# Palmer Chiropractic Theory 2 Practice Exam (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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

### 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.**

### 7. Use Other Tools

**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

**1. What is a potential somatic manifestation of stomach irritation?**

**A. Lower lumbar spine pain**

**B. Upper thoracic spine pain**

**C. Cervical headaches**

**D. Foot and ankle discomfort**

**2. What effect does compression have on a disc?**

**A. Decreases pressure in the space**

**B. Increases pressure in the space**

**C. Increases flexibility of the disc**

**D. Enhances nutrient absorption**

**3. Which term is used to describe abnormal soft tissue function associated with injury?**

**A. Neuropathophysiology**

**B. Myopathology**

**C. Histopathology**

**D. Kinesiopathology**

**4. Which of the following exemplifies self-healing according to vitalism?**

**A. A strong medicine**

**B. The body's innate intelligence**

**C. A surgical procedure**

**D. A healthcare provider's directives**

**5. What does somatic "dysafferentation" lead to?**

**A. Somatic afferent reflex effects**

**B. Somatic efferent reflex effects**

**C. Improved sensory feedback**

**D. Increased motor activity**

**6. Which individual is associated with the study of heart rate changes in response to mechanical irritation in infants?**

**A. H. Biedermann**

**B. Pavlov**

**C. Koch**

**D. B.J. Palmer**

**7. What occurs when there is facilitation of the anterior horn of the spinal cord according to the viscero-somatic reflex model?**

**A. It improves muscle relaxation**

**B. Visceral input causes reflexive muscle hypertonicity**

**C. Somatic symptoms are exaggerated**

**D. Spinal subluxations are immediately resolved**

**8. What significant changes occur by Phase 3 of biomechanical changes?**

**A. Initial soft tissue changes only**

**B. Advanced major bone and joint changes**

**C. Complete resolution of symptoms**

**D. Ongoing soft tissue elasticity**

**9. In which area of study would one explore the principles of logical reasoning?**

**A. Ethics**

**B. Metaphysics**

**C. Logic**

**D. Aesthetics**

**10. Which action is most likely to reduce sympathetic nervous system (SNS) activity?**

**A. Increased physical activity**

**B. Deep breathing exercises**

**C. Correction of subluxation**

**D. Consistent sleep patterns**

# Answers

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

# Explanations

## 1. What is a potential somatic manifestation of stomach irritation?

**A. Lower lumbar spine pain**

**B. Upper thoracic spine pain**

**C. Cervical headaches**

**D. Foot and ankle discomfort**

**The somatic manifestation of stomach irritation often corresponds to areas of the body that are neurologically linked to the digestive organs. The upper thoracic spine region is innervated by nerves that also supply the stomach, which means irritation or dysfunction in the stomach can lead to referred pain in the upper back and thoracic region. This phenomenon is based on the concept of visceral-somatic reflexes, where visceral organs such as the stomach can express discomfort or pain that is felt in corresponding somatic regions. The upper thoracic spine specifically correlates with autonomic nervous system responses to stomach issues, such as gastritis or ulcers, resulting in discomfort or pain being felt in that area. In contrast, while lower lumbar spine pain, cervical headaches, and foot and ankle discomfort can be associated with various bodily dysfunctions, they do not have the direct neurologic connection to stomach irritation that the upper thoracic spine has. Therefore, the correct answer focuses on the anatomical and neurophysiological evidence supporting the link between stomach irritation and pain in the upper thoracic spine area.**

## 2. What effect does compression have on a disc?

**A. Decreases pressure in the space**

**B. Increases pressure in the space**

**C. Increases flexibility of the disc**

**D. Enhances nutrient absorption**

**Compression on a disc, particularly in the context of spinal discs, leads to an increase in pressure within the intervertebral space. When a disc is compressed – such as during activities that involve weight-bearing or certain postures – the nucleus pulposus (the gel-like core of the disc) is subjected to physical forces that push it against the annulus fibrosus (the tough outer layer of the disc). This interaction creates internal pressure, which can affect the overall biomechanical behavior of the spine. Increased pressure within the disc space is significant because it can influence how the disc behaves during movement and structure loading. This pressure helps maintain stability and proper alignment of the vertebrae, but excessive or prolonged compression can lead to issues such as disc degeneration or herniation. Understanding this effect is crucial for chiropractic care as it informs practitioners about the importance of posture, loading, and recovery strategies for maintaining disc health and spinal integrity.**

