

Back Pain Practice Test Questions and Answers

1. It is advised to get an MRI:

- A) If there is any leg pain in addition to the back pain.
- B) For anyone who has back pain for at least 3 days
- C) Before you begin treatment because it's the only good way to see what's wrong.
- D) If you need to rule out severe spinal damage due to trauma or are aren't improving and are considering surgery or spinal injections

2. What back motion is the weakest?

- A) Leaning backwards
- B) Bending forward fully
- C) Twisting to the right
- D) Twisting to the left

3. Most back injuries are brought on by:

- A) Traumatic injuries such as falls and car accidents.
- B) Being overweight.
- C) Lifting heavy objects
- D) Repetitive movement with excess back motion and not enough recovery time.

4. X-rays showing degenerative arthritis

- A) Is typical for most adults to some degree, and doesn't usually tell us much about why you have pain.
- B) Indicates that you will need surgery eventually.
- C) Is always an indication of a bad back and is the reason for your pain
- D) Means you are stuck with back pain and will have to learn to live with it.

Answers: 1-D 2-B 3-D 4-A

For More Back Pain Questions and Answers FREE, Back Pain Online Prep Training, Back Pain Exam, Back Pain Study Guide, Back Pain Flashcards, Back Pain Quizzes visit:

Back Pain Practice Test