Instructions: Answer all questions and email answers to: marcusstrutzdc@gmail.com
Please DO NOT scan tests or test answers, simply just type answers in an email.
For Fill-in Questions: just write your answer.
For Multiple Choice Questions: list your answers, letter choices only, in a NUMBERED vertical column

Example:
1. A
2. B
3. C
4. The spinal column.

50 Questions. Choose the best answer according to the notes.

1. With regard to chiropractic services, which one of the following best describes services which are necessary, appropriate, safe, effective and rendered in accordance with professionally recognized, valid, evidence-based standards of practice?
   a. Medically necessary
   b. Standard of care
   c. Scope of practice
   d. Rules and regulations

2. Which one of the following best describes an approach in which clinicians and healthcare professionals use the best evidence in making decisions about the care of patients? It involves continuously and systematically searching, appraising, and incorporating contemporaneous research findings into clinical practice.
   a. Medically necessary
   b. Standard of care
   c. Evidence-based healthcare
   d. Scope of practice

3. A comprehensive database of evidence-based clinical practice guidelines and related documents can be found on a national guideline clearinghouse at which website.
   a. www.evidencebased.edu
   b. www.bestpractices.org
   c. www.guideline.gov
   d. www.chiroclearinghouse.edu

4. Which scenario best describes an x-ray cash paying patient
   a. X-ray can be used for any purpose
   b. X-ray should be taken but not limited to one view
   c. There must be clinical justification or there could be med/legal ramifications
   d. Take multiple body regions and increase the x-ray fees

5. Fill-in Question. X-rays are not indicated in acute patients with _____ spinal pain.

6. Which of the following is an indication to x-ray an acute adult patient with a neck injury?
   a. Decreased range of motion in flexion only
   b. Decreased range of motion in extension only
   c. Presence of midline cervical spine tenderness
   d. Headache

7. X-rays are indicated in patients with uncomplicated spinal pain which includes:
   a. Trauma, neurological deficits, neoplasm
   b. Trauma, neurological deficits, fracture
   c. No trauma, neurological deficits, congenital anomalies
   d. No trauma, no neurological deficits, no red flags

8. Which of the following is an indication to x-ray acute adult neck injury patients?
   a. Positive compression test
   b. Positive Sterling’s test
   c. Immediate cervical pain onset
   d. Positive distraction test
9. Which of the following is an indication to x-ray acute adult neck injury patients?
   a. Decreased range of motion in flexion
   b. Decreased range of motion in extension only
   c. Headaches
   d. Presence of mid line cervical spine tenderness

10. Fill-in Question. One of the indicators to x-ray an acute adult patient with a neck injury is _____ in the extremities.

11. Which of the following is an indication to x-ray acute adult neck injury patients?
   a. Decreased range of motion in lateral bending
   b. Decreased range of motion in extension only
   c. Headaches
   d. Over the age of 65

12. Which of the following is an indication to x-ray acute adult neck injury patients?
   a. Positive compression test
   b. Positive Sterling’s test
   c. Paraesthesia in the extremities
   d. Positive distraction test

13. What is the speed indicated as the criteria from CCSR as a rear end collision?
   a. Less than 2 mph
   b. Less than 5 mph
   c. Less than 10 mph
   d. More than 5-10 mph

14. Which of the following is an indication to x-ray acute adult neck injury patients?
   a. Decreased range of motion in lateral bending
   b. Positive Tinel’s test
   c. Unable to actively turn head to 45 degrees to the right and to the left side.
   d. Positive Kemp’s test

15. Fill-in Question. Midline cervical spine tenderness is described as probable pain from _____ to articular pillar.

16. Which of the following is an indication to x-ray acute adult neck injury patients particularly from a dangerous mechanism of injury?
   a. Falling more than 3ft high or from 5 stairs
   b. Falling from 2 feet high
   c. Falling more than 1 ft high or from couple stairs
   d. Falling from 2 feet high or from 1 stair

17. Which of the following is an indication to x-ray acute adult neck injury patients particularly from a dangerous mechanism of injury?
   a. Bicycling on the highway
   b. Sitting on a motorcycle
   c. Passenger on a motorcycle
   d. Motorized recreational vehicle or ATV

18. Which of the following is an indication to x-ray acute adult neck injury patients particularly from a dangerous mechanism of injury?
   a. Riding on a scooter in the parking lot
   b. Riding a horse
   c. Driving in the fast lane on the highway
   d. Road accident with more than 100km/hr, ejection from a vehicle or rollover

19. Which of the following is an indication to x-ray acute adult neck injury patients particularly from a dangerous mechanism of injury?
   a. Jumping a couple of feet from the ground
   b. Jumping over hurdles
   c. Performing a flip turn while swimming
   d. Axial cranial force onto the head and neck

20. Fill-in Question. The age of the person with midline cervical spine tenderness following a MVA with immediate pain, painful and limited flexion range of motion, and pain with distraction is _____ years old.
21. Midline cervical spine tenderness, limited flexion with pain, and pain with distraction warrants what imaging?
   a. MRI  b. CT  c. Xray  d. Ultrasound

22. What is the name of a spinous process fracture which is an avulsion or due to direct trauma?
   c. Rolando’s Fracture  d. Bennett’s Fracture

23. What was the measured range of motion of the cervical spine of the 25 year old person reared ended of approximately 35 mph with immediate neck pain?
   a. 20 degrees in all directions  b. 15 degrees in all directions
   c. 5 degrees in all directions  d. No motion indicated

24. Patient was punched in the jaw and fell to the floor losing consciousness for 15 sec, followed by immediate neck pain and headaches. Patient has limited range of motion in all directions, midline cervical spine tenderness and pain with distraction. This patient had what type of fracture of the C2 segment?
   a. Hangman’s Fracture  b. Keinbock’s Fracture
   c. Rolando’s Fracture  d. Monteggio’s Fracture

25. Fill-in Question. The martial arts competitor thrown onto his head had decreased sensation of the _____ side of the hand.

