NATIONAL BOARD OF CHIROPRACTIC EXAMINERS (NBCE) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What is the primary treatment goal in chiropractic care?

A. Symptom alleviation

B. Structural correction

C. Medication management

D. Surgical intervention

2. Which of these involves the use of data to determine reach and clearance measurements when designing a workstation?

A. Ergonomic assessment

B. Workplace safety audit

C. Environmental impact report

D. Health and wellness program evaluation

3. An increase in afferent stimuli, making the synaptic threshold more easily reached, is known as what?

A. Facilitation

B. Inhibition

C. Normalization

D. Desensitization

4. Weakness of the biceps muscle with normal strength of the wrist extensors indicates a lesion of which nerve root?

A. C5

B. C6

C. C7

D. C8

5. What is the hallmark symptom of lactose intolerance?

A. Extreme fatigue

B. Abdominal pain after dairy consumption

C. Persistent fever

D. Severe dehydration

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6. What finding would you expect in a patient presenting with acute lumbar radiculopathy?

A. Decreased muscle reflexes

B. Increased muscle tone

C. Asymmetrical gait

D. Positive straight leg raise test

7. Fixed adduction and internal rotation of the shoulder with pronation of the forearm and no sensory loss is most characteristic of which condition?

A. Wrist drop

B. Erb's Palsy

C. Brachial plexus injury

D. Rotator cuff tear

8. A pulsating tracheal tug is characteristic of which condition?

A. Thyroid goiter

B. Aortic arch aneurysms

C. Tracheomalacia

D. Bronchiectasis

9. Which of these is considered the leading source of air pollutants?

A. Industrial emissions

B. Vehicle exhaust

C. Household waste

D. Agricultural practices

10. The segmental contact point to correct a right vertebral body rotation restriction of T7 is the left _____ process of _____.

A. Spinous, T8

B. Transverse, T7

C. Spinous, T6

D. Transverse, T6

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Answers

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

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Explanations

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1. What is the primary treatment goal in chiropractic care?

A. Symptom alleviation

B. Structural correction

C. Medication management

D. Surgical intervention

In chiropractic care, the primary treatment goal is structural correction. This focuses on restoring proper alignment and function to the spine and musculoskeletal system. Chiropractors emphasize the importance of correcting misalignments or subluxations that can affect the nervous system and overall health. By addressing the underlying structural issues, chiropractors aim to enhance the body's natural ability to heal itself, improve function, and prevent future health problems. While symptom alleviation is often a significant aspect of chiropractic treatment, it is viewed as a secondary goal, as the primary focus remains on correcting structural problems. Medication management and surgical interventions are not typically within the scope of chiropractic practice; chiropractors do not prescribe medications or perform surgery, as their approach centers on non-invasive techniques such as spinal manipulation and adjustments.

2. Which of these involves the use of data to determine reach and clearance measurements when designing a workstation?

A. Ergonomic assessment

B. Workplace safety audit

C. Environmental impact report

D. Health and wellness program evaluation

The correct choice is ergonomic assessment, which focuses specifically on evaluating how a workstation is designed to fit the needs of its users. This involves the analysis of data related to reach and clearance measurements to ensure that the workstation promotes comfort, efficiency, and safety for the individual using it. Ergonomic assessments take into consideration the physical dimensions of users, the tasks they perform, and the workstation setup, allowing for adjustments to reduce strain and prevent injuries. In contrast, a workplace safety audit is primarily concerned with identifying hazards and ensuring compliance with safety regulations, rather than optimizing workstation design. An environmental impact report assesses the potential effects of a project or activity on the environment, which does not involve workstation measurements. Similarly, a health and wellness program evaluation focuses on the effectiveness of health initiatives within a workplace, rather than the specific ergonomic design of workstations. Thus, ergonomic assessment stands out as the approach dedicated to using data for the design and evaluation of work environments, making it the most suitable answer.

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3. An increase in afferent stimuli, making the synaptic threshold more easily reached, is known as what?

