

Chiropractic Theories 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. Who is recognized as the founder of chiropractic and in which year did it originate?**
 - A. DD Palmer in 1895**
 - B. BJ Palmer in 1900**
 - C. DD Palmer in 1885**
 - D. BJ Palmer in 1895**

- 2. What can cause compression of spinal nerves?**
 - A. Edema and scar tissue**
 - B. Only bone spurs**
 - C. Only disc nuclear material**
 - D. Only muscular tension**

- 3. Which aspect of accountability refers to legal obligations in healthcare?**
 - A. The Hippocratic Oath**
 - B. Peer review**
 - C. Patient satisfaction surveys**
 - D. Insurance claims processing**

- 4. Meniscoid entrapment is an example of what type of joint restriction?**
 - A. Neurological**
 - B. Internal**
 - C. External**
 - D. Histological**

- 5. What is subluxation syndrome?**
 - A. A disregard for spinal health**
 - B. A collection of signs and symptoms related to dysfunction**
 - C. An isolated incident of pain**
 - D. An unrelated condition to spinal health**

- 6. During the alarm stage of general adaptation syndrome, what is primarily produced?**
- A. Endorphins**
 - B. Insulin**
 - C. Adrenaline**
 - D. Cortisol**
- 7. What sound may occur from the movement of soft tissues that are undergoing repair?**
- A. Crackling sound**
 - B. Snapping sound**
 - C. Tearing sound**
 - D. Clunking sound**
- 8. How are mobilization, manual traction distraction, and adjustments categorized?**
- A. Soft tissue manipulation procedures**
 - B. Joint manipulation procedures**
 - C. Complementary therapies**
 - D. Holistic interventions**
- 9. What is a primary characteristic of viscerovisceral reflexes?**
- A. They involve direct motor response.**
 - B. They consist of afferent pathways that are autonomic nerve fibers.**
 - C. They result primarily in somatic sensations.**
 - D. They are always triggered by external stimuli.**
- 10. What is the primary focus of the MERIC Chart in chiropractic?**
- A. Diagnosing the type of subluxation**
 - B. Mapping spinal nerves to end organs**
 - C. Identifying muscle imbalances**
 - D. Establishing exercise routines**

Answers

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

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Explanations

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1. Who is recognized as the founder of chiropractic and in which year did it originate?

- A. DD Palmer in 1895**
- B. BJ Palmer in 1900**
- C. DD Palmer in 1885**
- D. BJ Palmer in 1895**

The founder of chiropractic is D.D. Palmer, who established the profession in 1895. This year is significant because it marks the beginning of chiropractic as a distinct health care practice, initiated when Palmer performed the first adjustment on a patient, Harvey Lillard, who purportedly regained his hearing. D.D. Palmer's work laid the foundational theories and principles of chiropractic, emphasizing the relationship between the spine, nervous system, and overall health. His contributions have greatly influenced how chiropractic care has evolved over the years and how it is perceived in the wider healthcare context. Understanding this origin helps in grasping the historical context of chiropractic philosophy and its development as a discipline.

2. What can cause compression of spinal nerves?

- A. Edema and scar tissue**
- B. Only bone spurs**
- C. Only disc nuclear material**
- D. Only muscular tension**

Compression of spinal nerves can occur due to various factors, and edema and scar tissue play a significant role in this process. Edema, or swelling from inflammation, can cause pressure on the spinal nerves as the surrounding tissues expand and occupy more space. Additionally, scar tissue can form after an injury or surgery, creating fibrous adhesions that may encroach on nerve pathways, leading to compression and resultant pain or dysfunction. While bone spurs, disc nuclear material, and muscular tension can contribute to nerve compression, stating these as the only causes overlooks the complexity of spinal conditions. Bone spurs are bony projections that can develop on the vertebrae and may also cause compression, but they are not the sole enemy to spinal nerves. Similarly, disc nuclear material, which refers to herniated discs, can indeed lead to nerve compression, but again, this is not the only possibility. Muscular tension may result in pain and discomfort, but it is generally the swelling and scar tissue that directly compress the nerves in most cases. Therefore, the most inclusive and comprehensive view of what causes nerve compression is represented by the presence of edema and scar tissue.