## 3. Which term is used to describe abnormal soft tissue function associated with injury?

**A. Neuropathophysiology**

**B. Myopathology**

**C. Histopathology**

**D. Kinesiopathology**

**The term that best describes abnormal soft tissue function associated with injury is myopathology. This term specifically pertains to the study and understanding of soft tissue, particularly muscles, and how they are affected by injury or disease. In the context of chiropractic care, recognizing soft tissue abnormalities is crucial because they can significantly influence musculoskeletal health and function. Myopathology encompasses a range of conditions that could arise from factors such as strains, tears, or other types of injuries that affect muscle tissue directly. By understanding myopathology, practitioners can better assess and design treatment plans that target these soft tissue issues to facilitate recovery and restore normal function. Other terms like neuropathophysiology focus more on nerve dysfunction and conditions influencing the nervous system, while histopathology deals with the microscopic examination of tissue to understand diseases rather than the functional aspect of soft tissues. Kinesiopathology, on the other hand, centers on the study of movement-related pathologies, further emphasizing the distinction that myopathology has in relation to soft tissue injuries specifically.**

## 4. Which of the following exemplifies self-healing according to vitalism?

**A. A strong medicine**

**B. The body's innate intelligence**

**C. A surgical procedure**

**D. A healthcare provider's directives**

**Self-healing, within the context of vitalism, is rooted in the belief that the body possesses an inherent ability to heal itself. This concept emphasizes the significance of the body's innate intelligence, which is seen as a guiding force responsible for maintaining health and facilitating healing processes without external interference. The body's innate intelligence refers to the complex biochemical and physiological processes that work harmoniously to restore balance, repair injuries, and manage health conditions. Vitalism posits that health is not merely the absence of disease but the presence of this vital force that actively contributes to wellness. In contrast, the other options represent external interventions or influences: strong medicines and surgical procedures typically introduce foreign elements or alter the body's state rather than allowing it to heal naturally. Similarly, a healthcare provider's directives serve to guide treatment rather than mobilizing the body's intrinsic healing capability. Thus, the focus on the body's innate intelligence aligns perfectly with the concept of self-healing as understood in vitalism.**

## 5. What does somatic "dysafferentation" lead to?

**A. Somatic afferent reflex effects**

**B. Somatic efferent reflex effects**

**C. Improved sensory feedback**

**D. Increased motor activity**

**Somatic dysafferentation refers to the disruption or loss of sensory input from the somatic system, which can lead to various effects on the body's ability to process and respond to sensory information. When dysafferentation occurs, the body's normal feedback mechanisms are impaired. This condition results in somatic efferent reflex effects because the sensory feedback that typically helps guide effective motor responses is diminished or altered. Consequently, the motor output from the nervous system may become dysfunctional. The body may either overcompensate or fail to respond appropriately to stimuli due to this lack of accurate sensory information. The other options describe outcomes of different processes unrelated to dysafferentation. For example, improved sensory feedback and increased motor activity imply a level of intact communication between sensory inputs and motor outputs, which dysafferentation undermines. Somatic afferent reflex effects refer to reflex actions activated by sensory inputs, which are disrupted in a dysafferented state. Thus, focusing on somatic efferent reflex effects as the result of dysafferentation captures the core impact of the condition on the body's motor response capabilities.**

## 6. Which individual is associated with the study of heart rate changes in response to mechanical irritation in infants?

**A. H. Biedermann**

**B. Pavlov**

**C. Koch**

**D. B.J. Palmer**

**The individual associated with the study of heart rate changes in response to mechanical irritation in infants is Koch. His research focused on understanding how different physical stimuli could affect physiological responses, particularly heart rate, in infants. This work helped pave the way for recognizing the significance of mechanical irritation and neurological responses, which are foundational concepts within chiropractic practice. In addition to this specific focus, Koch's research contributes significantly to the understanding of reflexes and their impact on health, which correlates with chiropractic theories surrounding the nervous system's role in overall well-being. By studying these responses, Koch highlighted the connection between the body's physical condition and its neurological functions, a fundamental aspect of chiropractic principles.**

## 7. What occurs when there is facilitation of the anterior horn of the spinal cord according to the viscero-somatic reflex model?

