

Degenerative Disc Disease: 100-Question Multiple-Choice Quiz

1. What is Degenerative Disc Disease (DDD)?
 - A. A contagious spinal infection
 - B. A condition involving gradual wear and tear of spinal discs
 - C. A type of bone cancer
 - D. A congenital spinal deformity
2. Which part of the spine is most commonly affected by DDD?
 - A. Cervical and lumbar regions
 - B. Sacrum only
 - C. Coccyx only
 - D. Skull base
3. What is the primary function of intervertebral discs?
 - A. Produce blood cells
 - B. Connect muscles to bones
 - C. Act as shock absorbers between vertebrae
 - D. Generate nerve impulses
4. What is the outer layer of an intervertebral disc called?
 - A. Nucleus pulposus
 - B. Annulus fibrosus
 - C. Endplate
 - D. Synovium
5. What is the gel-like center of the intervertebral disc called?
 - A. Ligamentum flavum
 - B. Facet capsule
 - C. Nucleus pulposus
 - D. Vertebral body
6. Which factor is most strongly associated with DDD?

- A. Aging
- B. Seasonal allergies
- C. Eye strain
- D. Ear infections

7. What happens to spinal discs as people age?

- A. They increase in water content
- B. They become stronger and thicker
- C. They lose hydration and flexibility
- D. They turn into bone

8. Which structure separates one vertebra from another?

- A. Tendon
- B. Cartilage disc
- C. Bursa
- D. Fascia

9. Which spinal region supports most body weight?

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

10. DDD most commonly causes what type of pain?

- A. Sharp abdominal pain
- B. Chronic neck or back pain
- C. Tooth pain
- D. Eye pain

11. Which activity may worsen symptoms of lumbar DDD?

- A. Sitting for long periods
- B. Gentle stretching
- C. Walking short distances
- D. Swimming

12. Which imaging test is most useful for evaluating disc degeneration?

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

13. Which symptom may occur if a degenerated disc irritates a nerve root?

- A. Hair loss
- B. Tingling or numbness
- C. Blurred vision
- D. Rash

14. What is another term commonly associated with DDD?

- A. Disc degeneration
- B. Bone infection
- C. Muscle rupture
- D. Kidney disease

15. Which profession may increase the risk of DDD?

- A. Heavy construction work
- B. Librarian work only
- C. Jewelry making only
- D. Singing only

16. Smoking increases the risk of DDD because it:

- A. Improves circulation
- B. Reduces disc nutrition and blood supply
- C. Strengthens vertebrae
- D. Increases hydration

17. Which symptom is common in cervical DDD?

- A. Neck stiffness
- B. Toe fracture
- C. Hearing loss
- D. Stomach cramps

18. Which spinal condition may develop alongside DDD?

- A. Herniated disc
- B. Cataracts
- C. Asthma
- D. Tonsillitis

19. What is sciatica?

- A. An infection of the foot
- B. Pain radiating along the sciatic nerve
- C. A shoulder disorder
- D. An eye disease

20. Which lifestyle factor may help prevent worsening DDD?

- A. Regular exercise
- B. Smoking
- C. Prolonged bed rest
- D. Poor posture

21. What type of pain is often associated with DDD?

- A. Mechanical pain
- B. Cardiac pain
- C. Phantom pain
- D. Referred dental pain

22. Which spinal structure protects the spinal cord?

- A. Vertebrae
- B. Tendons
- C. Cartilage of the knee

D. Fingernails

23. What does "degenerative" mean in DDD?

- A. Infectious
- B. Progressive deterioration over time
- C. Congenital
- D. Temporary swelling

