

ADVANCED VOICE & UPPER AIRWAY DISORDERS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which cartilage is described as forming a complete ring around the airway and lies inferior to the thyroid cartilage?**
 - A. Epiglottis
 - B. Thyroid cartilage
 - C. Arytenoid cartilage
 - D. Cricoid cartilage

- 2. What is FEV1?**
 - A. Forced inspiratory volume in 1 second
 - B. Forced expiratory volume in 1 second: air forcibly exhaled during first second of FVC
 - C. Forced expiratory volume in 2 seconds
 - D. Maximum voluntary ventilation

- 3. Which muscle is NOT primarily innervated by the recurrent laryngeal nerve?**
 - A. Cricothyroid
 - B. Thyroarytenoid
 - C. Lateral cricoarytenoid
 - D. Interarytenoid

- 4. Which muscle is the primary abductor of the vocal folds?**
 - A. Posterior cricoarytenoid
 - B. Lateral cricoarytenoid
 - C. Thyroarytenoid
 - D. Interarytenoid

- 5. Compared with males, female laryngeal maturation occurs:**
 - A. Earlier and with more dramatic changes
 - B. At the same time and with similar changes
 - C. Later and with less dramatic changes
 - D. Earlier and with less dramatic changes

6. Besides airway protection, what is another biological role of the larynx?

- A. Regulation of body temperature
- B. Primary site of digestion
- C. Filtration of lymph
- D. Environmental buffer between environment and lower airway

7. What is a major non-biological role of the larynx?

- A. Skeletal support
- B. Speech and phonation
- C. Photosynthesis
- D. Electrical conduction

8. What age-related voice condition is common in adults over 60?

- A. Reinke's edema
- B. Presbyphonia
- C. Laryngitis
- D. Hyperphonosia

9. Which cartilage is the small horn-like prominence at the apex of the arytenoids?

- A. Epiglottis
- B. Thyroid cartilage
- C. Corniculate cartilage
- D. Arytenoid cartilage

10. What is the primary vocal fold abductor?

- A. Lateral cricoarytenoid (LCA)
- B. Posterior cricoarytenoid (PCA)
- C. Thyroarytenoid
- D. Interarytenoid

Answers

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1. D
2. B
3. A
4. A
5. D
6. D
7. B
8. B
9. C
10. B

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Explanations

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1. Which cartilage is described as forming a complete ring around the airway and lies inferior to the thyroid cartilage?

- A. Epiglottis
- B. Thyroid cartilage
- C. Arytenoid cartilage
- D. Cricoid cartilage**

Cricoid cartilage forms a complete ring around the airway and sits just inferior to the thyroid cartilage. Its distinctive ring shape—narrow anterior arch with a broad posterior lamina—encircles the airway, providing sturdy support and a stable base for other laryngeal structures. The epiglottis is a leaf-shaped flap that protects the airway above the larynx and does not encircle the airway. The thyroid cartilage lies anterior and superior to the cricoid, forming the laryngeal prominence, but it does not complete a ring. The arytenoid cartilages sit on top of the cricoid and help control vocal cord movements rather than encircle the airway.

2. What is FEV1?

- A. Forced inspiratory volume in 1 second
- B. Forced expiratory volume in 1 second: air forcibly exhaled during first second of FVC**
- C. Forced expiratory volume in 2 seconds
- D. Maximum voluntary ventilation

FEV1 is the volume of air you can forcibly exhale in the first second of a forced expiratory maneuver. In spirometry, after a maximal inhalation, you blow out as hard and fast as you can, and the amount expelled in the first second is FEV1. This makes it a key indicator of airway caliber, especially in obstructive conditions where the first-second flow is reduced. Clinically, FEV1 is often expressed as a percentage of the predicted value and used with FVC to calculate the FEV1/FVC ratio to distinguish obstructive from restrictive patterns. The other options describe different measurements: inhaling forcefully is not FEV1, a two-second measurement is not FEV1, and maximum voluntary ventilation assesses overall ventilatory capacity rather than the first-second expiratory volume.

3. Which muscle is NOT primarily innervated by the recurrent laryngeal nerve?

- A. Cricothyroid**
- B. Thyroarytenoid
- C. Lateral cricoarytenoid
- D. Interarytenoid

Understanding innervation of intrinsic laryngeal muscles is key. The recurrent laryngeal nerve supplies all intrinsic laryngeal muscles except the cricothyroid, which is innervated by the external branch of the superior laryngeal nerve. The thyroarytenoid, lateral cricoarytenoid, and interarytenoid muscles are all controlled by the recurrent laryngeal nerve, supporting vocal fold adduction and fine-tuned closure. The cricothyroid, on the other hand, lengthens and tenses the vocal cords to raise pitch and relies on the external branch of the superior laryngeal nerve. Therefore, the muscle not primarily innervated by the recurrent laryngeal nerve is the cricothyroid. Clinically, this distinction explains why RLN injury causes hoarseness (affecting the other muscles) while cricothyroid function is preserved unless the external superior laryngeal nerve is damaged.

