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Basic Training Spinal Exam

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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 and function. | T | F |
| 6) The disks in my spine are 80% water and only hydrate when the vertebrae move. | T | F |
| 7) Pain tells me 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) 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 an episode of chronic degenerative arthritis. | T | F |
| 14) A Chiropractor "straightens my spine". | T | F |
| 15) I should only take care of my spine when 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 |