3. Which aspect of accountability refers to legal obligations in healthcare?

- A. The Hippocratic Oath**
- B. Peer review**
- C. Patient satisfaction surveys**
- D. Insurance claims processing**

The Hippocratic Oath is a foundational ethical guideline for medical practitioners, emphasizing the importance of doing no harm and prioritizing patient welfare. In the context of legal obligations in healthcare, the Hippocratic Oath underpins the responsibilities healthcare providers hold towards their patients. It encapsulates the commitment to ethical medical practice and the legal standards that guide practitioners in their professional conduct. While the other options play significant roles in healthcare accountability, they do not specifically capture the legal obligation aspect as directly as the Hippocratic Oath. Peer review focuses on professional standards and quality of care among practitioners, which is important but more related to self-regulation and professional accountability rather than legal obligations. Patient satisfaction surveys gather feedback from patients about their experiences but do not dictate legal responsibilities. Insurance claims processing is about the financial transactions within healthcare, which, while governed by legal frameworks, do not inherently address ethical obligations to patient care like the Hippocratic Oath does.

4. Meniscoid entrapment is an example of what type of joint restriction?

- A. Neurological**
- B. Internal**
- C. External**
- D. Histological**

Meniscoid entrapment refers to a situation where the menisci, which are cartilaginous structures in the joint, become trapped within the joint space, leading to restriction in movement. This condition is specifically classified as an internal joint restriction because it involves impediments that occur within the joint itself. In the context of joint restrictions, internal restrictions can arise from mechanical factors such as loose bodies, meniscus tears, or other intra-articular structures that impede normal movement. In the case of meniscoid entrapment, the meniscus is actually caught in a position that restricts the joint's range of motion, leading to pain and dysfunction. Different types of joint restrictions are characterized based on their causes and locations: neurological restrictions would involve nerve-related issues, external restrictions would involve factors outside the joint affecting its function, and histological restrictions would involve changes at the tissue level, such as inflammation or degenerative changes. Meniscoid entrapment clearly fits within the internal category, as it directly affects the mechanics of the joint from within, differentiating it from these other potential causes.

5. What is subluxation syndrome?

- A. A disregard for spinal health
- B. A collection of signs and symptoms related to dysfunction**
- C. An isolated incident of pain
- D. An unrelated condition to spinal health

Subluxation syndrome refers to a specific collection of signs and symptoms that are associated with dysfunction, particularly in the spinal mechanics and the nervous system. It encompasses more than just localized pain; it involves a range of physiological and neurological effects that can result from a misalignment of the vertebrae, impacting the function of surrounding tissues and structures. When discussing subluxation syndrome, it is important to recognize that it highlights the interconnected nature of the body's systems. The dysfunction can lead to disrupted nerve function, which may manifest as pain, muscle tension, and other systemic issues. This concept is central to chiropractic philosophy, which emphasizes the importance of spinal alignment for overall health. In contrast, the other options do not capture the comprehensive nature of subluxation syndrome. A mere disregard for spinal health or an isolated incident of pain overlooks the broader implications of dysfunction. Additionally, the idea that subluxation syndrome could be unrelated to spinal health contradicts its foundational principles, which are deeply rooted in the relationship between spinal integrity and overall well-being.

6. During the alarm stage of general adaptation syndrome, what is primarily produced?

- A. Endorphins
- B. Insulin
- C. Adrenaline**
- D. Cortisol

During the alarm stage of general adaptation syndrome, the primary response involves the release of adrenaline (also known as epinephrine). This is part of the body's immediate reaction to stress, often referred to as the "fight or flight" response. When an individual perceives a threat, the sympathetic nervous system is activated, leading to the adrenal glands releasing adrenaline into the bloodstream. This hormone prepares the body for a rapid response by increasing heart rate, expanding air passages of the lungs, and redistributing blood to the muscles, enhancing physical performance and alertness. Understanding this process highlights the physiological changes that occur in response to stressors, underpinning many chiropractic theories that relate to the body's adaptation and response to stress. The focus on adrenaline production during the alarm stage contrasts with the roles of other hormones such as cortisol, which is more prominent in the resistance stage of stress response, where the body attempts to adapt to the ongoing stressor.

