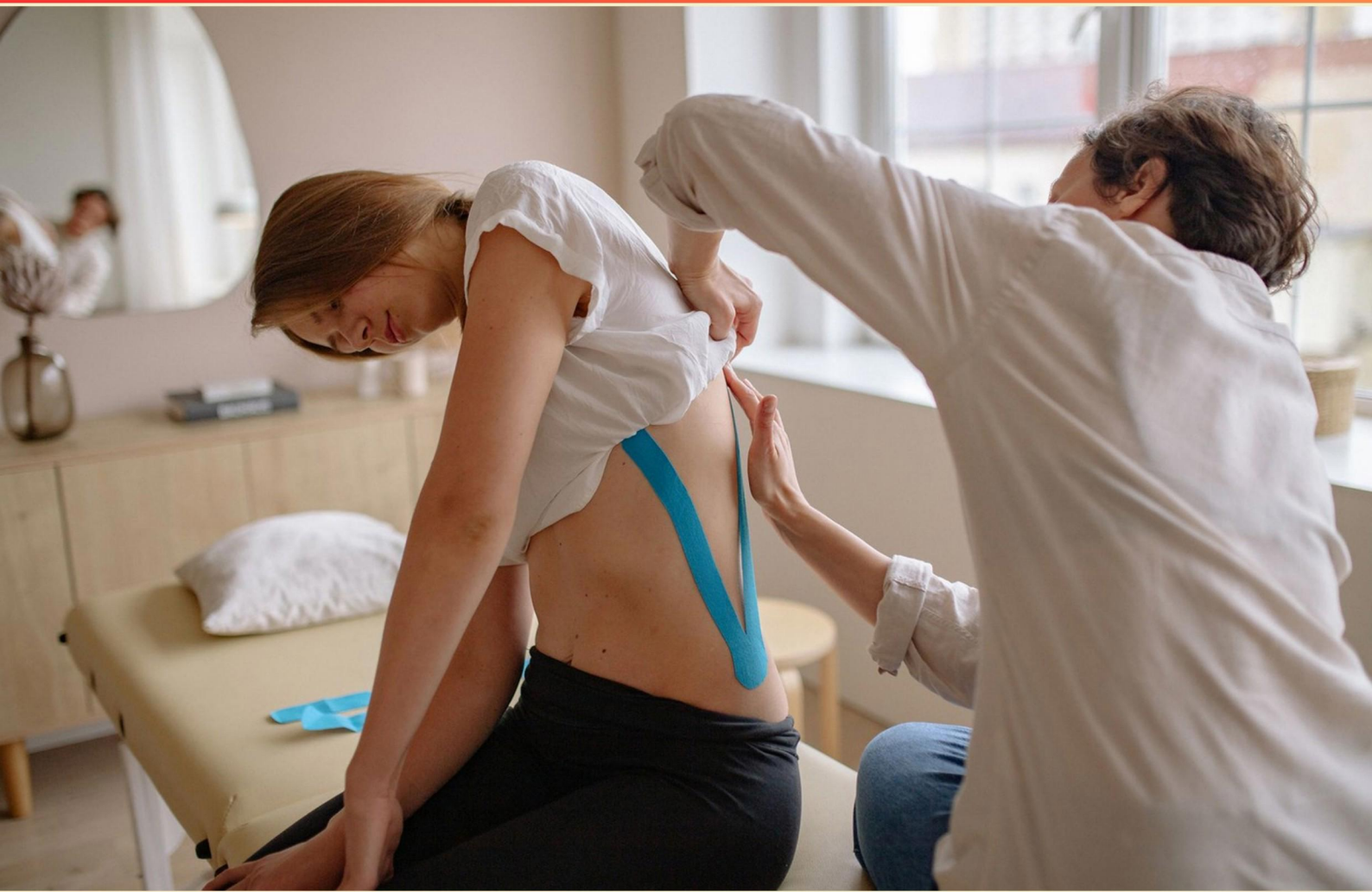


CHIROPRACTIC HISTORY AND PRINCIPLES PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://chiropractichistoryprinciples.examzify.com>



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. What type of equipment is specifically associated with diversified technique?**
 - A. Knee chest upper cervical table
 - B. Pelvic bench
 - C. Toggle table
 - D. Full spine adjusting table
- 2. Who is credited with aligning a well-known scholar's neck vertebrae to restore function to a previously paralyzed hand?**
 - A. Hippocrates
 - B. Claudius Galen
 - C. Andreas Vesalius
 - D. Samuel Hahnemann
- 3. Which chiropractor established The Rubel College of Chiropractic?**
 - A. Fred Rubel
 - B. Charles Lemly
 - C. Dorothy Clark
 - D. Herbert Ross Reaver
- 4. Which technique uses an adjusting tool that is spring-loaded?**
 - A. Diversified
 - B. Activator
 - C. Gonstead
 - D. Thompson Drop
- 5. What is the primary basis for determining treatment in Atlas Orthogonal?**
 - A. Patient's financial situation
 - B. Upper cervical spine alignment
 - C. Muscle strength
 - D. Height and weight indexes

