**Chiropractic Quiz ~ Test Your Understanding**

Answers & detailed explanations below.

1. What year was Chiropractic discovered?
	1. 1855 b. 1895 c. 1935 d. 1975
2. Your results with Chiropractic Care may vary due to:
3. How long you’ve had the injury
4. Severity of the injury
5. Your age
6. all of these
7. According to Consumer Reports \_\_\_\_\_% gave chiropractic an 8 or higher, when asked to rate satisfaction.

a. 57 b. 67 c. 77 d. 87

1. According to the Journal of Manipulative and Physiological Therapeutics: patients whose primary care doctor was a chiropractor experienced \_\_\_\_\_% less in pharmaceutical costs.

a. 55 b. 65 c. 75 d. 85

1. Chiropractors help with which of the following conditions?

a. only low back pain b. only neck pain

c. both low back & neck pain d. many conditions

1. A Chiropractic adjustment does all of the following except:

a. Tightens contracting muscles

b. Allow new chemicals to flow into the cells

c. Allows inflammatory chemicals & normal metabolic cellular waste products to flow out

d. Stretch and/or break up adhesions

1. You should go to Chiropractor only when you \_\_\_\_\_ pain.
	1. have b. don’t have c. either situation
2. Chiropractic is licensed in \_\_\_\_\_ states?
	1. All 50 b. 42 c. 37 d. 32
3. True or False. Most patients who go to a Chiropractor have a one-time trauma.
4. The “Popping” sound you often here during a chiropractic adjustment is:

a. the bone popping back into place b. the bone breaking

c. the joint capsule expanding rapidly d. I have no idea

**Answers & Details**

* + - 1. b. 1895

Daniel David Palmer (D.D. Palmer), a teacher and grocer turned magnetic healer, opened his office of magnetic healing in Davenport, Iowa in 1886. After nine years, D.D. Palmer gave the first chiropractic adjustment to Harvey Lillard, on September 18, 1895.

* + - 1. d. all of these

Your results with Chiropractic Care may vary for many reasons: How long you’ve had the injury, the severity of the injury, your age, your overall health & ability to recover, your compliance with the Chiropractors care plan and your ability to avoid activities that make the injury worse. It is important to understand every injury is different for every patient. We will make our best prognosis for your specific situation.

* + - 1. d. 87%

Consumer Reports has long been the leader with surveys. This one regarding Chiropractors is a good representation of most patients interactions in our office.

4. d. 85%

 Chiropractic is an alternative health care, that is without pharmaceuticals. All pharmaceutical drugs have contraindications and side effects, often severe, including death.

1. d. many conditions

Patients are often unaware of how many different conditions Chiropractors can help with. Why is this? Chiropractors are trained in moving ALL joints in the body. Adjustments improve proper joint motion, which directly and indirectly affects: joints, muscles, the nervous system, the vascular system, the respiratory system and more. Ask for our list of conditions that we work on, I’ll bet you’ll be surprised.

1. a. Tightens contracting muscles

At the joint level, Chiropractic adjustments cause all of the following: Relax tight contracting muscles, allows new chemicals to flow into the cells (which helps with healing damaged tissue), allows inflammatory chemicals & normal metabolic cellular waste products to flow out (which helps decrease pain and pressure, and increase joint motion), stretches and/or breaks up adhesions (this increase muscle function and joint motion), and allows for overall improved joint motion.

1. c. either situation

Most people measure their health simply by whether or not they have pain and/or symptoms. This is a mistake as most injuries & disease processes begin with no pain and may take months or years before pain or symptoms even surface. Our Wellness patients understand this concept. With Chiropractic care many of our patients have experienced improvement in: ability to perform activities of daily living, ability to perform activities of enjoyment, athletic performance, strength, balance, blood pressure, breathing measurements, flexibility, digestion, posture, sleep patterns, energy level, pulse rate, attitude and mental clarity. Also you may experience: weight loss, decreased stress levels, fewer colds, decrease in need for pharmaceutical drug use and prevention of surgery.

1. a. all 50 states

Chiropractic is licensed in all 50 states and is a 3-4 year postgraduate program. Most people are surprised to find out that the total hours required at Chiropractic College actually exceeds that of Medical School. All the basic sciences are covered; including all the anatomy and physiology of the human body.

1. False. Most patients have pain/symptoms because of something called Repetitive Micro-trauma.

A common question by new patients is “Why do I hurt when nothing happened?” The answer is repeating something multiple times over a long period of time. Examples of repetitive activities that can lead to pain syndromes include: sitting at a desk, daily driving, repetitive activities like computer/phone usage.

1. c. the joint capsule expanding rapidly

Synovial fluid in your joints contains oxygen, nitrogen and carbon dioxide gases. When a joint is adjusted the joint capsule is stretched rapidly, which increases the joint volume by as much as 15-20%. This creates a partial vacuum decreasing the internal pressure of the joint. The gases in the synovial fluid rapidly release from the fluid due to the pressure change, thus the popping sound is created. (Similar to Boyle's Law, 1662). The gas takes about 20 minutes to return to the synovial fluid and then it could be “popped” again.