

MARYLAND CHIROPRACTIC ASSISTANT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://mdchiropracticassistant.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 action should you take if you overhear colleagues joking about a patient's accent?**
 - A. Join in on the laughter
 - B. Report it to the supervising chiropractor, as it is unprofessional behavior
 - C. Ask them to stop joking
 - D. Ignore the situation
- 2. To prevent patient accommodation to the IFC current, which inferential technique is recommended?**
 - A. Amplitude modulation
 - B. Frequency sweep
 - C. Pulsed current adjustment
 - D. Static frequency
- 3. What happens to the retina in a traumatic injury?**
 - A. It becomes opaque
 - B. It may become detached
 - C. It heals itself rapidly
 - D. It encourages regenerated vision
- 4. What is the term for using a 4-pole IFC technique to electronically control the therapy site?**
 - A. Modulation
 - B. Vectoring
 - C. Frequency adjustment
 - D. Current regulation
- 5. If a board investigator calls for information, what is the correct action to take?**
 - A. Respond to the request in a timely manner
 - B. Delay the response until further notice
 - C. Ignore the call
 - D. Redirect the call to the supervising chiropractor

- 6. What type of currents can be considered as low frequency currents?**
- A. Only direct currents
 - B. Only alternating currents
 - C. Both direct and alternating currents
 - D. High frequency currents
- 7. What is the maximum weight allowed in cervical traction?**
- A. 10 lbs
 - B. 20 lbs
 - C. 30 lbs
 - D. 40 lbs
- 8. What is a common method used by chiropractors to correct subluxations?**
- A. Manual adjustments
 - B. Prescription medication
 - C. Behavioral therapy
 - D. Hydrotherapy
- 9. What is the appropriate response if a father requests detailed information about his 19-year-old daughter's medical records?**
- A. Provide the information as requested
 - B. Refuse on the basis of law and regulations
 - C. Encourage the father to ask the daughter
 - D. Ask the daughter for permission over the phone
- 10. In a situation where there is potential patient harm, what is your immediate responsibility?**
- A. Document the incident and wait
 - B. Report it to the required authority
 - C. Discuss it with colleagues first
 - D. Ignore as it may resolve itself

Answers

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

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Explanations

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1. What action should you take if you overhear colleagues joking about a patient's accent?

- A. Join in on the laughter
- B. Report it to the supervising chiropractor, as it is unprofessional behavior**
- C. Ask them to stop joking
- D. Ignore the situation

Reporting the situation to the supervising chiropractor is the appropriate action because it addresses unprofessional behavior that could harm the patient's dignity and trust in the healthcare environment. Such jokes about a patient's accent are not only disrespectful but may also contribute to a hostile atmosphere where patients may feel judged rather than supported. By bringing the issue to the attention of a supervising chiropractor, you help ensure that the practice upholds professional ethics and standards, fostering a respectful and considerate environment for all patients. This approach emphasizes the importance of maintaining a professional demeanor in healthcare settings and encourages accountability among colleagues to promote a culture of respect and sensitivity.

2. To prevent patient accommodation to the IFC current, which inferential technique is recommended?

- A. Amplitude modulation
- B. Frequency sweep**
- C. Pulsed current adjustment
- D. Static frequency

The recommended technique to prevent patient accommodation to the Interferential Current (IFC) is frequency sweep. This technique works by gradually changing the frequency of the current during treatment. When the frequency is altered, it helps to keep the nervous system engaged and less likely to adapt or become desensitized to a constant stimulus. This can enhance the effectiveness of the therapy by ensuring that the body continues to respond to the stimulation throughout the session. Utilizing amplitude modulation, pulsed current adjustment, or static frequency may not provide the same level of engagement for the patient's nervous system. Amplitude modulation might vary the strength rather than the frequency, which does not prevent accommodation effectively. Pulsed current adjustment can alter the characteristics of the current but may not specifically address frequency adjustments. Static frequency maintains the same frequency over time, which can lead to patient accommodation, making it less effective for prolonged therapy sessions. Thus, the frequency sweep method is favored for maintaining therapeutic efficacy throughout treatment.