4. Which muscle is the primary abductor of the vocal folds?

A. Posterior cricoarytenoid

B. Lateral cricoarytenoid

C. Thyroarytenoid

D. Interarytenoid

Opening the vocal folds for airflow is done mainly by the posterior cricoarytenoid. When it contracts, it rotates the arytenoid cartilages outward, pulling the vocal folds away from the midline and widening the glottis. This abducts the folds, which is exactly what you need for breathing. Other intrinsic laryngeal muscles mostly act to bring the folds together or adjust their tension: the lateral cricoarytenoid and interarytenoids adduct the vocal folds to close the glottis for phonation and protection, while the thyroarytenoid changes the length and tension of the folds to influence pitch. So the posterior cricoarytenoid is the primary muscle responsible for opening the vocal folds.

5. Compared with males, female laryngeal maturation occurs:

A. Earlier and with more dramatic changes

B. At the same time and with similar changes

C. Later and with less dramatic changes

D. Earlier and with less dramatic changes

Laryngeal development during puberty shows clear sex differences: girls typically enter the pubertal transition earlier than boys, so their laryngeal maturation begins sooner. However, the hormonal surge that drives the most pronounced laryngeal changes—especially the deepening of the voice—is much stronger in boys due to testosterone. As a result, girls experience maturation earlier, but the magnitude of structural changes in the larynx and the associated voice shift is smaller. That combination—earlier timing with less dramatic changes—is why the best description is that female laryngeal maturation occurs earlier and with less dramatic changes.

6. Besides airway protection, what is another biological role of the larynx?

A. Regulation of body temperature

B. Primary site of digestion

C. Filtration of lymph

D. Environmental buffer between environment and lower airway

The main idea is that the larynx serves as a barrier between the external environment and the lower respiratory tract, acting as an environmental buffer in addition to its role in airway protection. Its protective mechanisms, like the epiglottis and tight closure of the vocal folds during swallowing or coughing, help keep food, liquids, and irritants from reaching the lungs. Beyond that protective gatekeeping, the laryngeal mucosa and surrounding structures contribute to conditioning the air and filtering out particulates to a degree, helping to smooth the transition from outside air to the deeper airway. The other options don't fit because temperature regulation, digestion, and lymph filtration are functions handled by other systems or regions, not by the larynx.

7. What is a major non-biological role of the larynx?

- A. Skeletal support
- B. Speech and phonation**
- C. Photosynthesis
- D. Electrical conduction

The larynx's major non-biological role is speech and phonation. The vocal folds sit within the glottis and vibrate as air from the lungs passes through, producing sound. By adjusting the tension and length of the vocal folds—guided by laryngeal muscles and arytenoid movement—we change pitch, loudness, and voice quality, enabling spoken language. While the larynx does protect the airway during swallowing (a vital biological function), the distinctive non-biological contribution is its role in producing voice for communication.

8. What age-related voice condition is common in adults over 60?

- A. Reinke's edema
- B. Presbyphonia**
- C. Laryngitis
- D. Hyperphonosus

Age-related changes in the larynx produce presbyphonia, the voice condition commonly seen in adults over sixty. As people age, the vocal folds lose elasticity and muscle mass, and the tissue may bow or thin. These structural changes make vibration less efficient, leading to a breathy, rough voice with reduced loudness and a smaller pitch range. It's a normal aging change rather than an inflammatory or lesion-related problem. Other options describe conditions not tied to normal aging of the voice: Reinke's edema involves edema in the vocal fold lamina propria typically linked to smoking; laryngitis is inflammation from infection or irritation; and hyperphonosus is not a standard-age related diagnosis.

9. Which cartilage is the small horn-like prominence at the apex of the arytenoids?

- A. Epiglottis
- B. Thyroid cartilage
- C. Corniculate cartilage**
- D. Arytenoid cartilage

The corniculate cartilage is the small horn-like prominence at the apex of the arytenoids. These tiny paired cartilages sit on the superior tips of the arytenoids and project like little horns, helping define the laryngeal inlet and supporting the aryepiglottic folds. The epiglottis is the leaf-shaped cartilage at the entrance to the larynx, the thyroid cartilage is the large anterior shield, and the arytenoid cartilage is the pyramid-shaped cartilage at the posterior wall from which the vocal folds originate. None of those sit as a horn on the arytenoid apex the way the corniculate cartilage does.

10. What is the primary vocal fold abductor?

- A. Lateral cricoarytenoid (LCA)
- B. Posterior cricoarytenoid (PCA)**
- C. Thyroarytenoid
- D. Interarytenoid

The key idea is which intrinsic laryngeal muscle opens the vocal folds. The posterior cricoarytenoid is the primary abductor: when it contracts, it rotates the arytenoid cartilages outward, pulling the vocal folds apart and widening the glottic opening. This action is essential for letting air pass during breathing. The other muscles mainly bring the vocal folds together or adjust tension: the lateral cricoarytenoid and interarytenoid muscles adduct the folds for phonation, and the thyroarytenoid adjusts tension and stiffness rather than opening the vocal folds. So, the muscle that primarily opens the vocal folds is the posterior cricoarytenoid.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://advvoiceandupperairwaydisorders.examzify.com>

We wish you the very best on your exam journey. You've got this!

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