

## Disc

1. All sciatica is caused from disc pathology T or F
2. Massage cannot help a person with a Bulging Disc T or F
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. T or F Dr Hawley showed us examples of MRI of the discs
7. As we get older we lose
  - a. Vascular supply to the disc
  - b. Nerve supply to the disc and lower limbs
8. DDD stands for
  - a. Dynamic disc disorder
  - b. Degenerative Disc Disease
  - c. Degenerate Disc Disorder
  - d. Dynamic Daily Dysfunction
9. Scoliosis has no effect on Disc pathology T or F
10. Which one will NOT help with Disc pathology
  - a. Massage
  - b. Decompression Therapy
  - c. Jumping jacks
  - d. Chiropractic

## Foot and Ankle

1. How many arches does the foot have
  - a. 4
  - b. 3
  - c. 7
  - d. 5
  
2. Which one is NOT an arch
  - a. Transverse
  - b. Vertical
  - c. Medial Longitudinal
  - d. Lateral Longitudinal
  
3. Flat foot condition is also known as
  - a. Pes candy
  - b. Pes Planus
  - c. Pes osseous
  - d. Never heard of it
  
4. A flat foot will cause
  - a. Internal leg rotation
  - b. External leg rotaion
  - c. Kyphosis
  - d. Numbness in hands
  
5. The nerve between the 3<sup>rd</sup> and 4<sup>th</sup> digit can inflame causing a
  - a. Mortons Neuroma
  - b. Hammer toe
  - c. Inversion
  - d. Ankle pain
  
6. Swelling of a muscle that is entrapped by fascia causing pressure pain is called
  - a. Pes planus
  - b. Hallux valgus
  - c. Compartment syndrome
  - d. Plantar fasciitis

7. Rolling on a tennis ball is best used for what condition

- a. Claw toe
- b. Inversion sprain
- c. Plantar Fasciitis
- d. Compartment syndrome

8. Normal gait cycle is

- 1. Heel strike, mid foot, toe off
- 2. Toe off, heel strike, mid foot
- 3. Mid foot only
- 4. Heel strike only

Scoliosis

- 1. Medically defined as scoliosis begins at what degree
  - a. 5 deg
  - b. 25 deg
  - c. 10 deg
  - d. 15 deg
- 2. Unknown and the most common type of scoliosis
  - a. Hereditary
  - b. Idiopathic
  - c. Structural
  - d. None
- 3. Test where you bend over at the waist (did this in school) is called
  - a. Observation test
  - b. Adams or Oklahoma
  - c. Texarkana hills
  - d. Jacksons
- 4. Rigid bracing is highly effective
  - a. True or False
- 5. What also accompanies scoliosis
  - a. Seizures
  - b. Rotation
  - c. Crushing of discs
  - d. Foot drop