- 6. What book did Chester Wilk author related to chiropractic issues?**
- A. Chiropractic Speaks Out
 - B. The Chiropractic Revolution
 - C. Healing Through Chiropractic
 - D. The Anatomy of Healing
- 7. Who was referred to as the "Grand Old Lady of Chiropractic" and was the first woman to serve as president of a national organization?**
- A. Anna Foy
 - B. Nell Williams
 - C. Sylva Ashworth
 - D. Dorothy Clark
- 8. In which state was the first legal chiropractic license issued?**
- A. Kansas
 - B. North Dakota
 - C. Florida
 - D. Texas
- 9. What inspired D.D. Palmer's practice of chiropractic?**
- A. The work of Claudius Galen
 - B. The discoveries of Samuel Weed
 - C. The techniques of Franz Mesmer
 - D. The theories of Oakley Smith
- 10. Who is identified as LCCW's second president?**
- A. Ron Oberstein
 - B. George Wentland
 - C. Brian Kelly
 - D. Monte Greenawalt

Answers

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

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Explanations

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1. What type of equipment is specifically associated with diversified technique?

- A. Knee chest upper cervical table
- B. Pelvic bench**
- C. Toggle table
- D. Full spine adjusting table

The diversified technique in chiropractic is known for its versatility in adjusting the spine and utilizes a variety of tables that accommodate different adjusting techniques. A pelvic bench is specifically designed for this approach, as it offers a stable and comfortable platform for the practitioner to perform various adjustments, particularly targeting the pelvis and lower back regions. The pelvic bench allows for effective engagement with the patient's body mechanics and facilitates a more precise and controlled adjustment. It aids in positioning the patient to optimize spinal alignment and is commonly used in conjunction with the diversified technique due to its effectiveness in addressing musculoskeletal issues related to the pelvis and spine. Other equipment, such as the toggle table or full spine adjusting table, are associated with different chiropractic techniques and may not provide the same focused benefits that the pelvic bench does for the diversified technique.

2. Who is credited with aligning a well-known scholar's neck vertebrae to restore function to a previously paralyzed hand?

- A. Hippocrates
- B. Claudius Galen**
- C. Andreas Vesalius
- D. Samuel Hahnemann

The correct choice highlights an important figure in the history of medicine who demonstrated the connection between the spine and neurological function. Claudius Galen, a prominent physician and philosopher in the Roman Empire, is known for his extensive contributions to anatomy and medical knowledge during his time. One of the most notable accounts attributed to him involves the case of a well-known scholar whose neck vertebrae he adjusted, reportedly resulting in the restoration of function to a previously paralyzed hand. This incident underscores the early understanding of how spinal alignment impacts overall health and function, which laid foundational concepts that would later develop into the field of chiropractic. Galen's work emphasized the interconnected nature of bodily systems, particularly the role of the nervous system, with the spine as a critical structure. His approach to medicine, which included aspects of physical manipulation, parallels the principles of chiropractic care that focus on spinal adjustments to promote healing and restore function. The other figures listed, while significant in various fields of medicine and philosophy, are not primarily associated with this specific incident or the early exploration of spinal manipulation.

3. Which chiropractor established The Rubel College of Chiropractic?

- A. Fred Rubel
- B. Charles Lemly
- C. Dorothy Clark
- D. Herbert Ross Reaver

The establishment of The Rubel College of Chiropractic is attributed to Fred Rubel, making that choice correct. Fred Rubel was instrumental in the development of chiropractic education and played a significant role in promoting the practice during a pivotal time in its history. His vision for an educational institution focused on chiropractic principles led to the founding of the college, which contributed to the professional training of chiropractors and the dissemination of chiropractic knowledge. This alignment with his commitment to chiropractic practice is what solidifies his legacy in this educational endeavor, emphasizing his influence on the field. The other individuals mentioned were significant figures in chiropractic history, but they were not associated specifically with the founding of The Rubel College of Chiropractic. Their contributions to chiropractic may involve different areas, such as research, practice development, or educational reforms, but Fred Rubel's direct role in establishing this specific institution marks him distinctly in this context.

4. Which technique uses an adjusting tool that is spring-loaded?

- A. Diversified
- B. Activator
- C. Gonstead
- D. Thompson Drop

The Activator technique utilizes a spring-loaded instrument designed to deliver a precise and controlled force to specific areas of the spine and other joints. This tool allows for a quick thrust that is intended to encourage the body's natural healing process and restore proper function without requiring the forceful manipulation often associated with other chiropractic techniques. The spring-loaded design of the Activator instrument is significant because it allows practitioners to adjust the force applied based on patient needs, facilitating a gentler approach suitable for various patient demographics, including those who may be more sensitive or unable to tolerate traditional adjustments. This technique is particularly valued for its ability to provide high levels of specificity in adjustments while minimizing discomfort. In contrast, the other techniques involve either manual adjustments or different methods of force application that do not utilize a spring-loaded mechanism. This highlights the unique nature of the Activator technique within the range of chiropractic practices.

