



3037 Lauderdale Drive
Richmond, VA 23233
804.360.2447(O) 804.364.0972(F)
www.chiroworksva.com

Basic Training Spinal Exam

Please answer the following questions in order to evaluate your ability to take care of your spinal health.

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|---|---|---|
| 1) Back pain is the most common cause of lost work time and disability in the U.S.. | T | F |
| 2) Spinal degenerative arthritis is the result of lost joint function over time, not age. | T | F |
| 3) When I have an episode of back pain I should immediately apply ice. | T | F |
| 4) All strain/sprain injuries heal with some amount of fibrotic and scar tissue. | T | F |
| 5) Scar tissue will never go away and will restrict normal movement unless stretched out. | T | F |
| 6) The disks in my spine are 80% water, and only get hydrated when the vertebrae move. | T | F |
| 7) Pain is not an indicator of how healthy my spine is. | T | F |
| 8) Failure to restore function means any pain relief is temporary. | T | F |
| 9) A joint that cannot move cannot nourish itself and will lead to degenerative arthritis. | T | F |
| 10) Back pain is caused by a lack of ibuprofen in my body. | T | F |
| 11) My muscles spasm because they get bored, not because they protect from injury. | T | F |
| 12) If I must sit, sitting on a balance ball is the best thing to choose. | T | F |
| 13) Back pain is self-limiting, not a chronic episodic functional pathology. | T | F |
| 14) A Chiropractor "straightens my spine". | T | F |
| 15) I should only take care of my spine if it hurts. | T | F |
| 16) Morning lower back stiffness is normal when we get old. | T | F |
| 17) Maintaining good motion is critical to the survival of disks and joint. | T | F |
| 18) My spinal health is my Chiropractors responsibility, not mine. | T | F |
| 19) When one area in my spine is stuck, others just move more to compensate. | T | F |
| 20) Back pain is usually the result of deconditioning and poor biomechanics. | T | F |
| 21) Chiropractor's stretch and move tissues that I can't. | T | F |
| 22) I must stretch muscles and ligaments 12 times to make them healthy. | T | F |
| 23) A Chiropractor is necessary to help manage my spines health. | T | F |
| 24) How often I get my spine stretched and adjusted will have a direct correlation to how healthy my spine will be for the rest of my life. | T | F |
| 25) Everyone should have their spine examined and managed by a Chiropractor. | T | F |
| 26) I only brush my teeth when they hurt. | T | F |
| 27) Chiropractic care helps to restore and maintain full range of motion. | T | F |
| 28) Joints can have poor biomechanics without pain or other symptoms. | T | F |
| 29) Regular Chiropractic care reduces the risk of injury and degenerative arthritis. | T | F |