

## Back Pain Quiz: 100 Multiple-Choice Questions

1. What is one of the most common causes of lower back pain?

- A. Ear infection
- B. Muscle strain
- C. Kidney failure
- D. Cataracts

2. Which part of the spine is most commonly associated with lower back pain?

- A. Cervical spine
- B. Thoracic spine
- C. Lumbar spine
- D. Sacral spine

3. What is sciatica?

- A. A skin infection
- B. Pain caused by irritation of the sciatic nerve
- C. A heart condition
- D. A stomach disorder

4. Which activity may increase the risk of back pain?

- A. Proper stretching
- B. Regular walking
- C. Poor lifting technique
- D. Balanced nutrition

5. Which symptom may indicate a serious back problem?

- A. Mild soreness after exercise
- B. Temporary stiffness
- C. Loss of bladder control
- D. Muscle fatigue

6. What is a herniated disc?

- A. A broken bone
- B. A torn ligament
- C. A disc that bulges or ruptures
- D. A skin rash

7. Which imaging test is commonly used to evaluate soft tissues in the spine?

- A. Ultrasound
- B. MRI
- C. Mammogram
- D. PET scan

8. Which posture helps reduce back strain while sitting?

- A. Slouching forward
- B. Sitting without back support
- C. Keeping feet flat on the floor
- D. Twisting frequently

9. What type of exercise is often recommended for chronic back pain?

- A. Heavy weightlifting only
- B. Bed rest only
- C. Low-impact exercise
- D. No exercise at all

10. Which structure acts as a cushion between vertebrae?

- A. Tendons
- B. Ligaments
- C. Intervertebral discs
- D. Cartilage plates

11. What is osteoporosis?

- A. Muscle inflammation

- B. Weakening of bones
- C. Nerve swelling
- D. Joint infection

12. Which sleeping position may reduce lower back pain?

- A. Sleeping on the stomach
- B. Sleeping with twisted hips
- C. Sleeping on the back with knee support
- D. Sleeping upright only

13. Which profession may have a higher risk of back pain?

- A. Lifeguards
- B. Construction workers
- C. Artists
- D. Librarians

14. What is spinal stenosis?

- A. Narrowing of the spinal canal
- B. Bone infection
- C. Torn muscle
- D. Hip dislocation

15. Which vitamin is important for bone health?

- A. Vitamin C
- B. Vitamin D
- C. Vitamin K only
- D. Vitamin B12

16. What is a common symptom of a lumbar disc herniation?

- A. Ear pain
- B. Leg pain
- C. Vision loss
- D. Finger swelling

17. Which factor can worsen chronic back pain?

- A. Good posture
- B. Smoking
- C. Stretching
- D. Hydration

18. What does "acute back pain" mean?

- A. Pain lasting years
- B. Pain lasting less than 6 weeks
- C. Permanent pain
- D. Pain caused by infection only

19. Which healthcare provider commonly treats back pain?

- A. Dermatologist
- B. Orthopedic specialist
- C. Ophthalmologist
- D. Audiologist

20. Which habit may help prevent back pain?

- A. Regular exercise
- B. Smoking daily
- C. Slouching
- D. Avoiding movement

21. What is the sciatic nerve?

- A. A blood vessel
- B. The largest nerve in the body
- C. A muscle in the spine
- D. A tendon in the leg

22. Which symptom is common with muscle strain?

- A. Fever
- B. Localized soreness

- C. Blindness
- D. Hearing loss

23. Which body structure stabilizes joints?

- A. Ligaments
- B. Nerves
- C. Veins
- D. Skin

24. Which condition involves abnormal spine curvature?

- A. Scoliosis
- B. Diabetes
- C. Bronchitis
- D. Arthritis only

25. Which type of mattress may support back health?

- A. Extremely soft mattress
- B. Medium-firm mattress
- C. Broken mattress
- D. Uneven mattress

26. What is chronic back pain?

- A. Pain lasting more than 12 weeks
- B. Pain from exercise only
- C. Pain lasting one day
- D. Pain caused only by fractures

27. Which imaging test is best for detecting fractures?

- A. X-ray
- B. MRI only
- C. Ultrasound
- D. ECG

28. Which symptom may accompany nerve compression?

- A. Tingling
- B. Improved balance
- C. Better hearing
- D. Rash only

29. What is one goal of physical therapy for back pain?

- A. Immobilization forever
- B. Improve strength and flexibility
- C. Cause fatigue
- D. Prevent all movement

30. Which condition is associated with age-related spinal wear?

- A. Degenerative disc disease
- B. Flu
- C. Migraine only
- D. Asthma

31. Which movement should be avoided during severe acute back pain?

- A. Gentle walking
- B. Sudden twisting
- C. Stretching carefully
- D. Light movement

32. What is kyphosis?

- A. Excessive forward curvature of the upper spine
- B. Leg fracture
- C. Kidney disease
- D. Nerve infection