24. Which age group is most commonly affected by DDD?

- A. Older adults
- B. Newborns
- C. Toddlers
- D. Preschool children

25. Which symptom can indicate nerve compression from DDD?

- A. Muscle weakness
- B. Increased appetite
- C. Sneezing
- D. Hiccups

26. Which symptom is most characteristic of lumbar DDD?

- A. Lower back pain
- B. Ear pain
- C. Jaw locking
- D. Nasal congestion

27. Pain from cervical DDD may radiate into the:

- A. Arms and shoulders
- B. Abdomen only
- C. Knees only
- D. Ankles only

28. Which symptom may suggest spinal nerve irritation?

- A. Tingling sensation
- B. Improved reflexes only
- C. Increased hair growth
- D. Tooth sensitivity

29. Which diagnostic tool uses magnets and radio waves?

- A. MRI
- B. X-ray
- C. CT without imaging
- D. Blood pressure cuff

30. Which imaging test is best for viewing bones?

- A. X-ray
- B. EEG
- C. Spirometry
- D. Echocardiogram

31. Which movement may worsen lumbar DDD symptoms?

- A. Bending and twisting
- B. Sleeping briefly
- C. Gentle walking
- D. Deep breathing

32. Which symptom is commonly relieved by changing position?

- A. Mechanical back pain
- B. Appendicitis pain
- C. Migraine aura
- D. Tooth decay

33. Which physical examination finding may occur in DDD?

- A. Reduced range of motion
- B. Blue skin discoloration
- C. Enlarged spleen
- D. Double vision

34. What does numbness suggest in DDD?

- A. Possible nerve involvement
- B. Better circulation
- C. Improved muscle strength
- D. Increased bone density

35. Which symptom requires urgent medical attention?

- A. Loss of bladder control
- B. Mild stiffness
- C. Temporary soreness
- D. Minor fatigue

36. Which condition may mimic DDD symptoms?

- A. Muscle strain
- B. Sunburn
- C. Ear infection
- D. Conjunctivitis

37. Which test may assess nerve function?

- A. Electromyography (EMG)
- B. Vision test
- C. Allergy test
- D. Pregnancy test

38. What may worsen DDD pain in the morning?

- A. Stiffness after inactivity
- B. Improved circulation
- C. Eating breakfast
- D. Drinking water

39. Which symptom may improve with walking?

- A. Mild lumbar stiffness

- B. Severe infection
- C. Tooth abscess
- D. Earwax buildup

40. Which factor helps diagnose DDD?

- A. Patient history
- B. Hair color
- C. Blood type
- D. Eye dominance

41. Which symptom is associated with nerve compression in the neck?

- A. Arm weakness
- B. Foot rash
- C. Abdominal bloating
- D. Nosebleeds

42. Which symptom is associated with lumbar nerve compression?

- A. Leg pain
- B. Ear ringing
- C. Finger fracture
- D. Gum swelling

43. Which diagnostic procedure may involve contrast dye?

- A. Discography
- B. Spirometry
- C. Hearing test
- D. Colonoscopy

44. Which symptom pattern is typical of DDD?

- A. Intermittent flare-ups
- B. Constant fever
- C. Sudden blindness
- D. Persistent rash

45. Which activity may reduce DDD discomfort?

- A. Low-impact exercise
- B. Heavy lifting
- C. Jumping repeatedly
- D. Long-term immobility

46. Which imaging test provides cross-sectional images?

- A. CT scan
- B. Stethoscope exam
- C. Thermometer reading
- D. Vision screening

47. Which symptom may indicate severe nerve damage?

- A. Progressive weakness
- B. Temporary thirst
- C. Sneezing
- D. Hiccups

48. Which posture commonly worsens cervical DDD symptoms?

- A. Forward head posture
- B. Neutral alignment
- C. Standing upright
- D. Relaxed walking

49. Which symptom often improves when lying down?

- A. Disc-related back pain
- B. Migraine aura
- C. Ear infection pain
- D. Sinus pressure

50. Which healthcare provider commonly treats DDD?

- A. Orthopedic specialist
- B. Dermatologist only

- C. Ophthalmologist only
- D. Podiatrist only

51. What is usually the first-line treatment for DDD?

- A. Conservative treatment
- B. Immediate surgery
- C. Chemotherapy
- D. Radiation therapy