A. Facilitation

B. Inhibition

C. Normalization

D. Desensitization

The correct answer, facilitation, refers to the process whereby an increase in afferent stimuli lowers the threshold for synaptic transmission, making it easier for the postsynaptic neuron to reach the threshold for firing an action potential. In this context, facilitation enhances the responsiveness of neurons due to the interaction of incoming signals. It essentially means that with increased stimulation, the neuron is primed and more likely to respond. Understanding facilitation is crucial in both physiological and clinical settings because it explains how increased sensory input can influence neuronal activity, potentially leading to heightened awareness of pain or increased reflex responses. This concept is significant in chiropractic practice, where the modulation of neuronal activity plays a crucial role in treatment strategies for pain management and neuromusculoskeletal health. The other options present different concepts. Inhibition refers to the decrease in neuronal excitability and reduced likelihood of firing due to various factors. Normalization often refers to processes that aim to return systems to a baseline state, while desensitization involves a reduction in response to a constant stimulus over time. Each of these plays a role in different contexts but does not pertain directly to making it easier for synaptic thresholds to be reached due to increased afferent stimuli.

4. Weakness of the biceps muscle with normal strength of the wrist extensors indicates a lesion of which nerve root?

A. C5

B. C6

C. C7

D. C8

The correct answer relates to the involvement of the C5 nerve root. In the context of upper extremity innervation, the biceps muscle is primarily innervated by the musculocutaneous nerve, which arises from the C5, C6, and C7 nerve roots. A weakness specifically of the biceps, while retaining normal strength in the wrist extensors, points towards a lesion at the C5 nerve root level. C6 nerve root primarily contributes to the strength of the biceps as well as the wrist extensors. If there were a C6 lesion, one would expect to see impaired strength in both the biceps and wrist extensors due to shared innervation. Similarly, C7 is heavily involved in wrist extension and does not typically result in isolated biceps weakness without affecting the wrist extensors. The C8 nerve root affects grip and finger flexion more than elbow flexion, making it less likely to be responsible for isolated biceps weakness. Thus, the clinical presentation provided—weakness of the biceps with normal strength in the wrist extensors—most accurately signifies a lesion at the C5 nerve root.

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5. What is the hallmark symptom of lactose intolerance?

A. Extreme fatigue

B. Abdominal pain after dairy consumption

C. Persistent fever

D. Severe dehydration

The hallmark symptom of lactose intolerance is abdominal pain after dairy consumption. This condition occurs when an individual has a deficiency of lactase, the enzyme responsible for breaking down lactose, a sugar found in milk and other dairy products. When lactose is not properly digested, it passes into the colon, where it is fermented by bacteria, leading to abdominal pain, bloating, gas, and other gastrointestinal discomforts. This characteristic symptom is directly linked to the consumption of dairy, making it a key indicator for diagnosing lactose intolerance. While fatigue, fever, and dehydration can occur in various other health conditions, they are not specific to lactose intolerance and do not represent the primary symptom related to the ingestion of lactose-containing foods. Thus, the presence of abdominal pain after consuming dairy products is a clear and definitive sign of this condition.

6. What finding would you expect in a patient presenting with acute lumbar radiculopathy?

A. Decreased muscle reflexes

B. Increased muscle tone

C. Asymmetrical gait

D. Positive straight leg raise test

In a patient presenting with acute lumbar radiculopathy, a positive straight leg raise test is a significant finding. This test is performed by having the patient lie supine while the examiner raises the patient's leg with the knee extended. A positive result occurs when the patient experiences pain radiating down the leg, indicating irritation of the lumbar nerve roots, commonly associated with conditions like a herniated disc or nerve root compression. The straight leg raise test specifically assesses for nerve root involvement in the lumbosacral region, making it a key clinical tool in diagnosing radiculopathy. The elicited pain during the maneuver typically correlates with the specific nerve root implicated, depending on the angle of elevation. In the context of other findings, while decreased muscle reflexes, increased muscle tone, and an asymmetrical gait may be present in various neurological or musculoskeletal issues, they are not definitive indicators of lumbar radiculopathy. Instead, the positive straight leg raise test directly reflects the nerve root irritation characteristic of this condition. Thus, it is the clearest and most relevant clinical finding in the assessment of acute lumbar radiculopathy.