33. Which over-the-counter medication may help mild back pain?

- A. Ibuprofen
- B. Antibiotics

- C. Antifungal medication
- D. Chemotherapy

34. Which muscle group is important for spinal support?

- A. Core muscles
- B. Jaw muscles
- C. Eye muscles
- D. Finger muscles

35. Which condition may cause back pain and fever?

- A. Spinal infection
- B. Simple strain
- C. Mild fatigue
- D. Dry skin

36. What is a compression fracture?

- A. Muscle tear
- B. Collapsed vertebra
- C. Nerve inflammation
- D. Ligament strain

37. Which activity can improve flexibility?

- A. Yoga
- B. Smoking
- C. Bed rest only
- D. Overeating

38. Which spinal region supports the neck?

- A. Lumbar
- B. Sacral
- C. Cervical
- D. Coccygeal

39. Which condition is inflammation of spinal joints?

- A. Spondylitis
- B. Tendinitis
- C. Bronchitis
- D. Gastritis

40. What is a common sign of poor posture?

- A. Neutral spine alignment
- B. Rounded shoulders
- C. Strong core muscles
- D. Balanced stance

41. Which test measures nerve function?

- A. EMG
- B. Blood pressure test
- C. Vision exam
- D. Hearing test

42. Which factor may increase disc degeneration?

- A. Aging
- B. Adequate hydration
- C. Stretching
- D. Good posture

43. What is lordosis?

- A. Excessive inward spinal curvature
- B. Bone infection
- C. Muscle rupture
- D. Shoulder injury

44. Which symptom often requires immediate medical attention?

- A. Mild soreness
- B. Sudden leg weakness
- C. Temporary stiffness

D. Mild fatigue

45. Which body weight condition may contribute to back pain?

A. Healthy weight

B. Obesity

C. Hydration

D. Flexibility

46. Which therapy uses spinal adjustments?

A. Chiropractic therapy

B. Chemotherapy

C. Radiation therapy

D. Dialysis

47. Which symptom is commonly associated with sciatica?

A. Pain radiating down one leg

B. Ear ringing

C. Tooth pain

D. Rash

48. What is a risk of prolonged bed rest for back pain?

A. Improved muscle strength

B. Muscle weakness

C. Faster recovery always

D. Increased flexibility

49. Which spinal structure protects the spinal cord?

A. Vertebrae

B. Tendons

C. Arteries

D. Cartilage only

50. Which symptom may indicate kidney-related back pain?

- A. Pain with urination
- B. Improved mobility
- C. Neck stiffness only
- D. Blurred vision

51. Which exercise strengthens the core?

- A. Planks
- B. Sleeping
- C. Smoking
- D. Watching television

52. What is ankylosing spondylitis?

- A. A fungal infection
- B. An inflammatory spinal disease
- C. A heart disorder
- D. A skin condition

53. Which type of pain is often described as sharp and shooting?

- A. Nerve pain
- B. Muscle fatigue
- C. Mild soreness
- D. Bruising

54. Which lifestyle habit supports spinal health?

- A. Staying active
- B. Smoking heavily
- C. Avoiding exercise
- D. Poor posture

55. Which condition involves wear-and-tear arthritis of the spine?

- A. Osteoarthritis
- B. Pneumonia
- C. Hepatitis
- D. Eczema

56. What is the coccyx commonly called?

- A. Shoulder blade
- B. Tailbone
- C. Kneecap
- D. Collarbone

57. Which condition can result from repetitive heavy lifting?

- A. Muscle strain
- B. Cataracts
- C. Sinus infection
- D. Hearing loss

58. Which symptom may suggest spinal cord compression?

- A. Balance problems
- B. Improved coordination
- C. Sneezing only
- D. Dry mouth

59. Which healthcare professional specializes in rehabilitation?

- A. Physiatrist
- B. Dentist
- C. Optometrist
- D. Pharmacist

60. Which condition may cause pain after a traumatic injury?

- A. Spinal fracture
- B. Allergy
- C. Ear infection
- D. Common cold

61. Which habit may reduce workplace back injuries?

- A. Ergonomic workstation setup

- B. Slouching all day
- C. Ignoring posture
- D. Twisting while lifting

62. What is radiculopathy?

- A. Kidney disease
- B. Nerve root irritation
- C. Skin inflammation
- D. Muscle cramp only

63. Which symptom commonly accompanies inflammation?

- A. Swelling
- B. Improved flexibility
- C. Better posture
- D. Weight gain only

64. Which nutrient is essential for muscle function?

- A. Potassium
- B. Plastic
- C. Chlorine gas
- D. Mercury

65. Which condition is characterized by widespread musculoskeletal pain?

- A. Fibromyalgia
- B. Cataracts
- C. Tuberculosis only
- D. Influenza

66. Which type of doctor performs spinal surgery?

- A. Neurosurgeon
- B. Dermatologist
- C. Psychiatrist
- D. Allergist

67. Which exercise is generally low-impact?

- A. Swimming
- B. Jumping from heights
- C. Sprinting constantly
- D. Heavy twisting exercises

