method and when is it used?

A. A handheld instrument delivering a precise, low-force impulse to a specific spinal segment; used for patients who prefer light force, pediatrics, or when manual thrusting is contraindicated.

B. A high-velocity thrusting technique for all adults.

C. A passive range-of-motion technique without any device.

D. An imaging modality used to guide adjustments.

3. What is the typical time frame for improvement in acute mechanical back pain with conservative care?

A. Most patients improve within 2-6 weeks with appropriate care.

B. Most patients require surgery to improve.

C. Symptoms typically resolve within 24 to 48 hours.

D. Improvement is only seen after several months.

4. What is the recommended approach to assessing thoracic spine motion clinically?

A. Assess global thoracic range of motion with flexion/extension and lateral flexion, palpate for segmental stiffness, reproduce concordant pain, and correlate with patient history.

B. Assess only cervical range of motion to infer thoracic mobility.

C. Rely solely on imaging; motion testing is not necessary.

D. Test only thoracic rotation at the upper thoracic levels.

5. If PI raises femur 4 mm and EX raises femur 2 mm, net change is:

A. Lower 2 mm

B. Raise 6 mm

C. Raise 2 mm

D. No change

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6. Which of the following is NOT a sacral LOD option?

A. P-A only

B. P-A, S-I

C. P-A, M-L through joint plane

D. P-A with torque

7. How would you differentiate a hypermobile spinal segment from a hypomobile one clinically?

A. Hypermobile segments show reduced motion.

B. Hypermobile segments show no motion at all.

C. Hypomobile segments show excessive motion.

D. Hypermobile segments show excessive or unstable motion and may feel lax or give-way during testing.

8. Which statement best describes the line of drive for sacral misalignments P-L/P-R?

A. P-A, S-I

B. P-A, M-L through joint plane

C. P-A with torque

D. P-A only

9. What is the typical clinical presentation of lumbar disc herniation with radiculopathy?

A. Bilateral leg pain without dermatomal pattern and no radicular signs.

B. Ipsilateral leg pain radiating in a dermatomal pattern, possibly worsened by coughing or sneezing, with positive straight leg raise and possible mild weakness and diminished reflexes.

C. Pure low back pain without leg symptoms.

D. Acute thoracic pain with rib tenderness.

10. Which is an indication for traction therapy?

A. Disc herniation with radiculopathy and malalignment after other measures fail.

B. Acute fracture.

C. Severe osteoporosis.

D. Vascular issues.

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Answers

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

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Explanations

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1. Which factor MOST directly causes SI fixation?

A. Ligament adhesions

B. Edema in joint

C. Myospasm

D. Disc degeneration

Ligament adhesions directly immobilize the sacroiliac joint by forming fibrous bridges between the sacrum and ilium, effectively locking the joint and reducing its normal range of motion. This structural tethering is the primary manner by which SI fixation occurs. Edema may accompany inflammation and cause pain and temporary guarding, but it does not create a true fixed restriction of the joint. Myospasm can limit movement through muscle guarding, yet it's not a permanent fixation of the joint itself. Disc degeneration involves the lumbar region and intervertebral discs, not the sacroiliac joint's fixation mechanism.

2. What is the activator method and when is it used?

A. A handheld instrument delivering a precise, low-force impulse to a specific spinal segment; used for patients who prefer light force, pediatrics, or when manual thrusting is contraindicated.

B. A high-velocity thrusting technique for all adults.

C. A passive range-of-motion technique without any device.

D. An imaging modality used to guide adjustments.

A precise, low-force instrument-assisted adjustment. The activator method uses a small handheld device to deliver a quick, targeted impulse to a specific spinal segment, providing a controlled, light thrust rather than a heavy manual adjustment. This approach is especially helpful when a patient wants gentler contact, for children, or when a manual thrust is not advisable or well tolerated due to safety concerns, sensitivity, or contraindications. It can be used as the primary adjustment in suitable cases or to supplement traditional manual techniques. It's not a high-velocity thrust for all adults, not a passive range-of-motion technique without a device, and not an imaging modality.