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7. Fixed adduction and internal rotation of the shoulder with pronation of the forearm and no sensory loss is most characteristic of which condition?

A. Wrist drop

B. Erb's Palsy

C. Brachial plexus injury

D. Rotator cuff tear

The presentation of fixed adduction and internal rotation of the shoulder, along with forearm pronation and the absence of sensory loss, aligns with the characteristics of Erb's Palsy. Erb's Palsy results from an injury to the upper trunk of the brachial plexus, typically occurring during childbirth or trauma that affects the nerves supplying the shoulder and upper arm. In this condition, the affected arm often hangs in a characteristic position: adducted and internally rotated at the shoulder due to weakness of the muscles functioning to lift the arm, primarily the deltoid and rotator cuff muscles, which are innervated by the affected nerves. The forearm being pronated is a result of weakness in the biceps muscle, which is responsible for forearm supination. The lack of sensory loss further supports the diagnosis, as Erb's Palsy primarily affects motor function in the upper trunk region without directly impacting sensory pathways, which would otherwise lead to sensory deficits in cases of more extensive nerve damage or injury affecting the entire brachial plexus. Thus, when considering these specific symptoms and the typical presentation associated with Erb's Palsy, it becomes clear why this option is the most fitting response.

8. A pulsating tracheal tug is characteristic of which condition?

A. Thyroid goiter

B. Aortic arch aneurysms

C. Tracheomalacia

D. Bronchiectasis

A pulsating tracheal tug is typically associated with aortic arch aneurysms. This phenomenon occurs due to the close anatomical relationship between the trachea and the aortic arch. When an aortic arch aneurysm develops, it can create pulsations that are transmitted through the surrounding structures, leading to a noticeable motion or "tug" in the trachea. In this context, the presence of a pulsating trachea would be a critical clinical sign indicating potential cardiovascular issues, prompting further investigation into the integrity of the aorta and its branches. Recognizing this sign aids healthcare professionals in diagnosing and managing serious conditions like aneurysms, which can have significant implications if not addressed promptly. This distinction is essential in clinical practice for differentiating between various respiratory and cardiovascular conditions.

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9. Which of these is considered the leading source of air pollutants?

A. Industrial emissions

B. Vehicle exhaust

C. Household waste

D. Agricultural practices

Vehicle exhaust is considered the leading source of air pollutants primarily due to the high volume of emissions produced by a large number of vehicles used for transportation. This includes not only private cars but also buses, trucks, and other forms of transportation that contribute significantly to air contamination. Vehicle exhaust contains a mixture of harmful substances, including nitrogen oxides, carbon monoxide, volatile organic compounds, and particulate matter, all of which can adversely affect air quality and public health. Additionally, urban areas with dense traffic often experience worse air quality due to the concentration of vehicle emissions. This impact is more pronounced in places where heavy traffic is combined with atmospheric conditions that trap pollutants close to the ground, exacerbating pollution levels. While other sources of air pollution, such as industrial emissions or agricultural practices, also contribute significantly to overall air quality issues, the extensive reliance on vehicles for daily transportation gives vehicle exhaust a leading role in the pollution landscape.

10. The segmental contact point to correct a right vertebral body rotation restriction of T7 is the left _____ process of _____.

A. Spinous, T8

B. Transverse, T7

C. Spinous, T6

D. Transverse, T6

To identify the appropriate segmental contact point for correcting a right vertebral body rotation restriction at the T7 level, it's essential to understand the biomechanics of spinal adjustments. A right vertebral rotation typically implies that the T7 vertebra has rotated to the right compared to the T6 and T8 vertebrae. When addressing this type of restriction, the contact point for the adjustment is made on the opposite side of the rotation. In this case, because the restriction is on the right side, the left spinous process of the vertebra above, which is T6, serves as the ideal contact point. This allows the chiropractic adjustment to effectively assist in restoring normal movement by applying force in the right direction that counteracts the aberrant rotation. The spinous process is preferred here because it provides a stable and precise point for the application of force. The adjustment technique utilizing the left spinous process of T6 aims to reposition T7 back into its proper alignment relative to the surrounding vertebrae.

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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:

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

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