

Assessment for CFS Allied Health Education's
Pedorthic Exam Review – Volume II

- 1) Which of the following is the mechanism of injury for a lateral ankle sprain:
 - A. Eversion
 - B. Inversion
 - C. Eversion, torsion
 - D. Inversion, plantarflexion

- 2) Which of the following statements regarding ankle equinus is false?
 - A. May be associated with a short or tight Achilles tendon
 - B. At least 20 degrees of ankle dorsiflexion will be available
 - C. An early heel-off may be observed during gait
 - D. Will generally cause subtalar joint pronation during stance and gait

- 3) What preparation of a positive cast is done for the purpose of creating an orthotic device for a diabetic with an ulcer?
 - A. Add plaster to the negative cast in the area of the ulcer
 - B. Add plaster to the positive in the area of the ulcer
 - C. Remove plaster from the positive in the area of the ulcer.
 - D. None of the above.

- 4) A child with a hypermobile foot with excessive pronation and rearfoot mobility could be fitted into a _____ to best control the problem.
 - A. Functional polypropylene orthotic
 - B. UCBL
 - C. Accommodative orthotic
 - D. Straight last shoes

- 5) The preferred shoe type opening for severe edema:
 - A. Lace-to-toe
 - B. Velcro closure
 - C. Balmoral
 - D. Blucher

- 6) ABC defines a patient as:
 - A. A person having or requiring a prescription from a physician
 - B. A person who has a medical need
 - C. Any person who enters your facility
 - D. Pedorthists have clients, not patients

- 7) A Thomas bar is how wide from the anterior edge to the posterior edge:
 - A. 2 inches
 - B. 1¼ inches
 - C. ¾ inches
 - D. 4 inches

8) A young man comes into your facility with a prescription stating that he has genu varum and the foot is supinated and limited in motion. The prescription calls for sole and heel wedges but instructs you to place them where needed. Where should they be placed?

- A. Lateral sole wedge and medial heel wedge
- B. Medial sole and heel wedge
- C. Lateral sole and heel wedge
- D. Medial sole wedge and lateral heel wedge

9) Minimal range of motion of the ankle in dorsiflexion required for normal gait is:

- A. 50 degrees
- B. 30 degrees
- C. 10 degrees
- D. 17 degrees

10) Kohler's disease affects which bone in the foot:

- A. Third metatarsal
- B. Talus
- C. Calcaneus
- D. Navicular

11) A patient complains her foot orthotic is digging into her met heads; the orthotic is probably:

- A. Too wide
- B. Too narrow
- C. Too short
- D. Too long

12) The ultimate function of a foot orthosis is to:

- A. Decrease ground reaction forces upon the foot
- B. Align the calcaneus with the femur
- C. Allow end range motion
- D. Prevent the subtalar joint from unlocking

13) At heel strike the calcaneus is:

- A. Everted
- B. Inverted
- C. Neutral
- D. All of these

- 14) _____ is the difference between planned purchases and stock already ordered.
- A. Inventory in stock
 - B. Open to buy
 - C. Pipeline inventory
 - D. Profit margin
- 15) This type of orthosis acts to change impaired foot motion and re-establish normal foot function:
- A. Dynamic
 - B. Functional
 - C. Accommodative
 - D. Static
- 16) Molding an orthosis to the patients foot with a heat source is referred to as:
- A. Positive Model Molding
 - B. Negative Model Molding
 - C. Vacuum Forming
 - D. Direct Molding
- 17) When fitting a shoe, the person says the toe feels too short. Yet, when you check, the shoe fits long enough. What may the problem be? 1. Toe box too shallow 2. Width too wide 3. Wrong last 4. There is no problem
- A. 1 & 2
 - B. 1 & 3
 - C. 4 only
 - D. 2 & 3
- 18) For each progressive width size of a shoe the ball girth or volume measurement increases:
- A. 1/3 inch
 - B. 1/4 inch
 - C. 1/16 inch
 - D. 1/8 inch
- 19) Four irons is equal to what fraction of an inch?
- A. 1/12
 - B. 1/24
 - C. 1/48
 - D. 1/60
- 20) Achilles Tendonitis is also known as:
- A. Plantar Fasciitis
 - B. Heel Spurs
 - C. Sever's Disease
 - D. Peritendonitis