3. What happens to the retina in a traumatic injury?

- A. It becomes opaque
- B. It may become detached**
- C. It heals itself rapidly
- D. It encourages regenerated vision

When a traumatic injury occurs to the eye, one of the significant risks is that the retina may become detached. The retina is a thin layer of tissue at the back of the eye that plays a crucial role in vision by capturing light and converting it into neural signals for the brain. In the event of trauma, such as a blow to the eye or a severe impact, the retina can be pulled away from its normal position. This detachment can lead to vision problems and, if not treated promptly, can result in permanent vision loss. In contrast, other options presented do not accurately reflect the consequences of retinal trauma. While the retina does have some healing capacity, this is often not rapid or sufficient to restore full function after detachment occurs. The idea of encouraging regenerated vision does not align with the typical outcomes of retinal trauma, as severe damage often leads to complications rather than regeneration. Lastly, the retina becoming opaque is not a common result of trauma; issues related to clarity of vision would more likely arise due to retinal detachment or other forms of injury. Therefore, the correct answer focuses on the critical risk of retinal detachment as a potential result of traumatic injury.

4. What is the term for using a 4-pole IFC technique to electronically control the therapy site?

- A. Modulation
- B. Vectoring**
- C. Frequency adjustment
- D. Current regulation

The correct term for using a 4-pole IFC (Interferential Current) technique to electronically control the therapy site is vectoring. This technique involves the use of two sets of electrodes placed in a manner that allows the currents to intersect at the treatment site, creating a beat frequency that targets pain relief and promotes healing at specific points in the body. Vectoring enhances the efficacy of the electrical stimulation by allowing for greater control over the direction and depth of the electrical currents, which can be particularly beneficial in clinical settings where precise therapy is necessary. By manipulating the phase relation and the angle of the electrode placement, practitioners can effectively modulate the treatment area, ensuring that the therapeutic effects are concentrated in the desired location. Other terms like modulation, frequency adjustment, and current regulation refer to different aspects of electrical therapy or adjustments in settings, but do not specifically describe the 4-pole setup used in IFC for targeting therapy sites.

5. If a board investigator calls for information, what is the correct action to take?

- A. Respond to the request in a timely manner**
- B. Delay the response until further notice
- C. Ignore the call
- D. Redirect the call to the supervising chiropractor

Responding to the request in a timely manner when a board investigator calls for information is crucial for several reasons. First, timely communication demonstrates professionalism and compliance with state regulations, which can have a positive impact on the chiropractic practice and its standing with the board. Board investigators typically seek information to ensure that practitioners are operating within the legal and ethical guidelines set forth by the state chiropractic board. Moreover, a prompt response helps to facilitate the investigation process, allowing any concerns to be addressed quickly and efficiently. This proactive approach can also help to build trust between the chiropractic office and the regulatory body, potentially leading to a more favorable outcome for the practice. Being cooperative and transparent when dealing with regulatory inquiries is essential for maintaining the integrity of the profession. In contrast, delaying the response, ignoring the call, or redirecting the call to the supervising chiropractor can all lead to complications, such as the perception of non-compliance or unprofessionalism, which could negatively affect the chiropractic office's reputation and standing with regulators.

6. What type of currents can be considered as low frequency currents?

- A. Only direct currents
- B. Only alternating currents
- C. Both direct and alternating currents**
- D. High frequency currents

Low frequency currents encompass both direct currents and alternating currents. This classification is based on the frequency range that is generally considered low, which is typically below 1000 Hz. Direct currents, which flow consistently in one direction, do not fluctuate in frequency but can be characterized by their low frequency in relation to the context of electrical therapies used in chiropractic practices. Alternating currents, on the other hand, vary in direction and magnitude over time, and in their low frequency form, they too are utilized for therapeutic effects in various treatments. The inclusion of both types of currents emphasizes their relevance in therapeutic applications and how they can be utilized for different modalities, such as pain relief or muscle stimulation. Understanding this classification allows practitioners to select appropriate current types based on the desired therapeutic effects while adhering to established safety standards.

