

Chiropractic History and Principles Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 definition of subluxation emphasizes alignment and physiological function while maintaining joint surface contact?**
 - A. Traditional definition**
 - B. Contemporary definition**
 - C. Chiropractic definition**
 - D. Medical definition**

- 2. Which achievement marks the historical importance of J.C. Bowman in chiropractic?**
 - A. Developing chiropractic techniques**
 - B. Becoming the first female chiropractor**
 - C. Graduating from Palmer College**
 - D. Creating educational standards for chiropractors**

- 3. In which state was the first legal chiropractic license issued?**
 - A. Kansas**
 - B. North Dakota**
 - C. Florida**
 - D. Texas**

- 4. Who is recognized as the first black chiropractor?**
 - A. Fred Rubel**
 - B. Charles Lemly**
 - C. Dorothy Clark**
 - D. Herbert Ross Reaver**

- 5. What significant term did Samuel Weed coin in relation to chiropractic?**
 - A. Chiropractic Health**
 - B. Chiropractic Adjustment**
 - C. Chiropractic**
 - D. Spinal Manipulation**

- 6. Which individual co-founded Life Chiropractic College and established the Life Foundation?**
- A. Clarence Reaver**
 - B. Nell Williams**
 - C. Bobby Westbrooks**
 - D. Stanley Dale**
- 7. What type of subluxation can be improved by manual thrust procedures?**
- A. Static subluxation**
 - B. Fixed subluxation**
 - C. Manipulable subluxation**
 - D. Dynamic subluxation**
- 8. What is the primary goal of chiropractic adjustments?**
- A. To reduce inflammation**
 - B. To increase flexibility**
 - C. To restore mobility and function**
 - D. To relieve mental stress**
- 9. Is X-ray recommended for the Webster technique?**
- A. Yes, for every patient**
 - B. No, contraindicated during pregnancy**
 - C. Only for advanced cases**
 - D. Yes, but only for males**
- 10. Which individual is credited with the concept of "Lasting Purpose" for Life West?**
- A. Gerard Clum**
 - B. Peter Kevorkian**
 - C. Sid Williams**
 - D. Monte Greenawalt**

Answers

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

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Explanations

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1. Which definition of subluxation emphasizes alignment and physiological function while maintaining joint surface contact?

- A. Traditional definition**
- B. Contemporary definition**
- C. Chiropractic definition**
- D. Medical definition**

The contemporary definition of subluxation emphasizes alignment and physiological function while ensuring that there is still contact between the joint surfaces. This perspective reflects an understanding of subluxation not just as a misalignment but as an issue that affects overall physiological function and health. It indicates that while there may be a misalignment, the joint surfaces can still maintain contact, suggesting a more nuanced view of how joint mechanics influence bodily function. This approach aligns with modern chiropractic practice, which integrates both the structural and functional aspects of the spine and nervous system. The focus on physiological function indicates an acknowledgment of the body's dynamic processes and how they can be influenced by spinal alignment, recognizing the vital role of the nervous system in overall health. In contrast, the traditional definition and medical definition might not place as much emphasis on the physiological function, often viewing subluxation strictly in terms of misalignment without acknowledging its broader impact on health. The chiropractic definition may vary but does not consistently emphasize the same aspects of alignment and joint contact in the way the contemporary definition does. Therefore, the contemporary definition provides the most comprehensive view that encompasses alignment, physiological function, and joint surface contact, making it the correct answer.

2. Which achievement marks the historical importance of J.C. Bowman in chiropractic?

- A. Developing chiropractic techniques**
- B. Becoming the first female chiropractor**
- C. Graduating from Palmer College**
- D. Creating educational standards for chiropractors**

J.C. Bowman's historical importance in chiropractic is marked by her achievement of graduating from Palmer College. This accomplishment is significant because it highlights her role in a pioneering time for the chiropractic profession, particularly for women in this field. As one of the early female graduates of Palmer College, Bowman helped to pave the way for future generations of women chiropractors, demonstrating that women could succeed and contribute substantially in a profession that was predominantly male at the time. Her graduation symbolized not just personal achievement but also broader progress toward gender equality within the chiropractic community. This milestone is a crucial part of the narrative of chiropractic history as it emphasizes the inclusion and contributions of women in a professional sphere that was evolving during the early 20th century.

