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QUIZ: Orthopedic Lumbar Spine

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All questions must be answered in order to receive credit.

Questions: Orthopedic Lumbar Spine

1. Which of the following is true about the function of the spine?
 - A. The column does not provide support for the body.
 - B. The spine is a secondary location for the attachment of ligaments, bones and muscles.
 - C. Protects the spinal cord.
 - D. The spine is a flexible structure for protection.

2. How many bones make up the spine?
 - A. 36
 - B. 46
 - C. 33
 - D. 34
 - E. 40

3. Which of the following is NOT a region of the spine?
 - A. Sternum
 - B. Cervical
 - C. Thoracic
 - D. Lumbar
 - E. Coccygeal

4. True or False: The size of the vertebrae increase in size from the cervical to the lumbar region.
 - A. True
 - B. False

5. How many vertebrae are in the lumbar spine?
 - A. 5
 - B. 6
 - C. 7
 - D. 8
 - E. 12

6. True or False: The lumbar spine curve is a primary curve.
 - A. True
 - B. False

7. True or False: The lumbar spine curvature is a kyphotic curve.
- A. True
 - B. False
8. True or False: The lumbar curve develops when the child begins to stand and walk.
- A. True
 - B. False
9. The typical vertebra has which of the following?
- A. Two spinous processes and one transverse process.
 - B. A vertebral body and the vertebral arch.
 - C. Three articulating facets and four processes.
 - D. One laminae and a spinous process.
10. True or False: The intervertebral discs of the spine make up 50 percent of the vertebral column length.
- A. True
 - B. False
11. True or False: The intervertebral disc height decreases from the cervical to the lumbar spine.
- A. True
 - B. False
12. True or False: As a person ages, the percentage of water in the nucleus pulposus decreases due to demand on the body.
- A. True
 - B. False
13. Which of the following is an action of the Psoas Muscle?
- A. Extends the hip.
 - B. Rotates the thigh laterally.
 - C. Flexion of the hip.
 - D. Adduction of the thigh.
 - E. Abduction of the thigh.

14. Which of the following is an action of the Tensor Fascia Lata (TFL)?
- A. Extends the hip.
 - B. Rotates the thigh laterally.
 - C. Flexion of the hip.
 - D. Adduction of the thigh.
 - E. Abduction of the thigh.
15. Which of the following is an action of the Piriformis Muscle?
- A. Extends the hip.
 - B. Rotates the thigh laterally.
 - C. Flexion of the hip.
 - D. Adduction of the thigh.
 - E. Abduction of the thigh.
16. Which of the following is an action of the Gluteus Maximus Muscle?
- A. Extends the hip.
 - B. Rotates the thigh laterally.
 - C. Flexion of the hip.
 - D. Adduction of the thigh.
 - E. Abduction of the thigh.
17. Which of the following is an action of the Gluteus Medius Muscle?
- A. Extends the hip.
 - B. Rotates the thigh laterally.
 - C. Flexion of the hip.
 - D. Adduction of the thigh.
 - E. Abduction of the thigh.
18. Which of the following is an action of the Quadratus Lumborum?
- A. Extends the hip.
 - B. Laterally flexes the lumbar spine.
 - C. Flexion of the lumbar spine.
 - D. Rotation of the lumbar spine.
 - E. Abduction of the thigh.

19. How many active ranges of motion does the lumbar spine have?
- A. 4
 - B. 5
 - C. 6
 - D. 8
 - E. 10
20. Which of the following orthopedic maneuvers evaluates the patient for hip lesion with the patient unable to extend the thigh when the iliopsoas muscle is irritated?
- A. Straight-Leg Raising Test
 - B. Nachlas Test
 - C. Kemp's Test
 - D. Heel/Toe Walk Test
 - E. Ely's Sign
21. Which of the following orthopedic maneuvers indicates possible muscle weakness and/or atrophy or hypertrophy?
- A. Straight-Leg Raising Test
 - B. Nachlas Test
 - C. Kemp's Test
 - D. Heel/Toe Walk Test
 - E. Ely's Sign
22. Which of the following orthopedic maneuvers causes compression of the lumbar nerve root and reproduces radicular pain in the thigh and leg?
- A. Straight-Leg Raising Test
 - B. Nachlas Test
 - C. Kemp's Test
 - D. Heel/Toe Walk Test
 - E. Ely's Sign
23. Which of the following orthopedic maneuvers, when performed, causes low back, sacral pain, pain radiating down the thigh or leg, indicating a lumbosacral disorder?
- A. Straight-Leg Raising Test
 - B. Nachlas Test
 - C. Kemp's Test
 - D. Heel/Toe Walk Test
 - E. Ely's Sign

24. Which of the following orthopedic maneuvers, when performed, can indicate a functional or structural curvature of the spine?
- A. Straight-Leg Raising Test
 - B. Spinal Percussion Test
 - C. Kemp's Test
 - D. Adam's Position
 - E. Ely's Sign
25. Which of the following orthopedic maneuvers, when performed, is non-specific for a pathology but can indicate a fractured rib or possible disc lesion.
- A. Straight-Leg Raising Test
 - B. Spinal Percussion Test
 - C. Kemp's Test
 - D. Adam's Position
 - E. Ely's Sign