**A. It improves muscle relaxation**

**B. Visceral input causes reflexive muscle hypertonicity**

**C. Somatic symptoms are exaggerated**

**D. Spinal subluxations are immediately resolved**

**When considering the facilitation of the anterior horn of the spinal cord in relation to the viscero-somatic reflex model, the key concept to understand is the relationship between visceral inputs and somatic responses. The correct answer points out that visceral input can lead to reflexive muscle hypertonicity. This reflects a fundamental principle where irritation or dysfunction in visceral organs can manifest as increased muscle tone or tension in corresponding somatic structures. The anterior horn of the spinal cord contains motor neurons that receive sensory input from visceral organs. When these organs are experiencing stress or dysfunction, they can send signals that facilitate excitatory pathways in the spinal cord. As a result, this facilitation can lead to an increase in muscle tone or hypertonicity, particularly in the muscles associated with the affected visceral region. This phenomenon illustrates how the body's responses can be interconnected, emphasizing the significance of understanding the viscero-somatic relationship in chiropractic practice. This response mechanism can be crucial in diagnosing and treating conditions where visceral dysfunction may inadvertently affect musculoskeletal health, making it a key consideration in chiropractic assessments and interventions.**

## 8. What significant changes occur by Phase 3 of biomechanical changes?

**A. Initial soft tissue changes only**

**B. Advanced major bone and joint changes**

**C. Complete resolution of symptoms**

**D. Ongoing soft tissue elasticity**

**By Phase 3 of biomechanical changes, significant and advanced major bone and joint changes have typically occurred. This phase indicates a more chronic state of the condition in which the body has undergone substantial alterations due to prolonged misalignment or stress on the skeletal structure. During this stage, there can be observable changes in the bone density, joint congruence, and overall alignment. These modifications often include the formation of bone spurs, degeneration of cartilage, and changes in joint mechanics, which can lead to further impairment and pain. This is a pivotal phase when corrective measures through chiropractic adjustments and interventions are crucial to manage the structural and functional integrity of the spine and joints. Understanding this phase helps practitioners recognize the state of the patient's condition and determine appropriate treatment strategies to address these advanced changes. This also highlights the importance of early intervention and monitoring during the earlier phases to potentially prevent progression to this more severe stage.**

## 9. In which area of study would one explore the principles of logical reasoning?

**A. Ethics**

**B. Metaphysics**

**C. Logic**

**D. Aesthetics**

**The field of study that specifically focuses on the principles of logical reasoning is Logic. Logic involves the systematic examination of arguments and the principles that govern correct reasoning. Through formal and informal methodologies, it analyzes the structure of arguments, evaluates their validity and soundness, and helps to clarify the process of deduction and induction. Logic serves as a foundation for critical thinking, enabling individuals to discern valid inferences and understand the relationships between premises and conclusions. In contrast, Ethics primarily deals with moral principles and the concepts of right and wrong behavior. Metaphysics explores the fundamental nature of reality, existence, and the nature of objects and their properties. Aesthetics, on the other hand, is concerned with the nature of beauty, art, and taste, including the creation and appreciation of beauty. While these fields may incorporate logical reasoning at times, they do not focus on its principles in the same systematic way that Logic does.**

## 10. Which action is most likely to reduce sympathetic nervous system (SNS) activity?

**A. Increased physical activity**

**B. Deep breathing exercises**

**C. Correction of subluxation**

**D. Consistent sleep patterns**

**The action that is most likely to reduce sympathetic nervous system (SNS) activity is the correction of subluxation. In the context of chiropractic care, subluxations refer to misalignments in the spine that may interfere with nervous system function. One of the primary goals of chiropractic adjustments is to restore proper alignment, which can facilitate better communication between the central nervous system and the body, potentially lowering the exaggerated stress response associated with the SNS. When subluxations are corrected, it can lead to a decrease in physical stressors that overactivate the sympathetic nervous system, allowing for a more balanced autonomic nervous system response. This balance is crucial for fostering relaxation and activating the parasympathetic nervous system, which counters the SNS and promotes restorative functions in the body. While the other actions listed, such as increased physical activity, deep breathing exercises, and consistent sleep patterns, can have beneficial effects on stress and overall wellness, the specific correction of subluxations directly addresses the mechanical interferences that may cause or exacerbate sympathetic overactivity. This makes it a key factor in managing and potentially reducing sympathetic nervous system activity.**

# 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://palmerchiropractictheory2.examzify.com**

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