

SACRO OCCIPITAL TECHNIQUE (SOT) 1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://sacrooccipitaltechnique1.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. Name a common symptom that SOT can help alleviate.**
 - A. Back pain
 - B. Insomnia
 - C. Headaches
 - D. Allergies
- 2. What is a 'SOT block' used for?**
 - A. Stabilizing the head during therapy
 - B. Facilitating structural corrections under the pelvis
 - C. Enhancing visual acuity
 - D. Measuring blood pressure
- 3. What clinical indication would suggest the need for heel tension testing?**
 - A. Presence of lumbar dysfunction
 - B. Presence of cervical misalignment
 - C. Presence of sacral dural dysfunction
 - D. Presence of thoracic outlet syndrome
- 4. In SOT, what aspect of cranial bones do practitioners assess?**
 - A. Thickness and density
 - B. Color and texture
 - C. Position, motion, and balance
 - D. Shape and size
- 5. What is often present with heel tension in relation to dural dysfunction?**
 - A. Increased leg mobility
 - B. Tightness of the Achilles tendon
 - C. Weakness in hip flexors
 - D. Reduced range of motion in the neck
- 6. What role do relaxation techniques play in SOT?**
 - A. They distract patients from their pain
 - B. They are part of the diagnosis process
 - C. They assist in managing stress and promoting healing
 - D. They are optional and not commonly used

7. What does 'Functional Block' mean in SOT?

- A. A segment of the body with optimal function
- B. A specific segment of the body where dysfunction is occurring
- C. A treatment method for spinal injuries
- D. A technique for improving mobility

8. Why is follow-up care important in SOT treatment plans?

- A. It is unnecessary after initial treatment
- B. It helps to monitor progress and make necessary adjustments
- C. It is mostly for administrative purposes
- D. It primarily focuses on billing

9. During inhalation, how does the sacrum respond?

- A. The sacrum is pulled up and the apex rotates forward
- B. The sacrum remains stationary
- C. The sacrum lowers and the apex rotates backwards
- D. The sacrum flexes and the apex relaxes

10. Who developed the Sacro Occipital Technique (SOT)?

- A. Dr. Andrew Taylor Still
- B. Dr. John Upledger
- C. Dr. Major Bertrand DeJarnette
- D. Dr. Daniel David Palmer

Answers

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

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Explanations

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1. Name a common symptom that SOT can help alleviate.

- A. Back pain
- B. Insomnia
- C. Headaches**
- D. Allergies

Sacro Occipital Technique (SOT) is particularly effective in addressing headaches because it focuses on the relationship between the cranial structures and the spinal column, especially the sacrum. The technique uses specific adjustments to restore balance and improve the function of the nervous system, which can alleviate tension and dysfunction that contribute to the development of headaches. By addressing misalignments and restrictions within the cranial and spinal systems, SOT can help reduce the frequency and intensity of headaches, providing relief for patients experiencing this symptom. In contrast, while SOT may have some benefits for other symptoms like back pain, insomnia, and allergies, they are not the primary focus of the technique. Back pain could stem from various causes, and SOT might play a role, but it is not exclusively designed for that alone. Insomnia may not directly correlate with the structural and biomechanical adjustments targeted by SOT, and allergies typically require a different approach, often involving immunological or environmental considerations that fall outside the scope of SOT's foundational principles. Thus, headaches represent a more direct application of SOT's principles.

2. What is a 'SOT block' used for?

- A. Stabilizing the head during therapy
- B. Facilitating structural corrections under the pelvis**
- C. Enhancing visual acuity
- D. Measuring blood pressure

The SOT block, developed as part of the Sacro Occipital Technique, is specifically designed to facilitate structural corrections under the pelvis. These blocks are strategically used to create adjustments in the biomechanical alignment of the pelvis and sacrum. By placing these blocks under the patient's pelvis, practitioners can relieve pressure and tension, enabling better movement of the sacrum and lumbar areas. This helps to promote proper alignment and function of the spine as well as improve overall body dynamics. Utilizing SOT blocks is essential in chiropractic practice, as they can assist in correcting pelvic dysfunction, which may have far-reaching effects on the entire musculoskeletal system. By addressing these structural issues, practitioners aim to restore balance and alleviate patient discomfort, demonstrating the integral role of SOT blocks in the therapeutic process.

