

LECOM OMS-1 OPP 5 OSTEOPATHIC TREATMENT MODALITIES PRACTICE TEST (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 statement best describes the physiologic barrier?**
 - A. Further motion is possible with passive movement.
 - B. It limits to which a joint may be moved beyond the physiologic barrier.
 - C. It is defined by bone, ligament, or tendon.
 - D. It occurs only in one plane of motion.
- 2. Balanced Ligamentous Tension belongs to which category?**
 - A. Indirect Technique
 - B. Active Direct
 - C. Direct Technique
 - D. Passive Direct
- 3. In BLT, the Exaggeration step is performed by moving into which state?**
 - A. into the ease/freedom of motion
 - B. Exaggeration into the ease/freedom of motion
 - C. Neutralize barrier
 - D. Apply compression to tight tissues
- 4. What does the Osteopathy in the Cranial Field technique describe?**
 - A. Motion between the intracranial and intraspinal membranes
 - B. Motion between the occipital condyles
 - C. Lateral bending of the spine
 - D. The sacroiliac joint motion
- 5. In naming somatic dysfunction, ease of motion is described as which term?**
 - A. Freedom of Motion
 - B. Ease of Motion
 - C. Way it wants to go
 - D. Diagnostic findings
- 6. Which of the following is an absolute contraindication to Counterstrain?**
 - A. Severe illness/trauma
 - B. Inability to relax
 - C. Exacerbation of underlying condition
 - D. Patient noncompliance

7. What best defines viscerosomatic dysfunction?

- A. Localized visceral stimuli producing patterns of reflex response in segmentally related somatic structures
- B. Somatic dysfunction causing only local joint pain
- C. Visceral organs are unaffected
- D. Tissue texture changes only in skin

8. Indirect manipulation characteristics: Which statement is true?

- A. It moves away from the restriction toward ease of motion
- B. It moves directly into the restriction
- C. It does not involve any motion
- D. It is identical to direct technique

9. Which of the following is an indication for Osteopathy in the Cranial Field treatment?

- A. Diabetes
- B. Feeding abnormalities in infants
- C. Scoliosis
- D. Hypertension

10. How many steps are involved in Counterstrain procedural steps?

- A. 7
- B. 4
- C. 5
- D. 6

Answers

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

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Explanations

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1. Which statement best describes the physiologic barrier?

- A. Further motion is possible with passive movement.**
- B. It limits to which a joint may be moved beyond the physiologic barrier.
- C. It is defined by bone, ligament, or tendon.
- D. It occurs only in one plane of motion.

The physiologic barrier is the limit of motion that can be achieved by muscle activity. It defines how far a joint can move with the patient's own effort, and motion can often be increased beyond that limit when a clinician applies passive movement. In other words, active ROM reaches this boundary, but external, passive movement can still produce additional motion up to the point where other barriers (like tissue elasticity or bone contact) prevent further movement. This clarifies why the statement about further motion being possible with passive movement best describes the physiologic barrier.

2. Balanced Ligamentous Tension belongs to which category?

- A. Indirect Technique**
- B. Active Direct
- C. Direct Technique
- D. Passive Direct

Balanced Ligamentous Tension is an indirect technique. In BLT you position the joint so that the surrounding ligaments are in balanced, equal tension in a neutral position, and you maintain that balance while tissues gradually release on their own. There's no push toward the restrictive barrier; the release comes from the body finding ease within a balanced state. It's not a direct technique, which would move the segment into the barrier, and while patient effort can be minimal, the key is maintaining balanced tension rather than forcing through resistance.

3. In BLT, the Exaggeration step is performed by moving into which state?

- A. into the ease/freedom of motion
- B. Exaggeration into the ease/freedom of motion**
- C. Neutralize barrier
- D. Apply compression to tight tissues

In Balanced Ligamentous Tension, the Exaggeration step is about exploiting the tissue's natural tendency toward ease. After locating a neutral, balanced position where ligaments are evenly loaded, you gently move further into the direction of ease—into the part of the range where motion is freer and resistance is least. This deliberate exaggeration helps the fascia and ligaments release and settle into a new balanced state, enabling a smoother return to neutral and an overall improvement in motion. Pushing toward a barrier or compressing tight tissues would work against the BLT principle of staying in a balanced, easy path.

4. What does the Osteopathy in the Cranial Field technique describe?

- A. Motion between the intracranial and intraspinal membranes**
- B. Motion between the occipital condyles
- C. Lateral bending of the spine
- D. The sacroiliac joint motion

Osteopathy in the Cranial Field describes the subtle rhythmic motion of the membranes that surround the brain and spinal cord, specifically the motion between the intracranial membranes and the intraspinal membranes. This movement, felt as the cranial rhythmic impulse, is what clinicians palpate to assess and influence somatic dysfunction with gentle cranial techniques. It is not focused on the joints at the occipital condyles, lateral bending of the spine, or the sacroiliac joint motion.

