

Orthopedics DX 612  
Lumbar Spine Homework

Name \_\_\_\_\_ Date \_\_\_\_\_

1. The piriformis muscle is clinically significant because of its proximity to which nerve?
  - a. Gluteal
  - b. Sciatic
  - c. Pudental
  - d. Lumbar plexus
2. Palpation of an irritated sciatic nerve might produce which of the following symptoms?
  - a. Burning
  - b. Aching
  - c. Diplopia
  - d. Nystagmus
3. Which method of testing is most accurate for mensuration of lumbar range of motion?
  - a. Eyeballing
  - b. Goniometer
  - c. Inclinator
  - d. Tape measure
4. The most common form of spondylolysis in young adults is which of the following?
  - a. Spondylolytic
  - b. Degenerative
  - c. Pathologic
  - d. Dysplastic
5. Which orthopedic test indicates either spondylolysis or spondylolisthesis is present due to an increased pain with testing?
  - a. Segmental instability test
  - b. One leg standing lumbar extension test
  - c. SLR
  - d. Bragard's
6. Which orthopedic test indicates lumbar instability when the pain is reduced upon testing?
  - a. Segmental instability test
  - b. One leg standing lumbar extension test
  - c. SLR
  - d. Bragard's
7. When a patient presents with anterolisthesis of L5 on S1, how would you grade the condition if the body of the vertebra slips anteriorward by 55%?
  - a. Grade 1
  - b. Grade 2
  - c. Grade 3
  - d. Grade 4

8. SLR testing indicates disc involvement when radicular sciatic pain is elicited at which degree of elevation?
  - a. 90 degrees
  - b. 15 degrees
  - c. 45 degrees
  - d. 30 degrees
9. Which root tension test is most provocative?
  - a. Sicard's
  - b. Turyn's
  - c. SLR
  - d. Bragard's
10. Which root tension test produces radicular pain in the contralateral lower extremity?
  - a. Fajersztajn's
  - b. SLR
  - c. Bragard's
  - d. Sicard's
11. Which tests are utilized to differentiate lumbar and sacroiliac conditions?
  - a. Supported Forward Bending Test
  - b. Kemp's
  - c. Goldthwaite's
  - d. Lindner's
12. Which orthopedic test indicates meningeal irritation when the hips flex with sharp, diffuse pain upon flexion of the cervical spine?
  - a. Kemp's
  - b. Piriformis test
  - c. Goldthwaite's
  - d. Lindner's
13. When a patient with a lumbar disc lesion leans away from the lesion to attain relief, which type of lumbar discopathy is present?
  - a. Central
  - b. Medial
  - c. Lateral
  - d. Prolapsed
14. When a patient with sciatic radiculopathy flexes at the waist, which lower extremity will flex at the knee?
  - a. Affected
  - b. Contralateral
  - c. Right
  - d. Left
15. When performing a positive Fajersztajn's test with the well leg, which type of discopathy is suspected?
  - a. Lateral
  - b. Central
  - c. Medial
  - d. Fragmented

16. Which positive tension test for sciatic radiculopathy would indicate the most severe irritation?
  - a. SLR
  - b. Bragard's
  - c. Sicard's
  - d. Bechterew's
17. When a patient with sciatic radiculopathy presents with his right hand on the lumbar spine and the left hand on the flexed left thigh, which side is symptomatic expressive?
  - a. Right
  - b. Contralateral
  - c. Ipsilateral
  - d. Left
18. When the patient experiences low back pain with 80 degrees of SLR, which anatomical structures are involved?
  - a. Disc
  - b. Lumbar zygapophyseal joints
  - c. Sacroiliac joint
  - d. Piriformis muscle
19. Which anatomical structures would be involved with sciatic pain at 20 degrees of SLR?
  - a. Disc
  - b. Lumbar zygapophyseal joints
  - c. Sacroiliac joint
  - d. Piriformis muscle
20. Femoral nerve traction test would stretch which of the following nerve roots?
  - a. L1-2
  - b. L2-3
  - c. L3-4
  - d. L4-5
21. Kemp's Test may irritate the sciatic nerve on the contralateral side of oblique bending with which of the following disc lesions?
  - a. Medial disc
  - b. Lateral disc
  - c. Central disc
  - d. Disc bulge
22. Kemp's Test may irritate the sciatic nerve on the ipsilateral side of oblique bending with which of the following disc lesions?
  - a. Medial disc
  - b. Lateral disc
  - c. Central disc
  - d. Disc bulge