

CHIROPRACTIC THEORIES PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://chiropractictheories.examzify.com>



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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 is necessary for a chiropractor to be considered a credible healthcare provider?**
 - A. Completion of a basic certification course
 - B. Membership in a national chiropractic organization
 - C. A combination of education, knowledge, and experience
 - D. A financial investment in their practice
- 2. What symptom is associated with difficulty swallowing in VAD?**
 - A. Dysarthria
 - B. Dizziness
 - C. Dysphagia
 - D. Drop attacks
- 3. What is a common cause of cauda equina syndrome?**
 - A. Herniation of cervical IVDs
 - B. Spinal infections
 - C. Herniated lumbar IVDs
 - D. Severe osteoporosis
- 4. Which approach suggests that the best care involves the least amount of intervention directed at the root cause?**
 - A. Interprofessionalism
 - B. Therapeutic conservatism
 - C. Humanism
 - D. Phenomenology
- 5. What type of knowledge is a posteriori?**
 - A. Knowledge that is innate and self-evident
 - B. Knowledge that is dependent on prior experience
 - C. Knowledge that arises from grouped theories
 - D. Knowledge that exists beyond all experience

- 6. Which component is NOT a part of chiropractic manipulative therapy?**
- A. Soft tissue treatment procedures
 - B. Psychological counseling
 - C. Electric muscle stimulation
 - D. Exercise instruction
- 7. Which of the following is NOT a cause of interarticular adhesion?**
- A. Acute trauma
 - B. Chronic repetitive stress
 - C. Genetics
 - D. Internal derangement
- 8. In which direction does everything rotate above the contact during an assisted adjustment?**
- A. Opposite to the thrust
 - B. The same way as the thrust
 - C. In a circular motion
 - D. Counterclockwise only
- 9. Which of the following components does not belong to the TART acronym in predictors of LBP?**
- A. Tissue texture changes
 - B. Altered gait
 - C. Asymmetry
 - D. Tenderness
- 10. 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

Answers

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

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Explanations

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1. What is necessary for a chiropractor to be considered a credible healthcare provider?

- A. Completion of a basic certification course
- B. Membership in a national chiropractic organization
- C. A combination of education, knowledge, and experience**
- D. A financial investment in their practice

For a chiropractor to be regarded as a credible healthcare provider, the foundation lies in a combination of education, knowledge, and experience. This holistic approach ensures that the chiropractor is not only well-versed in the theoretical aspects of chiropractic care but also possesses practical skills developed through clinical practice. Education typically includes a rigorous curriculum encompassing anatomy, physiology, biochemistry, and chiropractic techniques. Ongoing knowledge through continued education helps chiropractors stay updated on the latest research and techniques in the field. Experience, which encompasses hands-on practice and exposure to various patient cases, further enhances their ability to deliver effective care. While membership in a national chiropractic organization can bolster credibility and provide networking opportunities, it is the thorough preparation through education and real-world practice that fundamentally establishes a chiropractor's trustworthiness and competence in the healthcare system. Financial investment in a practice, although important for operational success, does not inherently equate to the skills or qualifications necessary to provide credible chiropractic care.

2. What symptom is associated with difficulty swallowing in VAD?

- A. Dysarthria
- B. Dizziness
- C. Dysphagia**
- D. Drop attacks

The symptom associated with difficulty swallowing in vertebral artery dissection (VAD) is dysphagia. Dysphagia is clinically defined as difficulty in swallowing, which can occur due to various neurological factors, including issues affecting the brainstem or cranial nerves associated with the swallowing mechanism. In cases of VAD, the dissection can compromise blood flow to specific brain regions, leading to dysphagia as the resulting symptom. Other options like dysarthria refer to difficulties in speech due to muscle weakness, dizziness is a general term for a sensation of unbalance or lightheadedness, and drop attacks are sudden falls without loss of consciousness. While these symptoms may be present in certain neurological or vascular conditions, they do not specifically denote difficulty swallowing, making dysphagia the most relevant and correct choice in this context.

3. What is a common cause of cauda equina syndrome?

- A. Herniation of cervical IVDs
- B. Spinal infections
- C. Herniated lumbar IVDs**
- D. Severe osteoporosis

Cauda equina syndrome is primarily caused by compression of the cauda equina, a bundle of nerve roots located at the lower end of the spinal cord. One of the most common causes of this condition is a herniated lumbar intervertebral disc (IVD). When a lumbar disc herniates, it can protrude into the spinal canal and compress the nerve roots that form the cauda equina. This compression can lead to symptoms such as severe lower back pain, saddle anesthesia, and loss of bladder or bowel control. While other conditions, like spinal infections or severe osteoporosis, can lead to similar symptoms or complications, they are not as directly linked to the mechanical compression of the cauda equina that is typically caused by a herniated lumbar disc. Herniated cervical discs generally affect the cervical region of the spine and would not lead to cauda equina syndrome, which specifically involves lower spinal nerve roots.

4. Which approach suggests that the best care involves the least amount of intervention directed at the root cause?

- A. Interprofessionalism
- B. Therapeutic conservatism**
- C. Humanism
- D. Phenomenology

Therapeutic conservatism is an approach that emphasizes minimal intervention while still addressing the underlying causes of health issues. This philosophy advocates for using the least invasive methods possible to achieve optimal health outcomes. Practitioners who subscribe to therapeutic conservatism focus on allowing the body's natural healing processes to take effect, employing non-invasive treatments unless absolutely necessary. This principle not only supports patient autonomy but also aligns with a holistic view of health, where care is tailored to the patient's specific needs without resorting to aggressive treatments that might cause additional complications or stress. By prioritizing a conservative approach, practitioners aim to enhance recovery while minimizing potential side effects associated with more invasive procedures. In contrast, other options like interprofessionalism emphasize collaboration among healthcare providers, humanism focuses on the patient's experience and values, and phenomenology deals with the subjective experience of individuals. While these perspectives are important in healthcare, they do not specifically advocate for the principle of minimal intervention at the root cause level as therapeutic conservatism does.