68. Which symptom may occur with severe nerve compression?

- A. Numbness
- B. Better reflexes
- C. Improved mobility
- D. Increased hearing

69. What is the primary function of spinal discs?

- A. Produce blood
- B. Cushion vertebrae
- C. Digest food
- D. Filter toxins

70. Which factor may contribute to poor posture?

- A. Weak core muscles
- B. Regular stretching
- C. Balanced sitting posture
- D. Ergonomic support

71. Which symptom is common with arthritis-related back pain?

- A. Morning stiffness
- B. Sudden blindness
- C. Hair loss
- D. Ear discharge

72. Which action helps protect the back while lifting?

- A. Bend at the knees

- B. Twist rapidly
- C. Lift with the back only
- D. Hold objects far away

73. Which condition may result from poor posture over time?

- A. Chronic muscle tension
- B. Improved alignment
- C. Better flexibility
- D. Enhanced balance only

74. Which test may detect osteoporosis?

- A. Bone density scan
- B. ECG
- C. Vision screening
- D. Allergy test

75. Which symptom is associated with lumbar stenosis?

- A. Leg pain while walking
- B. Toothache
- C. Ear pain
- D. Rash on hands

76. What is the sacrum?

- A. A shoulder bone
- B. A triangular bone at the base of the spine
- C. A hand bone
- D. A skull bone

77. Which symptom may indicate inflammation of spinal joints?

- A. Stiffness
- B. Improved flexibility
- C. Better balance
- D. Hair growth

78. Which lifestyle factor may improve recovery from back pain?

- A. Adequate sleep
- B. Smoking
- C. Constant inactivity
- D. Poor nutrition

79. Which spinal region is attached to the ribs?

- A. Cervical
- B. Thoracic
- C. Lumbar
- D. Sacral

80. Which symptom may suggest a herniated cervical disc?

- A. Arm numbness
- B. Toe infection
- C. Knee swelling only
- D. Abdominal rash

81. Which condition can cause inflammation in the sacroiliac joints?

- A. Sacroiliitis
- B. Pneumonia
- C. Migraine
- D. Bronchitis

82. Which type of footwear may support spinal alignment?

- A. Supportive shoes
- B. Worn-out shoes
- C. Shoes without cushioning
- D. Uneven footwear

83. Which condition involves narrowing where nerves exit the spine?

- A. Foraminal stenosis

- B. Asthma
- C. Tendinitis
- D. Gastritis

84. Which symptom is common after overexertion?

- A. Muscle soreness
- B. Sudden deafness
- C. Blindness
- D. Tooth decay

85. Which factor may increase injury risk during sports?

- A. Lack of warm-up
- B. Stretching
- C. Hydration
- D. Proper technique

86. Which condition may require emergency surgery?

- A. Cauda equina syndrome
- B. Mild strain
- C. Muscle fatigue
- D. Simple stiffness

87. Which imaging method uses magnetic fields?

- A. MRI
- B. X-ray
- C. CT only
- D. Ultrasound only

88. Which symptom may accompany spinal arthritis?

- A. Reduced flexibility
- B. Better mobility
- C. Improved posture
- D. Increased energy only

89. Which structure connects muscle to bone?

- A. Tendon
- B. Ligament
- C. Nerve
- D. Vein

90. Which exercise may improve posture?

- A. Stretching exercises
- B. Constant sitting
- C. Slouching
- D. Bed rest only

91. Which symptom may suggest infection-related back pain?

- A. Fever and chills
- B. Improved strength
- C. Increased flexibility
- D. Better appetite only

92. Which condition is commonly linked to aging and spinal degeneration?

- A. Osteoarthritis
- B. Chickenpox
- C. Appendicitis
- D. Tonsillitis

93. Which activity may worsen back pain during recovery?

- A. Heavy lifting
- B. Gentle walking
- C. Stretching carefully
- D. Maintaining posture

94. Which condition may cause shooting pain into the arm?

- A. Cervical radiculopathy

- B. Foot fracture
- C. Gastritis
- D. Conjunctivitis

95. Which strategy may reduce chronic pain flare-ups?

- A. Consistent exercise
- B. Complete inactivity
- C. Smoking
- D. Poor posture

96. Which body system includes the spinal cord?

- A. Nervous system
- B. Digestive system
- C. Respiratory system
- D. Endocrine system

97. Which symptom may occur with spinal nerve irritation?

- A. Burning pain
- B. Better reflexes
- C. Hair growth
- D. Improved balance

98. Which preventive measure supports spinal health?

- A. Maintaining healthy weight
- B. Smoking regularly
- C. Avoiding movement
- D. Poor lifting habits

99. Which condition can lead to stiffness and reduced spinal movement?

- A. Ankylosing spondylitis
- B. Sinusitis
- C. Flu
- D. Cataracts

100. What is one of the best long-term strategies for preventing back pain?

- A. Regular exercise and proper posture
- B. Constant bed rest
- C. Ignoring pain
- D. Avoiding all movement