

LEVEL ONE EXAMINATION SAMPLE QUESTIONS

Which of the following pairs of factors represent nonorganic indicators according to Waddell?

- A. overreaction and hostility
- B. distraction and depression
- C. **simulation and regional disturbances**
- D. tenderness and forgetfulness

A basic tenant of a chronic low back pain rehabilitation program is?

- A. avoiding pain during the rehabilitation session
- B. working on extremity strengthening prior to spinal strengthening
- C. educating the patient that the pain is primarily psychologically based
- D. **setting functional goals, not pain reduction goals**

The stress/strain curve explains the mechanics of the relationship between:

- A. compression and torsional forces
- B. **external load and tissue deformation**
- C. external load and tissue reconstruction
- D. tissue deformation and reconstruction

Which of the following functional tests are used to measure iliopsoas length?

- A. hip abduction
- B. **modified Thomas test**
- C. hip rotation
- D. knee flexion

When differentiating between levator scapula and upper trapezius muscle tightness, which of the following movements is performed differently?

- A. **rotation**
- B. side bending
- C. shoulder depression
- D. strength of contraction