

September Contest

CHIROPRACTIC QUIZ

1. The human body has ___ cervical vertebrae? A) 7 B) 5 C) 6
2. The human body has ___ thoracic vertebrae? A) 10 B) 7 C) 12
3. The human body has ___ lumbar vertebrae? A) 5 B) 6 C) 7
4. The sacrum is made up of how many vertebrae? A) 3 B) 4 C) 5
5. What is the closest definition of Cervical? A) Knee B) Neck C) Shoulder
6. What is the closest definition of Thoracic? A) Dinosaurs B) Thumb C) Upper/mid back
7. What is the closest definition of Lumbar? A) Sleep/rest B) Lower back C) Sternum
8. What is the closest definition of Sacrum? A) 5 vertebrae that fit between the hip bones and fuse together by age 25
B) Part of the male anatomy C) The muscle between your neck and your shoulder.
9. What is the closest definition of Coccyx? A) Pain medication B) Tailbone C) Toxins that your body releases during chiropractic adjustments
10. What is the only bone in your body that has no function? A) Bunion B) Brow bone C) Coccyx
11. What is a subluxation? A) A vertebrae out of alignment that is putting pressure on the nerve
B) Ticket for a traffic violation C) The exponential value of two negative integers
12. Your spine is made up of how many bones called vertebrae? A) 32 B) 24 C) 28
13. Your spinal cord is located in? A) Spine B) Sternum C) Clavicle D) Feet
14. How many PAIRS of spinal nerves are there that extend from the brain through the openings in your vertebrae to all parts of your body? A) 28 B) 36 C) 31 D) 18 E) All of the above
15. Between each vertebra are cushions that are called_____, allowing your spine to bend and be flexible?
A) Discs B) CDs C) DVDs D) 8 tracks E) None of the above
16. Ultrasound therapy is administered to help with: A) The reduction of inflammation
B) Monitoring your heart rate C) Bettering the elasticity in your skin D) Decreases blood circulation
17. When lifting, always bend your_____ for a healthy spine and to reduce risk of injury.
A) Elbows B) Knees C) Waist D) Tongue
18. For optimum health, try to sleep on your____? A) Back or side B) Feet C) Head
19. Which one of these does NOT go hand-in-hand with chiropractic care? A) Health Eating B) Exercising
B) Getting plenty of rest/sleep C) Talking on the phone D) All of the above
20. What does your chiropractor do? A) Makes sure that you feel your concerns are important at all times
B) Hires a friendly and caring office staff C) Adjusts the vertebrae in your back to remove pressure from the nerves
D) Makes corny jokes E) All of the above