3. What clinical indication would suggest the need for heel tension testing?

- A. Presence of lumbar dysfunction
- B. Presence of cervical misalignment
- C. Presence of sacral dural dysfunction**
- D. Presence of thoracic outlet syndrome

Heel tension testing is a specific evaluation method that identifies tension or dysfunction in the lumbar and sacral areas, particularly related to the fascia and dural structures. It is particularly useful in assessing conditions that involve the dural connections, such as sacral dural dysfunction. The presence of sacral dural dysfunction can lead to various compensatory patterns and neurologic symptoms, thus making heel tension testing a relevant choice for identifying the nature and extent of that dysfunction. In this context, heel tension testing is often employed to evaluate how the sacral area interacts with the nervous system and how tension might be affecting overall body mechanics and health. Such assessments take into consideration the contribution of dural attachments, which can influence sacral mobility and produce symptoms that the practitioner aims to manage through specific treatments. Other conditions mentioned, such as lumbar dysfunction, cervical misalignment, and thoracic outlet syndrome, may have distinct testing protocols and do not directly correlate with the need for heel tension testing in the same way that sacral dural dysfunction does. The focus on how the dura mater and its connections affect the sacral area makes heel tension testing particularly relevant for sacral dural dysfunction.

4. In SOT, what aspect of cranial bones do practitioners assess?

- A. Thickness and density
- B. Color and texture
- C. Position, motion, and balance**
- D. Shape and size

In Sacro Occipital Technique (SOT), practitioners assess the position, motion, and balance of cranial bones to understand how they may be affecting overall health and function. This assessment is crucial because misalignments or restrictions in cranial motion can influence the function of the central nervous system, as well as the flow of cerebrospinal fluid. By evaluating the position of the cranial bones, practitioners can identify any asymmetries or deviations from the optimal alignment. Assessing motion allows them to determine if there are restrictions that could be affecting neurological function or other bodily systems. Balance encompasses the symmetry and harmony of cranial structures, which is essential for the proper functioning of the entire craniosacral system. This focus on the dynamic aspects of cranial bones distinguishes SOT practitioners from other approaches, which may prioritize more static characteristics like thickness, density, or shape. The holistic analysis of position, motion, and balance plays a critical role in the SOT approach to restoring health and well-being.

5. What is often present with heel tension in relation to dural dysfunction?

- A. Increased leg mobility
- B. Tightness of the Achilles tendon**
- C. Weakness in hip flexors
- D. Reduced range of motion in the neck

Heel tension can indeed be associated with tightness of the Achilles tendon when considering dural dysfunction. This relationship is rooted in the interconnectedness of the body's fascial and neurological systems. When there is dural dysfunction, it can lead to altered tension patterns throughout the body, including the lower extremities. The Achilles tendon connects the calf muscles to the heel bone and is crucial for movements such as walking, running, and jumping. If there is an issue with the dura mater, it can translate into compensatory tension in the calf muscles and subsequently in the Achilles tendon. This tightness can manifest as heel tension because the tendon may become overly strained or shortened due to compensatory mechanisms stemming from other areas of the body affected by dural tensions. In this context, the other options do not adequately correlate with heel tension in relation to dural dysfunction. Increased leg mobility, for instance, would not typically associate with heel tension; rather, it suggests a degree of flexibility. Weakness in hip flexors and reduced range of motion in the neck also do not directly link to heel tension, as these conditions focus on different regions of the kinetic chain without necessarily implying a direct impact on the Achilles or heel region. Thus, tightness of the Achilles tendon stands

6. What role do relaxation techniques play in SOT?

- A. They distract patients from their pain
- B. They are part of the diagnosis process
- C. They assist in managing stress and promoting healing**
- D. They are optional and not commonly used

Relaxation techniques are integral to the Sacro Occipital Technique (SOT) as they assist in managing stress and promoting healing. By helping patients enter a state of relaxation, these techniques can reduce muscle tension and facilitate the body's natural healing processes. This is particularly important in SOT, which emphasizes the relationship between the body's structure and its overall function. When patients are relaxed, their bodies can respond more effectively to the adjustments and therapies being administered, leading to improved outcomes. In addition, relaxation techniques can help create a supportive environment for the patient. Reducing anxiety and stress allows for enhanced trust and communication between the patient and the practitioner, which can lead to a more effective treatment process. Thus, the role of these techniques extends beyond mere comfort—it's about creating optimal conditions for healing and effective intervention.

