

## Headaches

1. What were 3 of the main types of Headaches Dr Hawley mentioned
  - a. Cluster, migraine, sinus
  - b. Sinus, cranial, induced
  - c. Pressure, nociceptive, occipital
  - d. Temporal, occipital, frontal
2. Which type of HA feels like a “headband” tightening
  - a. Migraine
  - b. Tension
  - c. Cluster
  - d. Sinus
3. All HA clients should immed be referred to a neuro True or False?
  - a. T
  - b. F
4. What type of HA is brought upon by stress and massage works great for?
  - a. Migraine
  - b. Tension
  - c. Sinus
  - d. Occipital
5. T or F the Temporalis is NOT one of the main muscles of mastication
6. What are one of the 2 main nerves that surround the TMJ structures?
  - a. Facial
  - b. Femoral
  - c. Sciatica
  - d. Temporal
7. TMD stands for
  - a. Temporal Mandibular Diarthrosis
  - b. Temporal Mandibular Dysfunction
  - c. Temporal Malocclusal Disease

8. Clients with TMj symptoms may exhibit
  - a. Plantarfaciitis
  - b. Sciatica
  - c. Tinnitus
  - d. Nose dripping
  
9. Whiplash can cause Headaches mostly from tight----- muscles
  - a. Sub occipital and cervical extensors
  - b. Lumbar erectors
  - c. Gastrocnemius
  - d. Illiotibial band
  
10. TOS stands for
  - a. Top of skull
  - b. Thoracic outlet syndrome
  - c. Time of symptoms
  - d. Thoracic over sternum
11. T or F massage therapy is of no use for a person with whiplash
12. Which HAs will cause nausea
  - a. Migraine
  - b. Tension
  - c. Frontal
  - d. Occipital
13. What type of HA will produce pain mainly on only one side of the face and has auras assoc with it.
  - a. Tension
  - b. Migraine
  - c. Cluster
  - d. Sinus
14. Sensitivity to light is termed
  - a. Photoshooting
  - b. Photophobia
  - c. Osmophobia
15. What is it termed when a piece of tissue gets between the head of the humerus and acromion
  - a. Entrapment
  - b. Impingement syndrome
  - c. Tendonitis
  - d. Bursitis

16. A SLAP tear is a tear of the
  - a. Bicep
  - b. Hand
  - c. Labrum
  - d. Shoulder dislocation
17. Labrum tears are usually associated with
  - a. Computer workers
  - b. Secretaries
  - c. Doing overhead sports, or falls
  - d. Runners
  - e.
18. Which type of shoulder dislocation is the most common
  - a. Anterior
  - b. Posterior
  - c. Lateral
  - d. Multidirectional
19. Golfers elbow is also known as
  - a. Lateral epicondylitis
  - b. Medial epicondylitis
  - c. Carpal tunnel syndrome
  - d. No such thing as golfers elbow
20. Tennis elbow is also known as
  - e. Lateral epicondylitis
  - f. Medial epicondylitis
  - g. Carpal tunnel syndrome
  - h. No such thing as golfers elbow
21. What is the muscles of the rotator cuff (you know I had to ask this one!)
  - a. Teres major, pec minor, rhomboid, traps
  - b. Deltoid (lat, med, post) subscapularis, infraspinatus
  - c. Supraspinatus, teres minor, infraspinatus, subscapularis
22. Frozen shoulder is also termed as
  - a. Adhesive joint
  - b. Adhesive capsulitis
  - c. Humeral adhesions
  - d. None of the above
23. TMD stands for
  - a. Temporo mandibular joint
  - b. Temporo mandibular dysfunction
  - c. Temporo mandibular disease
  - d. Temporo mandibular diagnosis

24. Clenching is different than Bruxism in what way
  - a. Person is awake but unaware (chewing on pencil)
  - b. Person is asleep
  - c. They are the same thing
  - d. Person is aware in both cases
25. What are the 3 main muscles of mastication
  - a. Temporalis, masseter, pterygoids
  - b. Frontal, tongue, masseter
  - c. Masseter, scalenes, temporal
  - d. None of the above
26. What can cause issues with the TMJ joint
  - a. Loss of cervical lordosis
  - b. Lower back issues
  - c. Headaches
  - d. Eye problems
27. Trigger points don't have anything to do with HAs, True or False?
28. Which nerve runs through the carpal tunnel
  - a. Ulnar
  - b. Median
  - c. Radial
29. When a pt presents with an entrapment at the Carpal Tunnel as well as at the elbow this is termed a
  - a. CTS case
  - b. Double Crush
  - c. Single Crush
  - d. Burner
30. What is a ortho test to check for Carpal Tunnel Syndrome
  - a. Phalene's
  - b. Tinnels tap
  - c. Neither
  - d. BOTH