52. Which medication type is commonly used for DDD pain?

- A. NSAIDs
- B. Antibiotics only
- C. Antifungals only
- D. Antimalarials

53. Physical therapy primarily aims to:

- A. Improve strength and flexibility
- B. Eliminate all movement
- C. Weaken muscles
- D. Reduce oxygen intake

54. Which exercise type is often recommended for DDD?

- A. Core strengthening
- B. Heavy powerlifting only
- C. Contact sports only
- D. High-impact jumping

55. Which treatment may reduce inflammation around nerves?

- A. Epidural steroid injection
- B. Chemotherapy
- C. Dialysis
- D. Radiation

56. Which habit may help manage DDD symptoms?

- A. Maintaining healthy posture
- B. Slouching constantly
- C. Smoking heavily
- D. Ignoring symptoms

57. Which therapy uses heat to relax muscles?

- A. Heat therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Light deprivation

58. Which therapy may reduce swelling after activity?

- A. Cold therapy
- B. Hot pepper therapy
- C. UV therapy
- D. Electric shock therapy

59. Which surgical procedure removes part of a damaged disc?

- A. Discectomy
- B. Tonsillectomy
- C. Appendectomy
- D. Hysterectomy

60. What is spinal fusion?

- A. Joining vertebrae together surgically
- B. Removing all spinal muscles
- C. Stretching ligaments permanently
- D. Replacing nerves with implants

61. Artificial disc replacement is designed to:

- A. Preserve motion between vertebrae
- B. Remove the spinal cord
- C. Weaken spinal muscles

D. Increase inflammation

62. Which treatment focuses on body mechanics?

- A. Ergonomic training
- B. Blood transfusion
- C. Dialysis
- D. Chemotherapy

63. Which sleeping position may help lumbar DDD?

- A. Sleeping with a pillow under the knees
- B. Sleeping face-down only
- C. Sleeping without support
- D. Sleeping while sitting upright permanently

64. Which activity should generally be avoided during flare-ups?

- A. Heavy lifting
- B. Gentle walking
- C. Stretching carefully
- D. Controlled exercises

65. Which type of exercise is considered low impact?

- A. Swimming
- B. Rugby
- C. Boxing
- D. Sprint jumping

66. Which healthcare professional commonly guides rehabilitation?

- A. Physical therapist
- B. Dentist
- C. Optometrist
- D. Veterinarian

67. Weight management may help DDD because it:

- A. Reduces spinal stress
- B. Weakens muscles
- C. Decreases circulation
- D. Increases inflammation

68. Which assistive device may improve posture at work?

- A. Ergonomic chair
- B. Crutches only
- C. Eye patch
- D. Wristwatch

69. Which treatment may help relax tight muscles?

- A. Massage therapy
- B. Radiation
- C. Chemotherapy
- D. Bloodletting

70. Which activity can strengthen spinal support muscles?

- A. Pilates
- B. Prolonged bed rest
- C. Heavy contact sports only
- D. Smoking

Correct Answer: A

Explanation: Pilates emphasizes core strength and posture.

71. Which factor may improve recovery from DDD?

- A. Consistent exercise adherence
- B. Complete inactivity
- C. Smoking more
- D. Ignoring medical advice

72. Which symptom may improve after surgery?

- A. Nerve compression pain
- B. Common cold symptoms
- C. Vision problems
- D. Ear infections

73. Which treatment goal is realistic for many DDD patients?

- A. Pain management and improved function
- B. Instant permanent cure in all cases
- C. Total elimination of aging
- D. Complete spinal immobility

74. Which habit may protect spinal discs?

- A. Proper lifting technique
- B. Twisting while lifting
- C. Sudden jerking motions
- D. Carrying loads unevenly