7. What sound may occur from the movement of soft tissues that are undergoing repair?

- A. Crackling sound**
- B. Snapping sound**
- C. Tearing sound**
- D. Clunking sound**

The tearing sound is associated with the movement of soft tissues undergoing repair, primarily due to the micro-tears that can occur as the tissues heal. This sound may indicate that the collagen fibers within the tissues are being stretched and realigned. Injured tissues often undergo a process called "remodeling," where the healing tissue may not be as flexible or strong initially. During physical manipulation or movement, these fibers can produce a tearing noise as they are stressed and pulled apart to a certain extent, leading to a temporary separation of the fibers as they adapt to their new configuration. Other sounds, such as crackling, snapping, or clunking, are often associated with different mechanisms in the body. For instance, crackling sounds typically arise from the presence of gas bubbles in the synovial fluid of joints or around tendons, while snapping usually refers to the movement of tendons over structures. Clunking may indicate joint instability or repositioning, which does not directly relate to the repair process of soft tissues. Hence, the tearing sound is the most appropriate choice in the context of soft tissue repair.

8. How are mobilization, manual traction distraction, and adjustments categorized?

- A. Soft tissue manipulation procedures**
- B. Joint manipulation procedures**
- C. Complementary therapies**
- D. Holistic interventions**

Mobilization, manual traction distraction, and adjustments are categorized as joint manipulation procedures because they specifically target the joints and the surrounding structures to enhance mobility and treat dysfunction. In chiropractic practice, these techniques are designed to restore normal joint function, improve range of motion, alleviate pain, and enhance overall bodily alignment. Joint manipulation encompasses a variety of techniques aimed at correcting misalignment, with adjustments being a primary method used to apply controlled force to the spinal joints. Mobilization refers to the passive movement of joints to increase flexibility, while manual traction distraction is used to decompress joint spaces, particularly in the spine. Together, these techniques fall squarely within the realm of joint manipulation as they focus on mechanical changes in the joints themselves. Other categories, such as soft tissue manipulation, complementary therapies, or holistic interventions, may involve different approaches or body systems but do not specifically align with the primary focus on joint mechanics and function that is characteristic of mobilization, manual traction distraction, and adjustments.

9. What is a primary characteristic of viscerovisceral reflexes?

- A. They involve direct motor response.
- B. They consist of afferent pathways that are autonomic nerve fibers.**
- C. They result primarily in somatic sensations.
- D. They are always triggered by external stimuli.

Viscerovisceral reflexes primarily involve the autonomic nervous system and are characterized by their function in internal organ communication. In these reflexes, afferent pathways consist of autonomic nerve fibers that convey information from visceral organs to the central nervous system. This communication can lead to various responses mediated through the autonomic pathways, including adjustments in the functions of other internal organs, rather than direct motor responses or somatic sensations. The nature of viscerovisceral reflexes means they are less about external stimuli and more focused on the interplay and regulation of internal bodily functions. Their role exemplifies how the body's internal organs can influence one another through complex neural pathways, leading to coordinated responses without necessarily producing somatic sensations or needing an external trigger.

10. What is the primary focus of the MERIC Chart in chiropractic?

- A. Diagnosing the type of subluxation
- B. Mapping spinal nerves to end organs**
- C. Identifying muscle imbalances
- D. Establishing exercise routines

The primary focus of the MERIC Chart in chiropractic is mapping spinal nerves to end organs. This chart serves as a valuable tool for chiropractors by illustrating the relationship between specific areas of the spine and the organs or body parts they influence. By understanding this connection, chiropractors can identify how misalignments, or subluxations, in the spine may affect various physiological functions and overall health. This approach is rooted in the belief that the nervous system, which is intricately linked to spinal structures, plays a crucial role in regulating bodily functions. Through this mapping, chiropractors can create a more effective treatment plan that targets not only the spine but also considers the impact on the corresponding organs. The MERIC Chart is foundational in chiropractic practice as it emphasizes a holistic view of health, allowing practitioners to address the underlying issues affecting a patient's 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://chiropractictheories.examzify.com>

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

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