7. What does 'Functional Block' mean in SOT?

- A. A segment of the body with optimal function
- B. A specific segment of the body where dysfunction is occurring**
- C. A treatment method for spinal injuries
- D. A technique for improving mobility

In the context of Sacro Occipital Technique (SOT), a 'Functional Block' specifically refers to a segment of the body where dysfunction is occurring. This concept is crucial in SOT as it emphasizes the identification and assessment of areas in the body that may contribute to overall dysfunction. Recognizing these blocks allows practitioners to target treatment and restore balance more effectively. A functional block may manifest as poor movement patterns, restricted mobility, or pain, and understanding its location helps guide corrective actions. This definition is foundational to SOT's approach, as practitioners seek to address these dysfunctional areas to enhance patient health and well-being. In contrast, other options describe concepts that do not align with the definition of a Functional Block in SOT. For instance, while optimal function is related to overall health, it does not pertain directly to the notion of dysfunction, which is the focus of a Functional Block. Similarly, treatment methods and techniques mentioned in the other choices focus on broader approaches rather than the specific identification of dysfunction within a segment of the body.

8. Why is follow-up care important in SOT treatment plans?

- A. It is unnecessary after initial treatment
- B. It helps to monitor progress and make necessary adjustments**
- C. It is mostly for administrative purposes
- D. It primarily focuses on billing

Follow-up care is critical in Sacro Occipital Technique (SOT) treatment plans because it allows practitioners to monitor the patient's progress after the initial treatment. This ongoing evaluation is essential to determine the effectiveness of the interventions applied, ensuring that the treatment is achieving the desired results. During follow-up appointments, practitioners can assess any changes in the patient's condition and make necessary adjustments to the treatment plan. This may involve modifying techniques, frequency of visits, or incorporating additional therapies based on how the patient responds. The ultimate goal of SOT is to enhance the body's natural healing process, and consistent follow-up care is integral to optimizing outcomes and ensuring the patient is on the right path to recovery. Thus, the emphasis on monitoring progress underscores the importance of adaptation in treatment strategies to achieve the best possible care for patients.

9. During inhalation, how does the sacrum respond?

- A. The sacrum is pulled up and the apex rotates forward**
- B. The sacrum remains stationary
- C. The sacrum lowers and the apex rotates backwards
- D. The sacrum flexes and the apex relaxes

During inhalation, the body's mechanics involve a coordinated movement of the diaphragm and the pelvic diaphragm, which includes the sacrum. As the diaphragm contracts and moves downwards to facilitate lung expansion, the pressure within the abdominal cavity increases. This increased pressure acts on the sacrum, compelling it to move upwards. Simultaneously, the apex of the sacrum rotates forward as the sacrum is engaged in the inhalation process. This forward rotation allows for an elongation of the lumbar spine and helps maintain appropriate biomechanical alignment through the pelvis and lower back, which is crucial for effective respiration and spinal health. Therefore, during inhalation, the described movement of the sacrum being pulled up and the apex rotating forward accurately reflects the structural dynamics at play, affirming the choice that explains this part of the respiratory cycle effectively.

10. Who developed the Sacro Occipital Technique (SOT)?

- A. Dr. Andrew Taylor Still
- B. Dr. John Upledger
- C. Dr. Major Bertrand DeJarnette
- D. Dr. Daniel David Palmer

The correct answer is Dr. Major Bertrand DeJarnette, who is recognized for developing the Sacro Occipital Technique (SOT). This technique was formulated in the mid-20th century, focusing on the relationship between the sacrum and occipital bone and how they influence bodily health and function. DeJarnette's work was pivotal in integrating concepts from chiropractic and other modalities to create a unique approach to care that emphasizes the structural and neurological interconnections in the body. Understanding the techniques he developed provides essential insight into therapy methods aimed at balancing the craniosacral system and promoting overall wellness. His contributions have had a lasting effect on chiropractic practices, establishing him as a significant figure in the field. The other individuals listed were influential in their respective areas but did not develop SOT. Dr. Andrew Taylor Still is considered the founder of osteopathy, Dr. John Upledger is known for craniosacral therapy, and Dr. Daniel David Palmer is recognized as the founder of chiropractic itself. Therefore, while all these figures contributed to the field of bodywork and manual therapy, it was specifically Dr. Major Bertrand DeJarnette who introduced and developed SOT.

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://sacrooccipitaltechnique1.examzify.com>

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

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