

NPTE QUESTION: DISC HERNIATION



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SAMPLE NPTE QUESTION

A patient is being examined by a physical therapist for low back pain following a lifting injury that occurred seven days ago. All of the following are strongly predictive of a disc herniation EXCEPT?

- A. Positive cross over straight leg raise
- B. Prone instability test
- C. Severely limited straight leg raise
- D. Severely limited and painful trunk movements



BREAKDOWN OF ANSWER CHOICES

- A. Positive cross over straight leg raise
 - a. This special test is used as a predictor of a herniated disc and rules this diagnosis in if positive
- B. Prone instability test
 - a. Tests instability of the lumbar spine
- C. Severely limited straight leg raise
 - a. Special test used to determine a herniated disc
- D. Severely limited and painful trunk movements
 - a. Patient presentation that could suggest a herniated disc

ANSWER

B. Prone instability test



FINAL EXAM

NPTE PRO-TIP



- Read the question carefully
- Questions will have MOST, LEAST, EXCEPT bolded and capitalized
- Two answer choices having similar wording and tone (i.e. "severely" for C and D).