5. What is the primary basis for determining treatment in Atlas Orthogonal?

- A. Patient's financial situation
- B. Upper cervical spine alignment**
- C. Muscle strength
- D. Height and weight indexes

The primary basis for determining treatment in Atlas Orthogonal is the alignment of the upper cervical spine. This approach focuses specifically on the atlas, the first cervical vertebra, and its relationship to the skull and the rest of the spine. Misalignment in this area can have significant implications for overall health, including how the nervous system functions and how the body maintains balance and coordination. The Atlas Orthogonal technique involves precise measurements and evaluations of the alignment of the upper cervical spine. Practitioners use advanced diagnostic tools, such as imaging, to assess the position of the atlas. Treatment is individualized based on this alignment, aiming to make specific adjustments that can restore proper function and alleviate various conditions. This methodology stems from the understanding that optimal alignment is fundamental to the body's mechanics and nervous system health. Other factors, such as a patient's financial situation or physical measurements like muscle strength, height, and weight, may play roles in overall treatment planning but do not directly drive the treatment protocol within Atlas Orthogonal. This makes the alignment of the upper cervical spine the focal point for assessment and intervention in this chiropractic approach, ensuring that the care is targeted and effective.

6. What book did Chester Wilk author related to chiropractic issues?

- A. Chiropractic Speaks Out**
- B. The Chiropractic Revolution
- C. Healing Through Chiropractic
- D. The Anatomy of Healing

Chester Wilk is best known for his work "Chiropractic Speaks Out." This book plays a significant role in discussing the challenges faced by chiropractic practitioners and the profession as a whole, particularly in the context of healthcare politics and public perception. Wilk's advocacy for chiropractic care and his focus on educating both practitioners and the public are central themes in this work. The title effectively reflects the mission of Wilk to convey information about chiropractic philosophy, the efficacy of treatment, and the importance of chiropractic in holistic health care. His contributions through this book have had a lasting impact on the profession, promoting awareness and understanding of chiropractic practices. This context underscores why "Chiropractic Speaks Out" stands out as his notable work related to chiropractic issues.

7. Who was referred to as the "Grand Old Lady of Chiropractic" and was the first woman to serve as president of a national organization?

- A. Anna Foy
- B. Nell Williams
- C. Sylva Ashworth**
- D. Dorothy Clark

Sylva Ashworth is recognized as the "Grand Old Lady of Chiropractic" and holds significant historical importance as the first woman to serve as president of a national chiropractic organization. Her contributions to the field of chiropractic were pivotal, as she not only worked to legitimize the profession but also advocated for the inclusion of women within its ranks. Ashworth's leadership helped pave the way for future generations of female chiropractors, emphasizing the need for representation and equality in a field that has historically been male-dominated. Her efforts laid the groundwork for advancements in chiropractic practice and education, demonstrating the vital role that she played in the evolution of the profession.

8. 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.

9. What inspired D.D. Palmer's practice of chiropractic?

- A. The work of Claudius Galen
- B. The discoveries of Samuel Weed
- C. The techniques of Franz Mesmer**
- D. The theories of Oakley Smith

D.D. Palmer's development of chiropractic was significantly influenced by the ideas of Franz Mesmer. Mesmer was known for his theory of "animal magnetism," a concept that proposed the existence of a magnetic force that could affect health. Palmer was drawn to the potential role of the nervous system and innate intelligence in health, paralleling Mesmeric principles that emphasized energy and the interconnectedness of body functions. The notion that health could be influenced by manipulating energy and focusing on the body as a whole was foundational to Palmer's philosophy. He sought to develop a system that combined these ideas with a focus on spinal adjustments to restore health, making the connection between the spine and overall well-being a cornerstone of chiropractic practice. In contrast, while other figures and theories contributed to the broader medical and philosophical environment of Palmer's time, it was the metaphysical approach of Mesmer that specifically inspired Palmer in the formation of his chiropractic principles.

10. Who is identified as LCCW's second president?

- A. Ron Oberstein
- B. George Wentland
- C. Brian Kelly**
- D. Monte Greenawalt

The second president of Life Chiropractic College West (LCCW) is Brian Kelly. His leadership followed the founding president and played a significant role in shaping the direction of the college after its establishment. During his tenure, he focused on advancing the curriculum, expanding the college's reach, and fostering a strong sense of community among students and faculty. Brian Kelly's contributions were essential in establishing LCCW as a prominent institution within the chiropractic education landscape, emphasizing both academic excellence and the principles of chiropractic care. The other individuals listed, while notable in their own right, held different positions or were involved with the college at different times, but it was Brian Kelly who specifically served as the second president, influencing many of the college's foundational aspects.

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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