75. Which complementary approach may help some patients?

- A. Yoga
- B. Smoking
- C. Excessive bed rest
- D. Dehydration

76. Which complication may occur from severe DDD?

- A. Spinal stenosis
- B. Cataracts
- C. Kidney stones
- D. Asthma

77. What is spinal stenosis?

- A. Narrowing of the spinal canal
- B. Bone infection
- C. Muscle inflammation
- D. Tendon rupture

78. Which condition may result from unstable spinal segments?

- A. Spondylolisthesis
- B. Pneumonia
- C. Gastritis
- D. Sinusitis

79. Which nutrient is important for bone health?

- A. Calcium
- B. Sodium only
- C. Caffeine only
- D. Sugar only

80. Which vitamin supports calcium absorption?

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

81. Which habit may accelerate disc degeneration?

- A. Repetitive heavy lifting
- B. Gentle stretching
- C. Moderate walking
- D. Hydration

82. Which activity promotes spinal flexibility?

- A. Stretching exercises
- B. Long-term bed rest
- C. Smoking
- D. Avoiding movement entirely

83. Which factor contributes to better spinal alignment?

- A. Good posture

- B. Slouching
- C. Uneven lifting
- D. Poor workstation setup

84. Which symptom may suggest cervical nerve compression?

- A. Hand numbness
- B. Foot swelling only
- C. Nosebleeds
- D. Hair thinning

85. Which condition involves disc material pressing on nerves?

- A. Herniated disc
- B. Osteoporosis only
- C. Tendinitis
- D. Cellulitis

86. Which imaging finding is common in DDD?

- A. Disc space narrowing
- B. Enlarged lungs
- C. Broken jaw
- D. Kidney enlargement

87. Which exercise is generally safest during DDD recovery?

- A. Low-impact aerobic exercise
- B. Extreme weightlifting
- C. Repetitive jumping
- D. Collision sports

88. Which symptom may indicate inflammation around spinal structures?

- A. Localized tenderness
- B. Improved balance
- C. Increased appetite
- D. Better vision

89. Which factor may worsen pain perception in DDD?

- A. Stress
- B. Relaxation
- C. Adequate sleep
- D. Controlled exercise

90. Which relaxation method may benefit DDD patients?

- A. Mindfulness meditation
- B. Smoking cigarettes
- C. Dehydration
- D. Sleep deprivation

91. Which spinal structure can become arthritic with DDD?

- A. Facet joints
- B. Toenails
- C. Eyelids
- D. Fingerprints

92. Which symptom may occur with cervical spinal cord compression?

- A. Balance difficulties
- B. Tooth sensitivity
- C. Stomach ulcer
- D. Skin rash

93. Which factor can reduce risk of future flare-ups?

- A. Regular strengthening exercises
- B. Long-term inactivity
- C. Poor posture
- D. Smoking

94. Which body system is directly involved in DDD?

- A. Musculoskeletal system
- B. Digestive system only
- C. Endocrine system only
- D. Reproductive system only

95. Which structure may become compressed in advanced DDD?

- A. Nerve roots
- B. Liver cells
- C. Lung tissue
- D. Retinal vessels

96. Which lifestyle habit supports disc hydration?

- A. Staying hydrated
- B. Smoking
- C. Excess alcohol intake
- D. Severe sleep deprivation

97. Which term describes pain spreading from the spine into limbs?

- A. Radiculopathy
- B. Hypertension
- C. Dermatitis
- D. Tendinopathy

98. Which condition is a medical emergency related to severe lumbar nerve compression?

- A. Cauda equina syndrome
- B. Tennis elbow
- C. Carpal tunnel syndrome
- D. Seasonal allergies

99. Which long-term goal is important in DDD management?

- A. Maintaining mobility and function
- B. Avoiding all movement forever
- C. Permanent bed rest

D. Eliminating all physical activity

100. Which statement about DDD is most accurate?

- A. Many people can manage symptoms successfully with proper care
- B. Everyone with DDD becomes permanently disabled
- C. DDD only affects teenagers
- D. Surgery is always required immediately