3. In which state was the first legal chiropractic license issued?

A. Kansas

B. North Dakota

C. Florida

D. Texas

The first legal chiropractic license was issued in North Dakota in 1919, marking a significant milestone in the professional recognition of chiropractic as a legitimate healthcare field. This event was pivotal because it provided an official framework under which chiropractors could practice legally, thereby establishing standards for education and practice within the profession. Kansas and Texas do have a rich chiropractic history, but they did not issue the first licensure. Florida also played a role in the development of chiropractic regulations but followed North Dakota in terms of the establishment of licensure. The recognition in North Dakota set a precedent for other states to follow, allowing chiropractic care to gain broader acceptance and integration into the healthcare system.

4. Who is recognized as the first black chiropractor?

A. Fred Rubel

B. Charles Lemly

C. Dorothy Clark

D. Herbert Ross Reaver

Dorothy Clark is recognized as the first black chiropractor, making her a significant figure in the history of chiropractic care. She graduated in 1918 from the Palmer School of Chiropractic, which was founded by D.D. Palmer, the founder of chiropractic. Clark's achievement is particularly notable as she broke racial barriers during a time when many professions, including chiropractic, were not easily accessible to individuals of color. Her contributions to the field went beyond her educational accomplishments; she helped pave the way for future generations of chiropractors from diverse backgrounds, demonstrating that determination and skill could overcome societal limitations. This historical achievement highlights the importance of inclusivity and representation in healthcare professions. Understanding Dorothy Clark's role calls attention to the diversity within the field of chiropractic and the progress that has been made towards equality and access in health professions.

5. What significant term did Samuel Weed coin in relation to chiropractic?

- A. Chiropractic Health**
- B. Chiropractic Adjustment**
- C. Chiropractic**
- D. Spinal Manipulation**

Samuel Weed is credited with coining the term "Chiropractic," which is crucial in defining the profession itself. The word "chiropractic" is derived from the Greek words "cheir," meaning hand, and "praktos," meaning done or practiced, thus referring to the concept of treatment done by hand. This term encapsulates the essence of chiropractic care, emphasizing the manual techniques used to address musculoskeletal issues, particularly those related to the spine. It's significant not just as a label but as a representation of the philosophy and methodologies that underpin chiropractic practice, distinguishing it from other forms of health care and treatment modalities. The introduction of this term helped establish a unique identity for chiropractic as a discipline and has been instrumental in its recognition and development over the years.

6. Which individual co-founded Life Chiropractic College and established the Life Foundation?

- A. Clarence Reaver**
- B. Nell Williams**
- C. Bobby Westbrooks**
- D. Stanley Dale**

The correct answer is Nell Williams, who is notable for her role in co-founding Life Chiropractic College and establishing the Life Foundation. Both entities have had significant impacts on chiropractic education and the promotion of chiropractic care. Life Chiropractic College, founded in the 1970s, aimed to provide comprehensive training and education to future chiropractors, adhering to the principles of vitalism and the importance of spinal health. The Life Foundation was created as a nonprofit organization to promote chiropractic principles and awareness in the broader community. Nell Williams' involvement in these initiatives showcases her commitment to advancing the chiropractic profession and educating the public about its benefits. Clarence Reaver, Bobby Westbrooks, and Stanley Dale, while they may have had various contributions to the chiropractic field, are not associated with the founding of Life Chiropractic College or the Life Foundation. By focusing on Williams' contributions, we can understand the significance of her role in establishing a college that has educated many practitioners and contributed to the growth of the chiropractic profession overall.