3. What is the typical time frame for improvement in acute mechanical back pain with conservative care?

A. Most patients improve within 2-6 weeks with appropriate care.

B. Most patients require surgery to improve.

C. Symptoms typically resolve within 24 to 48 hours.

D. Improvement is only seen after several months.

Acute mechanical back pain typically follows a favorable course when managed with conservative care. Most patients improve within about 2 to 6 weeks as tissues heal, inflammation settles, and they regain function through gentle activity, targeted exercises, and standard pain relief measures. Rapid improvement within 24 to 48 hours is not the typical pattern for the majority of cases, and surgery is not the usual path for acute mechanical pain. If there's little to no improvement by around six weeks, or if red flags appear such as significant weakness, numbness, or changes in bowel or bladder function, further evaluation is needed.

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4. What is the recommended approach to assessing thoracic spine motion clinically?

A. Assess global thoracic range of motion with flexion/extension and lateral flexion, palpate for segmental stiffness, reproduce concordant pain, and correlate with patient history.

B. Assess only cervical range of motion to infer thoracic mobility.

C. Rely solely on imaging; motion testing is not necessary.

D. Test only thoracic rotation at the upper thoracic levels.

Assessing thoracic spine motion clinically should capture how the entire thoracic region moves and how that movement relates to the patient's symptoms. Start by looking at global thoracic range of motion in the main planes: flexion, extension, and lateral bending, to gauge overall mobility and detect stiffness that spans multiple segments. Then palpate along the thoracic spine to identify segmental stiffness or abnormal tissue restriction, which helps localize the exact levels contributing to dysfunction. A key step is to reproduce the patient's concordant pain with the motion test—when moving the thoracic region causes the same pain the patient reports, it supports the thoracic spine as the pain source. Finally, interpret these findings in the context of the patient's history, such as prior trauma, occupation, or repetitive strain, to build a coherent clinical picture and guide treatment decisions. This approach is preferred because it combines functional motion assessment, precise localization, symptom reproduction, and patient history, offering a more complete and clinically meaningful evaluation than relying on imaging alone or on a single plane of motion. Limiting the assessment to cervical ROM, relying solely on imaging, or testing only a single motion plane would miss important aspects of thoracic biomechanics and how they relate to the patient's symptoms.

5. If PI raises femur 4 mm and EX raises femur 2 mm, net change is:

A. Lower 2 mm

B. Raise 6 mm

C. Raise 2 mm

D. No change

The action is additive when two factors move the same measurement in the same direction. Since both PI and EX raise the femur, you simply add their magnitudes: 4 mm + 2 mm = 6 mm. So the net change is a raise of 6 mm. (If the directions opposite, you'd subtract, but here both acts push in the same direction.)

6. Which of the following is NOT a sacral LOD option?

A. P-A only

B. P-A, S-I

C. P-A, M-L through joint plane

D. P-A with torque

Line of drive for sacral adjustments is chosen to counter the sacrum's common restriction patterns, which are best addressed with a posterior-to-anterior thrust. The sacral base tends to move anteriorly relative to the ilia when restrictions are present, so a P-A vector is the standard starting point. You can add a medial-lateral component through the joint plane to address sacral torsion, or apply torque to address rotational issues. A vertical superior-inferior component (S-I) isn't a typical sacral line of drive because it doesn't align with how sacral restrictions usually manifest or with how the SI joints respond to adjustment forces. Therefore, combining P-A with S-I isn't considered a sacral LOD option. The other described approaches—P-A only, P-A with medial-lateral through the joint plane, and P-A with torque—are valid ways to address different sacral dysfunction patterns.

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7. How would you differentiate a hypermobile spinal segment from a hypomobile one clinically?