26. Martial arts competitor was thrown onto his head with immediate neck and arm pain, arm pain with cervical compression, arm pain with maximum cervical compression and no rotation bilaterally. What type of injury did this patient have?
   a. Unilateral pillar (facet) dislocation  b. Hangman’s fracture
   c. Burst fracture  d. Hass’s fracture

27. Uncomplicated acute neck pain means which of the following:
   a. Serious trauma with radiculopathy
   b. Non-traumatic without underlying neurological findings or red flags
   c. Neurological abnormalities
   d. Paraesthesia of the extremities

28. What circumstances would lead to taking x-rays of an acute uncomplicated neck pain?
   a. Patient has had treatment with no success and the symptoms are worsening.
   b. Patient is refusing treatment
   c. Patient is improving with conservative care
   d. Patient is improving with no pain.

29. Where in the intervertebral foramina do the cervical nerves exit?
   a. Superior portion of the intervertebral foramina
   b. Anterior, inferior portion of the intervertebral foramina
   c. Inferior portion of the intervertebral foramina
   d. Anterior portion of the intervertebral foramina

30. Fill-in Question. If the uncinates stick out lateral to the vertebral body, this represents _____.

31. What imaging is initially indicated for uncomplicated subacute and chronic recurrent neck pain with or without radicular symptoms?
   a. MRI  b. X-rays  c. CT  d. Ultrasound
32. Which of the following is an indication to x-ray complicated neck pain?
   a. No response to care after 4 weeks  
   b. Improving with care after 6 weeks  
   c. No response to care after 1 week  
   d. Improving with care after 8 weeks

33. Which of the following is an indication to x-ray complicated neck pain?
   a. Mild pain and stiffness  
   b. Intractable pain, constant or progressive signs and symptoms  
   c. Mild decreased range of motion of the cervical spine  
   d. Intermittent pain

34. Which of the following is an indication to x-ray complicated neck pain?
   a. Patient less than 20 years of age and greater than 50 years of age, with symptoms of systemic disease.  
   b. Patient with mild pain and less than 20 years of age  
   c. Patient with intermittent neck stiffness at age 22.  
   d. Patient with mild decreased range of motion

35. Fill-in Question. Impaired _____ is another indication to x-ray complicated neck pain.

36. Which of the following is an indication to x-ray complicated neck pain?
   a. High risk of atlantoaxial ligament instability.  
   b. Normal flexion and extension lateral radiographs of the cervical spine.  
   c. Normal atlantodental interspace and dens.  
   d. Moderate degenerative disc disease of the cervical spine with mild stiffness.

37. Which of the following is an indication to x-ray complicated neck pain?
   a. Normal bone density  
   b. Suspected neoplasm and infection; and failed surgical fusion  
   c. Normal joint motion  
   d. Congenital block vertebrae

38. On x-ray, what is the finding called when there is complete sclerosis of the entire vertebral body?
   a. Ghost vertebrae  
   b. Ivory white vertebrae  
   c. Hemangioma of the vertebrae  
   d. Osteolysis of the vertebrae

39. Which of the following is an indication to x-ray acute trauma (less than 2 weeks) of the thoracic, lumbar or thoracolumbar spine?
   a. Fall of 5 feet  
   b. Fall of 10 feet or more  
   c. Fall of 2 feet  
   d. Fall of 3 feet

40. Fill-in Question. X-rays are indicated with recent trauma of the thoracic and lumbar spine following a motor vehicle accident traveling greater than _____mph.

41. Which of the following is an indication to x-ray pelvis and sacrum trauma with localized pain and tenderness?
   a. Strain of the quadriceps and iliopsoas muscle  
   b. Suspected sacral or pelvic fracture  
   c. Greater trochanteric bursitis  
   d. Strain of the hamstrings

42. Which of the following is an indication to x-ray complicated thoracic and lumbar spine pain?
   a. No red flags  
   b. No pain  
   c. Unrelenting pain at rest  
   d. No decreased range of motion

43. Which of the following is criteria for inflammatory back pain?
   a. Muscle tension for a few minutes  
   b. Morning stiffness for more than 30 minutes  
   c. Leg tension for a few minutes  
   d. Calf cramping
44. Which of the following is criteria for inflammatory back pain?
   a. Muscle tension for a few minutes  
   b. Leg tension for a few minutes  
   c. Alternating buttock pain  
   d. Calf cramping

45. Fill-in Question. One indicator of suspected neoplasm is _____ weight loss.

46. What is the measurement of scoliosis in a skeletally mature patient?
   a. Greater than 20 degrees  
   b. Greater than 25 degrees  
   c. Greater than 10 degrees  
   d. Less than 10 degrees

47. Which of the following is an indication to x-ray the hip joint?
   a. Tension of the hip joint  
   b. Significant hip trauma, suspected avascular necrosis and congenital anomalies of the hip joint  
   c. Sprain of the iliopsoas and hamstring  
   d. Stiffness of the lumbar spine.

48. Trauma and what other clinical finding warrants taking an x-ray of the elbow?
   a. No pain  
   b. No soft tissue swelling  
   c. Inability to fully extend the elbow  
   d. Hypertonic pronator teres

49. Which of the following is an indicator for x-ray in acute wrist trauma?
   a. Normal muscle strength with no hypertonicity  
   b. Pain on passive and active motion and pain in the anatomic snuffbox  
   c. Normal range of motion  
   d. No soft tissue swelling

50. Fill-in Question. The hand shake test is performed with resisted _____ of the hand.

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Be Well
Marcus Strutz DC
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