OPP Example Questions

1) In a patient with low back pain, L5 is flexed and sidebent right. Which of the following is true?
   
   A) You would expect L5 to rotate easily to the left, based on the laws of Type 2 spinal mechanics.
   
   B) You would expect L5 to sidebend easily to the right, based on the laws of Type 1 spinal mechanics.
   
   C) You would expect L5 to resist right rotation in the flexed position.
   
   D) You would expect the right transverse process of L5 to become more posterior as you go from flexion to extension.
   
   E) You would expect the sacrum to be rotated left, along the left oblique axis, if a torsion was present.

2) Manipulation of which spinal segments may decrease blood pressure by decreasing fluid retention? *Think about Chapman’s Reflex Points*
   
   A) C5-C7
   
   B) T5-T9
   
   C) T10-L1
   
   D) T12 on the Right
   
   E) L2-L5

3) You are consulted to see a severely debilitated 87 year old male with complaints of mid-thoracic pain. He was in the ICU for 3 weeks and was recently transferred to the Med/Surg floor. He has a history of COPD and Prostate cancer with vertebral metastasis. Which osteopathic technique would be best suited for this patient?
   
   A) Muscle Energy
   
   B) Lymphatic Pump
   
   C) HVLA
   
   D) Articulatory
   
   E) Indirect Myofascial Release

4) Which of the following tests medial and lateral collateral ligament damage of the knee?
   
   A) Anterior and Posterior Draw Tests
   
   B) Apley’s Distraction and Compression Tests
   
   C) Varus and Valgus Tests
   
   D) McMurry’s and Lachman’s Tests
   
   E) Spencer Tests
5) A 30 year old male runner presents with left-sided low back and left hip pain. The pain started yesterday after an 8 mile run. The pain is sharp but does not radiate into the lower extremities. On exam, you notice tenderness over the left SI joint, a positive seated flexion test on the left, the sacral sulcus on the left is anterior, while the right ILA is posterior and inferior. Based on the information given, what is your most likely diagnosis?

A) Left sacral rotation on a left oblique axis (L on L)
B) Left sacral rotation on a right oblique axis (L on R)
C) Right sacral rotation on a left oblique axis (R on L)
D) Right sacral rotation on a right oblique axis (R on R)
E) Unilateral sacral flexion on the right (USFR)

6) The end point at which a patient can actively move any given joint is defined as?

A) A physiologic barrier
B) An anatomic barrier
C) A restrictive/pathologic barrier
D) A rotational barrier
E) An elastic barrier