

CLASS WRITTEN QUESTIONS

- E 1. Left SI extension restriction in side posture will have the following contacts.
- calc/ isch tube contact
 - calc/ sacral base contact
 - calc/ apex contact
 - pisiform/ ppsis contact
 - c and d
- B 2. Nuclear degradation is a (n) _____ consequence of trauma not a (n) _____ consequence of age.
- active, active
 - active, passive
 - passive, active
 - passive, passive
- C 3. Which of the following is NOT TRUE of osteoarthritis?
- It is characterized by sclerotic changes in bone @ the edges of joints
 - It is not a "true" arthritis
 - It is the best common form of arthritis
 - It is characterized by the breakdown of hyaline cartilage surface of synovial joints, primarily weight bearing, but also zygapophyseal joints of the spine
- E 4. Lower crossed syndrome is characterized by:
- shortening of hip flexors + erector spinae
 - weakening of gluteus + abdominals
 - anterior pelvic tilt + hip flexion
 - increased lumbar lordosis
 - all of the above
- B 5. Radial torque would be appropriate for which of the following adjustive procedures?
- Rotation around the left oblique axis
 - AI sacrum on the left
 - Both
 - Neither
- A 6. All of the following listings could be adjustive with the patient's left side up, using a pisiform/spinous push. Except
- R rotation restriction
 - R lateral flexion malposition
 - L rotation restriction
 - PLS



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- D 7. Which of these is not a spinal stabilizer?
- Proximal fibers of psoas
 - multifidus
 - transverse abdominus
 - Gluteus medius
- C 8. Which of the following is a normal spinous process of aging?
- Breakdown of hyaline cartilage
 - sclerosis
 - Increase in collagen content of annulus
 - all of the above
- D 9. What are the 3 relevant means of altering or deforming muscle tissue?
- spasm, stretch weakness, muscle tightness
 - spasm, adaptive shortening, stretch weakness
 - muscle tightness, adaptive shortening, stretch weakness
 - Spasm, muscle balance, stretch weakness
- T 10. True/False: Weak gluteus medius pulls the pelvis down.
- D 11. "Change in length of a ligament or capsule when a continuous or sustained force is applied to it" is the definition of which of the following:
- Set
 - Hysteresis
 - Muscle imbalance
 - Creep
- E 12. Which muscles are involved in lower cross syndrome?
- Hip flexors
 - Erector spinae
 - Gluteus
 - Abdominals
 - All of the above
- D 13. Which of these is NOT a result of the biochemical changes after a sprain/strain?
- Adhesions
 - Scar Tissue
 - Collagen Cross-Linking
 - Decreased Inflammation



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- D 14. Which of these changes normally occurs to the annulus over time?
- Increase in collagen content
 - Decrease in collagen thickness and elastic fibers
 - Decrease in distinction between the annulus and nucleus
 - all of the above
- C 15. What is the hand contact to correct for an AI sacral base on the right in a side posture adjustment?
- Hypothenar, right sacral base
 - Thenar, left sacral base
 - Thenar, left sacral apex
 - Hypothenar, right sacral apex
- B 16. A lower crossed syndrome does NOT include:
- Forward pelvic tilt
 - Tight gluteal and abdominal muscles
 - increased lumbar lordosis
 - Slight hip flexion
- A 17. Give the motion listing for PLI
- LR and RLF
 - RR and LLF
 - LR
 - LLF
- B 18. Nutation of the sacral base causes it to move...
- posterior and superior
 - anterior and inferior
 - anterior and superior
 - posterior and inferior
- C 19. The imbalance of lower crossed syndrome promotes all of the following EXCEPT:
- forward pelvic tilt
 - increased lumbar lordosis
 - PS sacrum
 - slight hip flexion
- B 20. What is the weakest part of the disc believed to be affected by internal disc disruption:
- annulus fibrosis
 - vertebral endplates
 - nucleus pulposus



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- F 21. True or False: Degradation is the same as degeneration.
- F 22. True or False: Joint degeneration is a normal process of aging.
- B 23. What is the most commonly seen result of long-standing altered weight bearing?
- strengthening of abdominal muscles
 - degenerative joint disease
 - Nothing happens
- C 24. Nuclear degradation is a(n) _____ consequence of _____, not a(n) _____ consequence of _____.
- passive; trauma; active; age
 - passive; age; active; trauma
 - active; trauma; passive; age
 - active; age; passive; trauma
- A 25. During meniscoid entrapment, which movement is inhibited?
- Extension
 - Flexion
 - Rotation
- B 26. Which move would be used for a PLI?
- mamillary push, no radial torque
 - mamillary push, with radial torque
 - spinous push, interspinous space contact
 - spinous push, spinous process contact
- B 27. The lower crossed syndrome is characterized by which of the following?
- weak glutes and short abs
 - short hip flexors and weak glutes
 - long hip flexors and tight biceps
 - none of the above
- F 28. True/False: Nuclear degradation is a passive consequence of trauma, not an active consequence of age.
- C 29. What would the correct contact be for a CR LOA in side posture?
- left thenar
 - calcaneus
 - right thenar
 - 5th MCP



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- D 30. A change in length of a ligament or capsule when a continuous or sustained force is applied to it is referred to as:
- a. lower crossed syndrome
 - b. set
 - c. hysteresis
 - d. creep
- D 31. Which of the following occur in lower- crossed syndrome?
- a. tight hamstrings
 - b. forward pelvic tilt
 - c. shortened hip flexors
 - d. all of the above
- A 32. Training and physical exercise appear to condition vertebral bodies, rendering them stronger and better able to withstand the stresses imposed upon them.
- a. true
 - b. false

