

NORTH CAROLINA CHIROPRACTIC ASSISTANT CERTIFICATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://ncchiropracticassistant.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	16

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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. In a chiropractic setting, what is the role of a Chiropractic Assistant during patient care?**
 - A. To conduct patient examinations
 - B. To assist with treatment procedures
 - C. To prescribe medications
 - D. To make surgical decisions
- 2. What type of training is preferred for a Chiropractic Assistant beyond a high school diploma?**
 - A. Management training
 - B. Medical terminology training
 - C. Additional specialized training
 - D. Leadership training
- 3. Which of the following best defines the action of manipulation in chiropractic?**
 - A. Assessing a patient's history
 - B. Performing a thorough examination
 - C. Adjusting and mobilizing joints
 - D. Providing educational materials
- 4. Which nerve runs through the wrist and carpals?**
 - A. Sciatic nerve
 - B. Median nerve
 - C. Ulnar nerve
 - D. Occipital nerve
- 5. What anatomical position describes the elbow in relation to the wrist?**
 - A. Proximal
 - B. Distal
 - C. Medial
 - D. Lateral

- 6. What acronym can be used to remember the components of a chiropractic treatment plan?**
- A. PLAN (Procedure, Location, Action, Needs)
 - B. SOAP (Subjective, Objective, Assessment, Plan)
 - C. CHART (Clinical History, Actions, Results, Treatments)
 - D. CARE (Clinical Assessment, Response, Evaluation)
- 7. What is the process by which organisms maintain a relatively stable internal environment called?**
- A. Metabolism
 - B. Homeostasis
 - C. Anabolism
 - D. Catabolism
- 8. What does the assessment of subjective complaints help in determining?**
- A. The cause of symptoms
 - B. Vital statistics
 - C. Medical history
 - D. Treatment plans
- 9. What vital sign is commonly assessed in a chiropractic office?**
- A. Blood pressure
 - B. Temperature
 - C. Heart rate
 - D. Pulse rate
- 10. Which anatomical term describes the front of the body?**
- A. Posterior
 - B. Dorsal
 - C. Anterior
 - D. Medial

Answers

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

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Explanations

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1. In a chiropractic setting, what is the role of a Chiropractic Assistant during patient care?

- A. To conduct patient examinations
- B. To assist with treatment procedures**
- C. To prescribe medications
- D. To make surgical decisions

In a chiropractic setting, the role of a Chiropractic Assistant primarily involves assisting with treatment procedures. This includes supporting the chiropractor during various modalities of care, such as preparing the treatment area, guiding patients through exercises, and helping with the implementation of specific chiropractic techniques. A Chiropractic Assistant plays a vital role in enhancing patient comfort and experience by providing assistance during treatments, which may involve using therapeutic equipment, managing patient records, and ensuring a clean and organized environment conducive to care. This position requires a good understanding of the procedures being performed, but does not extend to conducting examinations, prescribing medications, or making surgical decisions, as those responsibilities are strictly within the purview of licensed chiropractors or other healthcare professionals. Thus, by supporting the treatment procedures, the Chiropractic Assistant is integral to the smooth functioning of patient care in a chiropractic practice.

2. What type of training is preferred for a Chiropractic Assistant beyond a high school diploma?

- A. Management training
- B. Medical terminology training
- C. Additional specialized training**
- D. Leadership training

The preferred type of training for a Chiropractic Assistant beyond a high school diploma is additional specialized training. This training is crucial as it equips the assistant with specific skills and knowledge pertinent to the chiropractic field. Such specialization can include understanding chiropractic techniques, patient care protocols, or office procedures that are unique to chiropractic practices. Having this specialized training enhances the assistant's ability to perform tasks effectively, work better alongside chiropractors, and ensure high-quality patient care. It also prepares them to handle various responsibilities, such as assisting with therapies, managing patient records, and understanding the nuances of chiropractic care that are not covered in more general education. The emphasis on specialized knowledge helps ensure that Chiropractic Assistants can meet the unique demands of their role in supporting both chiropractors and patients.