5. In naming somatic dysfunction, ease of motion is described as which term?

- A. Freedom of Motion
- B. Ease of Motion**
- C. Way it wants to go
- D. Diagnostic findings

In naming somatic dysfunction, you describe how freely a segment can move in a given direction. The standard term for this motion quality is ease of motion. It conveys how little resistance you feel when moving the segment in that direction, which helps distinguish the dysfunction pattern from directions where motion is restricted. The other phrasings aren't the formal descriptor used in this context, and they don't specifically capture the measured ease or resistance of motion. So the correct term to describe how easily motion occurs is ease of motion.

6. Which of the following is an absolute contraindication to Counterstrain?

- A. Severe illness/trauma**
- B. Inability to relax
- C. Exacerbation of underlying condition
- D. Patient noncompliance

Counterstrain rests on placing the patient in a position of ease and holding it long enough to calm muscle spindle activity and restore patterning. Severe illness or recent trauma creates a fragile physiological and tissue state where even gentle repositioning can worsen injury, disrupt healing, or compromise circulation or breathing. Because of that risk, severe illness or trauma is an absolute contraindication to Counterstrain. Inability to relax is a practical hurdle rather than a blanket exclusion; you can often adapt by coaching, adjusting hold time, or choosing a different approach. Exacerbation of the underlying condition is treated with caution and assessment of risk rather than an automatic ban. Patient noncompliance similarly affects feasibility more than it is a strict medical contraindication.

7. What best defines viscerosomatic dysfunction?

- A. Localized visceral stimuli producing patterns of reflex response in segmentally related somatic structures**
- B. Somatic dysfunction causing only local joint pain
- C. Visceral organs are unaffected
- D. Tissue texture changes only in skin

Viscerosomatic dysfunction is about how irritation or disease in a visceral organ can trigger reflex changes in somatic tissues that share the same spinal segment. When a visceral stimulus occurs, it can produce a patterned response in nearby somatic structures—muscles, fascia, joints, and connective tissue—in a segmentally related distribution. This is why you see tenderness, altered tissue texture, restriction of motion, and asymmetry not just at the organ's local area but in specific somatic regions that correspond to the same spinal segments. For example, irritation from certain abdominal organs can manifest as somatic dysfunction in areas supplied by the same cord levels, reflecting a viscerosomatic reflex arc. The other statements miss this reflex, segmental link. It's not limited to local joint pain only, nor are visceral organs unaffected, nor is it restricted to skin texture changes. The defining idea is the reflex pattern in segmentally related somatic structures driven by visceral input.

8. Indirect manipulation characteristics: Which statement is true?

- A. It moves away from the restriction toward ease of motion**
- B. It moves directly into the restriction
- C. It does not involve any motion
- D. It is identical to direct technique

Indirect manipulation relies on moving away from the restrictive barrier toward ease. In practice you identify where motion is limited, guide the tissue to a position of ease (often a gentle, indirect displacement), and wait for the body's reflexes to relax the restriction before rechecking. This approach uses the body's own neurophysiological responses to promote release without forcing through the barrier. It contrasts with direct technique, which moves into the restriction to overcome it. If you don't move away from the barrier, there's no opportunity for that reflex relaxation to occur, and it wouldn't be consistent with indirect methods.

9. Which of the following is an indication for Osteopathy in the Cranial Field treatment?

- A. Diabetes
- B. Feeding abnormalities in infants**
- C. Scoliosis
- D. Hypertension

Osteopathy in the Cranial Field aims to balance autonomic function and improve fluid dynamics through gentle, hands-on work on the cranial bones and membranes. Feeding abnormalities in infants fit this approach well because sucking, swallowing, and breathing are tightly coordinated by the autonomic nervous system and cranial mechanisms. When minor cranial dysfunction or dural tension affects this coordination, subtle cranial techniques can help normalize the rhythm and allow the infant to feed more efficiently and comfortably. Diabetes and hypertension are systemic conditions not specifically targeted by cranial field techniques, and scoliosis is a structural spinal issue better addressed by other osteopathic or medical approaches.

10. How many steps are involved in Counterstrain procedural steps?

- A. 7
- B. 4**
- C. 5
- D. 6

Counterstrain uses a four-step sequence. After locating the tender point, you place the body segment into the position of greatest ease to relieve involuntary muscle tension and nociception. Then you hold that position for about 90 seconds to allow the reflexes to reset. Next, you slowly return to neutral to avoid re-irritation. Finally, you recheck the tender point to confirm improvement. Some instructors note the identification of the tender point as a separate preparatory step, but the treatment procedure itself consists of four steps.

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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://lecomoms1opp5osteopathic.examzify.com>

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

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