

Orthopedics and Neurology DX 612
Postural Assessment Homework

1. Why does the patient with postural distortions believe that he/she is unaware of a postural distortion?
 - a. Stupidity
 - b. Lack of training
 - c. Brain mapping
 - d. Lack of good habits
2. Why is body posture important to a biped's health status?
 - a. Clothes fit better
 - b. Reduced stress
 - c. Improves energy level
 - d. All of the above
3. When a patient presents with a winged scapula, which muscles would probably be tight?
 - a. Serratus anterior
 - b. Upper trapezius
 - c. Rhomboids
 - d. Piriformis
4. Which type of scoliosis responds best to conservative chiropractic interventions?
 - a. Structural
 - b. Congenital
 - c. Acquired
 - d. None
5. What would produce a pelvic tilting or pelvic obliquity?
 - a. Wedged vertebrae
 - b. Muscle dysfunction
 - c. Congenital anomalies
 - d. Acute torticollis
6. When you inspect a patient with Genu Valga or knock-knees, you might expect to observe one of the following findings.
 - a. Pronation of ankles
 - b. Lateral shifting of patellae
 - c. Hallux valgus
 - d. Hammer toes
7. What would be the long-term outcome of poor posture?
 - a. Acute low back pain
 - b. Acute shoulder pain
 - c. Degenerative joint and disc disease
 - d. Maternal memories
8. Which of the four posture types does not display forward head carriage?
 - a. Kypho-lordotic
 - b. Swayback
 - c. Flatback
 - d. Military