5. What type of knowledge is a posteriori?

- A. Knowledge that is innate and self-evident
- B. Knowledge that is dependent on prior experience**
- C. Knowledge that arises from grouped theories
- D. Knowledge that exists beyond all experience

A posteriori knowledge refers to understanding or information that is acquired through experience or empirical evidence. This type of knowledge is dependent on observation and real-world interactions, meaning it relies on the actual experience of individuals rather than innate concepts or preconceived ideas. For instance, learning that ice is cold after touching it is a prime example of a posteriori knowledge. You can only gain this understanding through direct experience. In the context of chiropractic practice, a practitioner may rely on a posteriori knowledge when assessing a patient's condition or response to treatment based on observed outcomes from previous cases. The first choice describes a priori knowledge, which is considered inherent or self-evident without the need for empirical evidence. The third option subtly references theoretical knowledge but does not align with the experiential basis of a posteriori understanding. Finally, the fourth option addresses knowledge that exists beyond experience, which again relates more to concepts that are theoretical rather than rooted in practical observation. Thus, the correct choice highlights the essential relationship between knowledge and prior experience.

6. Which component is NOT a part of chiropractic manipulative therapy?

- A. Soft tissue treatment procedures
- B. Psychological counseling**
- C. Electric muscle stimulation
- D. Exercise instruction

Chiropractic manipulative therapy primarily focuses on the alignment and proper functioning of the musculoskeletal system, particularly the spine. This approach includes techniques designed to restore movement, alleviate pain, and improve overall physical health. The correct answer points to psychological counseling as it is not a direct component of chiropractic manipulative therapy. While chiropractic care may sometimes involve discussions about a patient's mental well-being, the practice itself centers around physical interventions and treatment procedures to address musculoskeletal issues, such as spinal adjustments and manipulation. In contrast, soft tissue treatment procedures, electric muscle stimulation, and exercise instruction are all integral to chiropractic care. Soft tissue procedures focus on the muscles, ligaments, and fascia surrounding the joints, often complementing manipulative techniques to enhance healing and improve function. Electric muscle stimulation aids in reducing pain and enhancing muscle function, while exercise instruction equips patients with home-based strategies to support their recovery and maintain musculoskeletal health. Thus, psychological counseling stands apart from these physical treatment modalities.

7. Which of the following is NOT a cause of interarticular adhesion?

- A. Acute trauma
- B. Chronic repetitive stress
- C. Genetics**
- D. Internal derangement

Interarticular adhesions refer to fibrous connections that can develop within a joint, leading to restriction in joint movement and function. Among the various options given, genetics is not typically described as a direct cause of interarticular adhesion. Acute trauma can lead to injury and inflammation, which may result in the formation of adhesions as part of the healing process. Similarly, chronic repetitive stress can cause microtrauma to the joint structures over time, predisposing them to adhesions due to ongoing inflammation and healing responses. Internal derangement, such as displacement of cartilage or menisci within a joint, can also cause alterations in joint mechanics, potentially leading to adhesion formation. Genetics, while it can influence an individual's predisposition to certain musculoskeletal conditions, does not directly cause interarticular adhesions. Instead, the conditions leading to adhesions are primarily mechanical and relate to injury and stress on the joint apparatus, not hereditary factors.

8. In which direction does everything rotate above the contact during an assisted adjustment?

- A. Opposite to the thrust
- B. The same way as the thrust**
- C. In a circular motion
- D. Counterclockwise only

In assisted chiropractic adjustments, the concept of rotation is crucial to understanding how the forces applied influence the movement of the vertebrae or joints being adjusted. When there is a thrust applied in a specific direction, the surrounding tissues and structures must respond accordingly. When the thrust is delivered, the mechanics of the adjustment cause everything above the contact point to rotate in the same direction as the thrust. This is due to the fact that the applied force is intended to create a specific movement pattern within the joint or vertebra that not only addresses the misalignment but also allows for subsequent motion in harmony with the surrounding structures. The adjustment relies on the principles of biomechanics and the response of soft tissues to movement, resulting in a coordinated effect that resonates throughout the area being treated. Hence, stating that the rotation above the contact occurs in the same direction as the thrust accurately reflects the dynamics of assisted adjustments, ensuring effectiveness in realigning the skeletal structure as intended.

9. Which of the following components does not belong to the TART acronym in predictors of LBP?

- A. Tissue texture changes
- B. Altered gait**
- C. Asymmetry
- D. Tenderness

The TART acronym is a mnemonic used in the assessment of musculoskeletal conditions, specifically in the context of identifying somatic dysfunctions during a physical examination. Each letter in TART stands for a specific component that clinicians evaluate: - Tissue texture changes refer to palpable variations in the tissues surrounding a joint, such as increased tension or altered elasticity. - Asymmetry involves assessing any inequalities in shape or positioning, which can indicate structural issues. - Tenderness refers to the sensitivity or pain experienced on palpation of tissues or areas affected by somatic dysfunction. Altered gait, while relevant in assessing overall patient function and biomechanics, does not fit into the TART framework. TART specifically focuses on localized physical examination findings related to somatic dysfunction, whereas altered gait is a more global indicator that may stem from various underlying issues, not just those related to tissue texture, symmetry, or tenderness. Thus, identifying that altered gait is the component that does not belong in the TART acronym highlights the specific focus of TART on direct physical examination findings rather than broader indicators of dysfunction.

10. 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.

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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://chiropractictheories.examzify.com>

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

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