7. What type of subluxation can be improved by manual thrust procedures?

- A. Static subluxation**
- B. Fixed subluxation**
- C. Manipulable subluxation**
- D. Dynamic subluxation**

The correct answer pertains to manipulable subluxation, which is defined by its rigidity and the requirement of an external force for correction. Manual thrust procedures, commonly used in chiropractic practice, are designed specifically to target these subluxations, as they allow for the application of precise force to restore proper alignment and mobility within the affected joint. Manipulable subluxation typically indicates a misalignment that limits movement and may lead to symptoms such as pain or dysfunction. In this context, the manual adjustment seeks to facilitate movement and relieve any associated neurological interference. The dynamic nature of manipulable subluxations means they can change in response to treatment, making them suitable for correction through manual manipulation. Other types of subluxation, like static and fixed subluxations, may not respond as effectively to thrust techniques due to their more permanent or less manageable characteristics. Dynamic subluxation may refer to those that change with movement rather than being specifically defined for manipulation purposes. Thus, manipulable subluxation is the most appropriate answer as it encapsulates the condition best treated through chiropractic manipulation.

8. What is the primary goal of chiropractic adjustments?

- A. To reduce inflammation**
- B. To increase flexibility**
- C. To restore mobility and function**
- D. To relieve mental stress**

The primary goal of chiropractic adjustments is to restore mobility and function to the spine and musculoskeletal system. This practice is centered around the belief that many health issues arise from misalignments or dysfunctions within the spine, which can affect the nervous system and, consequently, overall health. By performing adjustments, chiropractors aim to correct these misalignments, allowing the spine to move freely and optimally. This restoration of proper alignment not only alleviates pain but also enhances the body's ability to heal naturally, promoting overall physical function. The focus on mobility and function is crucial since it directly ties into the effectiveness of the nervous system. Improved spinal function can help alleviate pressure on nerves and tissues, leading to better communication between the brain and the body. Hence, the emphasis on restoring mobility aligns with the fundamental principles of chiropractic care.

9. Is X-ray recommended for the Webster technique?

- A. Yes, for every patient
- B. No, contraindicated during pregnancy**
- C. Only for advanced cases
- D. Yes, but only for males

The Webster technique, primarily used in chiropractic care, is a specific adjustment applied to pregnant women to help facilitate optimal fetal positioning, particularly to address breech presentations. In this context, the recommendation regarding the use of X-rays during pregnancy is critical. X-rays involve exposure to radiation, which is generally avoided during pregnancy to protect both the mother and the developing fetus from any potential adverse effects. As a result, the use of X-rays is contraindicated during pregnancy, making it inappropriate and generally not recommended in the context of applying the Webster technique. Thus, for pregnant patients undergoing this adjustment, alternative non-radiative assessment methods are typically used to evaluate spinal alignment and pelvic positioning without the risks associated with X-ray exposure. The emphasis on the health and safety of both mother and child further reinforces why this particular approach is favored in chiropractic practice when dealing with expectant mothers.

10. Which individual is credited with the concept of "Lasting Purpose" for Life West?

- A. Gerard Clum
- B. Peter Kevorkian
- C. Sid Williams**
- D. Monte Greenawalt

The concept of "Lasting Purpose" is closely associated with Sid Williams, who is recognized for his significant contributions to the philosophy and development of chiropractic education and practice. Under his leadership, Life University, which he founded, emphasized a holistic approach and a strong philosophical foundation for chiropractic care, which includes the idea of having a "Lasting Purpose." This concept reflects a commitment to health, personal development, and serving humanity through chiropractic principles. Sid Williams' focus on the core values and mission of chiropractic practice has shaped how practitioners approach their roles within the healthcare system, promoting a vision of wellness and vitality that persists beyond individual practices. His influence in establishing Life University as a premier institution for chiropractic education further solidified this philosophical framework, showcasing his belief in the profound impact of chiropractic care on overall health and well-being.

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://chiropractichistoryprinciples.examzify.com>

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

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