3. Which of the following best defines the action of manipulation in chiropractic?

- A. Assessing a patient's history
- B. Performing a thorough examination
- C. Adjusting and mobilizing joints**
- D. Providing educational materials

The action of manipulation in chiropractic is best defined as adjusting and mobilizing joints. This process involves skilled movements applied to joints to restore proper alignment, improve function, and alleviate pain. Manipulation is a cornerstone technique in chiropractic care, as it helps to enhance the mobility of joints and can facilitate the healing process in musculoskeletal conditions. In chiropractic practice, manipulation aims to correct structural imbalances and improve the range of motion, contributing to overall physical health. Chiropractors use their hands to perform these manipulations with various techniques, targeting specific areas of the body where misalignments or restrictions may be present. Understanding the specifics of manipulation is crucial for a chiropractic assistant, as it forms the foundation for many treatment approaches used in the field. Other options, while important aspects of a chiropractor's workflow, do not specifically define the action of manipulation. Assessing a patient's history and performing a thorough examination are critical components of patient care but do not directly involve the physical action of manipulating the joints. Providing educational materials is also essential for patient understanding and compliance but falls outside the definition of manipulation itself.

4. Which nerve runs through the wrist and carpals?

- A. Sciatic nerve
- B. Median nerve**
- C. Ulnar nerve
- D. Occipital nerve

The median nerve is the correct choice because it specifically passes through the wrist and the carpal tunnel, which is a narrow passageway formed by the carpal bones and the transverse carpal ligament. The median nerve innervates various muscles in the forearm and hand, including those responsible for thumb opposition and finger flexion. In contrast, the sciatic nerve is the largest nerve in the body, and it runs through the hip and down the leg rather than the wrist. The ulnar nerve, while it does run into the hand, travels along the ulna and primarily affects the pinky and part of the ring finger; it does not pass through the carpal tunnel. Likewise, the occipital nerve is related to the head and neck area, having no relevance to the wrist or hand. Thus, the median nerve's unique anatomy and function make it the pertinent nerve associated with the wrist and carpals.

5. What anatomical position describes the elbow in relation to the wrist?

A. Proximal

B. Distal

C. Medial

D. Lateral

The correct response is based on the anatomical terms that describe the location of body parts in relation to each other. The term "proximal" refers to a position that is closer to the point of attachment of a limb to the trunk, or closer to the center of the body, compared to another point on the limb. In the context of the question, the elbow is positioned significantly closer to the trunk of the body than the wrist. Therefore, in this scenario, describing the elbow as proximal to the wrist accurately conveys its anatomical relationship. Understanding these terms is essential for effectively communicating about human anatomy, especially in fields such as chiropractic care, where precise terminology is vital for accurate assessment and treatment. The other terms like "distal," which denotes a point farther away from the trunk, or "medial" and "lateral," which indicate positions towards the midline or away from the midline respectively, do not apply in this context. Hence, the use of "proximal" to describe the elbow's relationship to the wrist is appropriate and correct.

6. What acronym can be used to remember the components of a chiropractic treatment plan?

A. PLAN (Procedure, Location, Action, Needs)

B. SOAP (Subjective, Objective, Assessment, Plan)

C. CHART (Clinical History, Actions, Results, Treatments)

D. CARE (Clinical Assessment, Response, Evaluation)

The acronym SOAP is widely used in the healthcare field, including chiropractic practices, to structure and document patient treatment plans effectively. It breaks down into four key components: 1. Subjective: This involves recording what the patient reports about their condition, including symptoms, feelings, and any relevant history. This subjective information is vital as it helps the practitioner understand the patient's experience and the impact on their quality of life. 2. Objective: This part includes measurable and observable data collected during the examination, such as physical findings, test results, and other clinical observations. This objective data complements the subjective section and provides a clearer picture of the patient's health status. 3. Assessment: Here, the practitioner synthesizes the subjective and objective information to diagnose the condition or determine the functionality of the patient's wellness. The assessment helps guide the treatment plan and establish goals. 4. Plan: This final component details the strategy for treatment, including the methods that will be used, frequency of visits, and any patient education or home exercises. It outlines the roadmap for the patient's care and outlines specific actions the practitioner intends to take. Using the SOAP format ensures that chiropractic assistants and practitioners can communicate effectively and maintain organized records, which is essential for quality care and legal documentation.