A. Hypermobile segments show reduced motion.

B. Hypermobile segments show no motion at all.

C. Hypomobile segments show excessive motion.

D. Hypermobile segments show excessive or unstable motion and may feel lax or give-way during testing.

The main idea is how much a spinal segment moves and what the end-feel feels like during a clinical exam. A hypermobile segment moves more than normal and can feel unstable because the supporting structures are allowing extra excursion. On palpation or during passive motion testing, you may notice the segment gliding farther than expected and even give-way or a lax sensation as you attempt to restrain it. Patients often describe a sense of instability or the segment "going out" with loading, and pain can be reproduced with motion because the excess movement stresses the joints and surrounding tissues. In contrast, a hypomobile segment is stiff and restricts motion. You'll see reduced range, a firmer end-feel, and diminished joint play, sometimes with muscle guarding that further limits motion. The key distinction is: hypermobile = excessive motion with potential laxity; hypomobile = limited motion with stiffness. So the description of excessive or unstable motion and a lax or give-way feeling during testing best fits a hypermobile segment.

8. Which statement best describes the line of drive for sacral misalignments P-L/P-R?

A. P-A, S-I

B. P-A, M-L through joint plane

C. P-A with torque

D. P-A only

For sacral misalignments labeled P-L or P-R, the correction needs a thrust that moves the sacral base from posterior to anterior while introducing a rotation. The sacrum in these cases is not just shifted forward or sideways; it often has a torsional component that must be addressed to bring the base and the ilia back into proper alignment. A posterior-to-anterior thrust with an applied torque provides both the primary directional force to bring the base forward and the rotational component to realign the sacrum in three dimensions. A purely P-A thrust without any rotation may reduce the backward displacement but often won't resolve the rotational asymmetry that accompanies these unilateral misalignments. Conversely, directing the thrust strictly through the joint plane (medial-lateral) or limiting it to P-A alone misses the essential rotational correction. Therefore, combining a P-A line of drive with torque precisely tackles the misalignment's mixed sagittal and rotational elements, making it the best description for these sacral patterns.

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9. What is the typical clinical presentation of lumbar disc herniation with radiculopathy?

A. Bilateral leg pain without dermatomal pattern and no radicular signs.

B. Ipsilateral leg pain radiating in a dermatomal pattern, possibly worsened by coughing or sneezing, with positive straight leg raise and possible mild weakness and diminished reflexes.

C. Pure low back pain without leg symptoms.

D. Acute thoracic pain with rib tenderness.

The main idea is that lumbar disc herniation with radiculopathy typically causes pain that travels down the leg on the same side as the herniation, following a specific nerve root dermatomal pattern. This means the leg pain is not just general leg ache but follows the map of a nerve root (often L5 or S1), and it's usually accompanied by signs of nerve irritation such as a positive straight leg raise test. You may also see mild weakness in muscles supplied by the affected root and reduced reflexes, reflecting partial nerve compression rather than a complete motor loss. The pain is often worse with activities that increase spinal pressure, like coughing or sneezing, because these maneuvers intensify nerve root irritation. If the presentation is just back pain without leg radiation or dermatomal pattern, that would be less consistent with radiculopathy. Thoracic pain with rib tenderness points to a different region altogether than a lumbar disc herniation.

10. Which is an indication for traction therapy?

A. Disc herniation with radiculopathy and malalignment after other measures fail.

B. Acute fracture.

C. Severe osteoporosis.

D. Vascular issues.

Traction therapy is used to unload and decompress the spine when nerve roots are irritated by a herniated disc. In a disc herniation with radicular symptoms, and when other treatments haven't provided relief, gently pulling to separate the vertebrae can reduce disc bulge and widen the neural foramina, decreasing nerve compression and helping pain and function improve. This scenario—disc herniation with radiculopathy that hasn't responded to other measures—fits as an indication because the primary issue is mechanical compression of a nerve root from the disc. By contrast, an acute fracture is a stability risk for traction and is avoided until healing; severe osteoporosis raises fracture risk with traction; and vascular problems pose potential complications, so they are contraindications rather than indications.

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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://chirofullspine.examzify.com

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

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