7. What is the maximum weight allowed in cervical traction?

- A. 10 lbs
- B. 20 lbs
- C. 30 lbs**
- D. 40 lbs

The maximum weight allowed in cervical traction is typically determined by the therapeutic needs of the patient and the protocols established for safety and effectiveness in chiropractic care. The accepted standard for cervical traction often suggests that 30 lbs is an upper limit that aligns with the capacity to safely relieve pressure on the cervical spine while minimizing the risk of injury. Using 30 lbs of traction is considered sufficient for most patients to achieve therapeutic benefits, as it allows for adequate decompression of the cervical vertebrae and alleviation of nerve root compression without overloading the spinal structures. Traction aims to stretch the spine gently to promote healing and reduce pain, so having a well-established upper limit is crucial for the safety of the patient and the effectiveness of the treatment. Other weight options, while they may be appropriate in certain contexts, generally fall below the effective threshold needed for achieving significant traction effects in cervical interventions. Lower weights may not provide adequate forces to achieve the desired therapeutic outcomes, which is why 30 lbs is often recognized as a maximum that balances effectiveness and safety.

8. What is a common method used by chiropractors to correct subluxations?

- A. Manual adjustments**
- B. Prescription medication
- C. Behavioral therapy
- D. Hydrotherapy

Manual adjustments are a common method used by chiropractors to correct subluxations because this technique involves the chiropractor applying controlled force to specific areas of the spine or other joints in the body. The goal of these adjustments is to restore proper alignment and function, which is thought to help alleviate pain and enhance nervous system function. This hands-on approach is fundamental to chiropractic practice and aligns with the philosophy that physical manipulation of the spine can positively impact overall health. Unlike the other methods listed, manual adjustments directly address the misalignments, or subluxations, that chiropractors are trained to identify and treat. Other options, such as prescription medication, behavioral therapy, and hydrotherapy, may play supportive roles in a patient's overall treatment plan but do not specifically target the mechanical corrections of the spine that manual adjustments do. Therefore, the primary focus of chiropractic care is through manual adjustments to achieve optimal alignment and function.

9. What is the appropriate response if a father requests detailed information about his 19-year-old daughter's medical records?

- A. Provide the information as requested
- B. Refuse on the basis of law and regulations**
- C. Encourage the father to ask the daughter
- D. Ask the daughter for permission over the phone

Given that the daughter is 19 years old, she is legally considered an adult, and her medical records are protected under privacy laws, specifically the Health Insurance Portability and Accountability Act (HIPAA) in the United States. These laws dictate that a patient's health information cannot be disclosed to others without their explicit consent, even if they are a family member. When a father requests detailed information about his adult daughter's medical records, the appropriate action is to refuse the request based on these legal protections. This maintains the integrity of the daughter's privacy rights, ensuring that her personal health information remains confidential unless she chooses to share it herself. In situations where a family member seeks medical information about an adult, it is essential to respect the autonomy of the patient and adhere to legal regulations surrounding medical privacy. Encouraging the father to discuss the matter with his daughter or seeking her permission might be alternatives in some scenarios, but they do not override the fundamental requirement of consent for revealing medical records in the first place.

10. In a situation where there is potential patient harm, what is your immediate responsibility?

- A. Document the incident and wait
- B. Report it to the required authority**
- C. Discuss it with colleagues first
- D. Ignore as it may resolve itself

In situations where there is a potential for patient harm, the immediate responsibility is to report it to the required authority. This response is crucial because it prioritizes patient safety and well-being. Each healthcare organization has protocols and designated individuals or departments responsible for addressing safety concerns or incidents that could harm patients. By promptly reporting the situation, appropriate measures can be taken to mitigate risks, investigate the incident, and implement safeguards to prevent future occurrences. Reporting to the necessary authority ensures that the matter is handled by individuals trained and authorized to manage such situations, according to established protocols. This action can trigger a series of steps, including assessing the patient's current condition, providing necessary medical attention, and evaluating any systemic issues that may have contributed to the risk of harm. Taking immediate action reinforces a culture of safety within the healthcare environment, ensuring that issues are addressed swiftly and effectively. This is essential not only for the individual patient's safety but also for the well-being of the larger patient population.

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://mdchiropracticassistant.examzify.com>

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

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