

1. All sciatica can be caused from
  - a. Disc pathology
  - b. Inflammation
  - c. Peripheral entrapments
  - d. All of the above
2. Dr Hawley said that Massage unlike decompression or surgery will----- the disc
  - a. Directly effect
  - b. Indirectly effect
  - c. Not help
  - d. Hurt
3. Which one of these is NOT part of the disc
  - a. Annular rings
  - b. Nucleus
  - c. Golgi spindle fibers
4. If a patient has sciatica but is not coming from a disc it is most likely
  - a. Peripheral entrapment due to muscle
  - b. Malingering
  - c. Spinal Stenosis
  - d. Bone Spurs
5. T or F plain film xrays will show all aspects of the discs
6. What was the case study's name
  - a. Matt
  - b. Sam
  - c. Jane
  - d. Sue
7. As we get older we lose
  - a. Vascular supply to the disc
  - b. Nerve supply to the disc and lower limbs
  - c. All discs
  - d. Cartilage
8. DDD stands for
  - A. Dynamic disc disorder
  - b. Degenerative Disc Disease
  - c. Degenerate Disc Disorder
  - d. Dynamic Daily Dysfunction
9. What in the disc is produced by the nucleus and is water loving
  - a. Cartilage
  - b. Spinal fluid
  - c. Proteyoglycans (glue balls)
  - d. Spinal nerves

10. Which one will NOT help with Disc pathology
  - a. Massage
  - b. Decompression Therapy
  - c. Jumping jacks
  - d. Chiropractic
11. Sciatica is
  - a. Catch all phrase for anything that is causing leg pain that travels down the leg
  - b. In the toes and feet only
  - c. Only on one side
  - d. Always starts from the ground up
12. Peripheral entrapment syndrome of sciatica is usually caused by what muscles
  - a. Cervical extensors
  - b. Lumbar erectors
  - c. Piriformis and glutes
  - d. Anterior tibialis
13. A longer leg that appears on one side but even though both legs are same measurement is termed
  - a. Compensatory
  - b. Hereditary
  - c. Anatomical
  - d. None of these
14. Flat feet is also known as
  - a. Pes planus
  - b. Pes candy
  - c. Foot supination
  - d. Hammer toe
15. Chronic sciatic patients will not exhibit Trigger points T or F
16. Pregnancy has nothing to do with getting sciatica T or F
17. Kinesio tapping is a great adjunct to use between treatments T or F
18. MRI is used to show images of
  - a. Soft tissues like discs
  - b. Hard tissues like bone
  - c. Metal from surgery
19. A flat foot on the Left will cause an anterior pelvic tilt on the
  - a. Left
  - b. Right
  - c. Both
  - d. None