

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
 - a. Massage
 - b. Decompression Therapy
 - c. Jumping jacks
 - d. Chiropractic
11. This type of presentation was geared more toward the therapist that utilizes.
 - a. General Massage
 - b. Outcome Based Massage Therapy
 - c. Functional Medicine
 - d. Trigger Point therapy
12. The syndromes associated with anterior head posture and hyperlordosis is referred to as.
 - a. Upper cross and lower cross syndromes
 - b. Upper lower torsion
 - c. Upper lower degeneration
 - d. Scoliosis
13. An often overlooked muscle that Dr Hawley mentioned was
 - a. Psoas
 - b. Gastroch
 - c. Biceps
 - d. Trapezius
14. When working with a client in the prone position that has a major forward head posture Dr Hawley recommends
 - a. Extending the head piece
 - b. Keeping the head piece level
 - c. Deflecting the head piece at least 5-10 degrees
 - d. Rotating the head piece
15. Scoliosis test that was used in school
 - a. Adams
 - b. Mike
 - c. Sams
 - d. Suzies
16. What type of braces are the best for scoliosis
 - a. Rigid
 - b. Tight and constraining
 - c. Flexible
 - d. All are
17. Working on the convexity side of the curve you should work the muscles
 - a. Faster
 - b. Slower

- c. Compression
- d. None

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

- a. Bones
- b. Meniges
- c. Sternum

19. Unknown origin of scoliosis is termed

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