

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. Proteoglycans (glue balls)
  - d. Spinal nerves

10. Which one will NOT help with Disc pathology

- Massage
- Decompression Therapy
- Jumping jacks
- Chiropractic

11. This type of presentation was geared more toward the therapist that utilizes.

- General Massage
- Outcome Based Massage Therapy
- Functional Medicine
- Trigger Point therapy

12. The syndromes associated with anterior head posture and hyperlordosis is referred to as.

- Upper cross and lower cross syndromes
- Upper lower torsion
- Upper lower degeneration
- Scoliosis

13. An often overlooked muscle that Dr Hawley mentioned was

- Psoas
- Gastroch
- Biceps
- Trapezius

14. When working with a client in the prone position that has a major forward head posture Dr Hawley recommends

- Extending the head piece
- Keeping the head piece level
- Deflecting the head piece at least 5-10 degrees
- Rotating the head piece

15. Scoliosis test that was used in school

- Adams
- Mike
- Sams
- Suzies

16. What type of braces are the best for scoliosis

- Rigid
- Tight and constraining
- Flexible
- All are

17. Working on the convexity side of the curve you should work the muscles

- Faster
- Slower

- c. Compression
- d. None

18. Severe scoliosis can also have an effect (pulling effect ) on the

- a. Bones
- b. Meninges
- c. Sternum

19. Unknown origin of scoliosis is termed

- a. Hereditary
- b. Compensatory
- c. Idopathic
- d. None