7. What is the process by which organisms maintain a relatively stable internal environment called?

- A. Metabolism
- B. Homeostasis**
- C. Anabolism
- D. Catabolism

The process by which organisms maintain a relatively stable internal environment is called homeostasis. This concept is crucial in biology because it refers to the mechanisms that living organisms use to regulate their internal conditions, such as temperature, pH levels, hydration, and nutrient concentration, even when external environmental conditions change. Homeostasis involves a complex interplay of feedback systems, including sensors that detect changes, control centers that process this information, and effectors that produce responses to restore balance. For example, if body temperature rises due to external heat, mechanisms such as sweating and increased blood flow to the skin help cool the body down. Conversely, if body temperature drops, shivering and constriction of blood vessels help to conserve heat. Understanding homeostasis is vital for health professionals, including chiropractic assistants, as it plays a significant role in the functioning of the human body and the healing processes stimulated by chiropractic adjustments. By maintaining homeostasis, the body can effectively respond to various internal and external stresses, promoting overall health and well-being.

8. What does the assessment of subjective complaints help in determining?

- A. The cause of symptoms**
- B. Vital statistics
- C. Medical history
- D. Treatment plans

The assessment of subjective complaints is crucial in determining the cause of a patient's symptoms. Subjective complaints refer to the patient's personal experiences and feelings regarding their condition, including pain levels, discomfort, and other emotional or psychological responses. By carefully evaluating these complaints, a healthcare provider can gather insights about the nature and origin of the symptoms, which is essential for accurate diagnosis and effective treatment. Understanding these subjective experiences allows the chiropractor or assistant to form a clearer picture of the patient's condition, which is foundational for creating tailored treatment approaches. While vital statistics, medical history, and treatment plans are all important in the overall context of patient care, the primary role of assessing subjective complaints is to identify the underlying causes that are impacting the patient's health and wellbeing.

9. What vital sign is commonly assessed in a chiropractic office?

- A. Blood pressure
- B. Temperature
- C. Heart rate
- D. Pulse rate**

In a chiropractic office, assessing the pulse rate is crucial for understanding a patient's cardiovascular health and overall well-being. The pulse rate provides valuable information about the heart's rhythm and can reflect how the body is responding to treatment or stress. Monitoring the pulse can help identify potential issues that might affect a patient's ability to undergo chiropractic adjustments. While blood pressure, temperature, and heart rate are also important vital signs, the pulse rate is particularly relevant in the context of chiropractic care, where practitioners may closely monitor physiological responses to manual adjustments and therapeutic interventions. The pulse rate can offer immediate insights into a patient's condition, guiding the chiropractor's treatment decisions and ensuring patient safety during care. In summary, the emphasis on pulse rate in the chiropractic setting highlights its role in assessing the patient's overall health and ensuring effective personalized treatment.

10. Which anatomical term describes the front of the body?

- A. Posterior
- B. Dorsal
- C. Anterior**
- D. Medial

The term that describes the front of the body is "anterior." In anatomical terminology, "anterior" is used to indicate a position that is located towards the front of the body. This is a key concept in understanding human anatomy, as it establishes a standard reference point when describing locations or movements in relation to the human body. For example, if you were to consider the relationship between the chest and the back, the chest would be described as anterior in relation to the back, which is considered posterior. Additionally, while "posterior" refers to the back of the body and "dorsal" is often used synonymously with posterior in animals (referring to the back side), "medial" refers to a position closer to the midline of the body. Understanding these distinctions is essential for accurately describing anatomical positions and relationships.

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://ncchiropracticassistant.examzify.com>

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

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