

Back To Chiropractic CE Seminars

Simply list your answers in an e-mail, write down **letter choice only**: a. b. c. d. e. T F

Please e-mail your answers to: marcusstrutzdc@gmail.com

1. Who said: "May God flow from above-down his bounteous strengths, courage's and understanding to carry on; and may your innate's receive and act on that free flow of wisdom from above-down, inside-out...for you have in your possession a sacred trust. Guard it well."
 - a. DD Palmer
 - b. Carl Cleveland
 - c. Clarence Gonstead
 - d. BJ Palmer

2. Always if all tissues are healthy:
 - a. stretch the antagonist before strengthening
 - b. stretch the agonist before strengthening
 - c. stretch the agonist & antagonist before strengthening
 - d. do not stretch before strengthening

3. Always if all tissues are healthy:
 - a. contract the agonist muscle before stretching
 - b. contract the antagonist muscle before stretching
 - c. contract the antagonist & then the agonist muscle before stretching
 - d. do not contract muscles before stretching

4. The annular fibers are at a 30° angle as you lean forward and rotate. Only ____ the fibers hold making them susceptible to injury.
 - a. A quarter of
 - b. A half of
 - c. 3 quarters of
 - d. None are true

5. What object was **shown** to use to help decrease adhesion build-up and decrease inflammation for plantar fasciitis.
 - a. Racquetball
 - b. Coffee Table
 - c. Rock
 - d. Tennis ball

6. According to a CDC study what percent of US adults that used complementary & alternative medicine, used chiropractic?
 - a. 7.5%
 - b. 15%
 - c. 25%
 - d. 40%

7. According to a Gallup poll survey chiropractors were ranked in what place as compared to six other health care providers?
 - a. 1st
 - b. Last
 - c. 3rd
 - d. 4th

8. To demonstrate how posture affects the autonomic nervous system, which exam was used?
 - a. Leg length check
 - b. AK muscle strength test of the deltoid
 - c. AK muscle strength test of the trapezius
 - d. Deep Tendon Reflex of the bicep

9. To demonstrate decreased blood flow and pain relief the notes said to grab the ____
 - a. Ankle
 - b. Forearm
 - c. Neck
 - d. Knee

10. Which of the following was used as an analogy for chemical build-up in muscle tissue?
 - a. Sprained ankle
 - b. Lungs inflating
 - c. Urinary bladder filling with urine
 - d. Heart filling with blood

11. For every inch of anterior translation your posterior muscles hold up an additional ____ lbs.
 - a. 10-12
 - b. 7-9
 - c. 4-5
 - d. 1-2

12. True or False. There is no evidence of excess risk of VBA stroke associated with chiropractic care when compared to primary care. Spine 2008.

13. True or False. Cerebellar hypoperfusion may occur after an adjustment, explaining why certain people experience headache, dizziness or nausea, and should be reported as a stroke.

14. Viscoelasticity is a _____ dependent property of tissue sensitive to loading rate.
 - a. Time
 - b. Load
 - c. Leverage
 - d. None of these
 - e. All of these

15. What object was used to demonstrate fluid flow & dehydration of the disc?
 - a. Marshmallow
 - b. Air balloon
 - c. Sponge
 - d. Bladder

16. To disprove the idea of the bone being “out” what was used?
 - a. Example of bending your finger and it going back into place
 - b. NFL players being the same on x-ray before and after a game
 - c. Force-deformation curve of the spinal ligaments
 - d. All were used as examples

17. For acute muscle spasm protocol which exam procedure was used?
- Oppenheimer's Test
 - Murphy's Procedure
 - O'Donoghue's Test
 - George's Test
 - Shoulder Depression
18. Hypomobility results in degenerative changes & adhesions around the facet joints. Adjusting gaps the joint & breaks up adhesions, re-establishing joint motion. This reference came from which of the following journals:
- Spine
 - JAMA
 - Chiropractic Today
 - JMPT
19. True or False. During a missed adjustment (no cavitation) the joint does move.
20. According to the Agency For Healthcare Research and Quality, 2010 ___% of adults have back pain at some point.
- 60
 - 80
 - 100
21. The notes states which is better:
- Specific Contact
 - Broad Non-Specific Contact
 - Both
 - Neither
22. Which of the following neck movements allows for the best motion:
- rotate & laterally flex simultaneously
 - first rotate and then laterally flex
 - first laterally flex and then rotate
 - makes no difference
23. The more vectors and/or torque you can include in your adjustment the easier the joint will release.
- Sometimes true
 - Always true
 - Never true
24. To help relax a guarding patient when adjusting their neck, what analogy was used?
- Riverboats
 - Pickle jar lid
 - Car wash
 - Fire Hydrant
25. Which of the following add enough speed to result in high threshold GTO discharge.
- activator
 - drop table
 - both
 - neither

26. Which of the following explains the “popping sound” of a chiropractic adjustment?
- Boyle’s Law
 - Newton’s Law
 - Einstein’s Theory of Relativity
 - Murphy’s Law
27. Which of the following was NOT given as an analogy of fibrin deposits resulting in chronic inflammatory conditions?
- Fish Net, Spider web, Gum
 - Shrink wrap, Scattered toothpicks, Spider web
 - Gum, Fish Net, Shrink wrap
28. How many Total Class Hours do DC’s take according to the notes?
- 2887
 - 4485
 - 4854
 - 4248
29. In regards to the move shown for PMS cramping, what was the suggested angle to push on the ilium?
- 25
 - 35
 - 45
30. According to the Canadian Medical Association Journal, 2001, the likelihood that a chiropractor will be made aware of an arterial dissection following cervical manipulation was
- 1 in 5.85 million
 - 1 in 6.85 million
 - 1 in 7.85 million