

Midwest School of Modern Pedorthics

Section Quiz: Custom Shoes and Shoe Modifications

1. When evaluating a patient for custom shoes, which of the following should you send to the manufacturer to get the best-fitting custom shoes?
 - a. Molds of patient's feet
 - b. Weightbearing tracings
 - c. Circumferential measurements
 - d. All of the above
2. Using _____ order forms helps to ensure good communication with the custom shoemaker and improves fabrication efficiency.
 - a. Generic custom shoe
 - b. Your own company's
 - c. The custom shoe manufacturer's
 - d. Old, outdated
3. A _____ shoe modification can be used to replace sagittal plane ankle motion lost due to an ankle fusion or use of a solid ankle AFO.
 - a. Severe angle, or Carville-type, rocker sole
 - b. Lateral heel and sole flare
 - c. Extended steel shank
 - d. Heel-to-toe rocker sole
4. While a _____ certainly provides additional frontal plane motion control of the hindfoot, a _____ provides even more.
 - a. Flare, stabilizer
 - b. Flare, wedge
 - c. Wedge, flare
 - d. Stabilizer, buttress
5. It is generally accepted that there are ____ unique types of rocker soles.
 - a. 3
 - b. 4
 - c. 6
 - d. 8
6. A full sole build-up for a limb-length discrepancy should include _____.
 - a. Appreciable toe rock
 - b. A steel shank
 - c. Forefoot wedging to correct gait
 - d. A SACH heel insert
7. The best choice of rocker sole to reduce pressure under the base of the fifth metatarsal is the _____ rocker sole.
 - a. Mild
 - b. Double
 - c. Negative heel
 - d. Heel-to-toe

8. The point at which the flat bottom, or midstance, of a rocker sole meets the proximal start of the forefoot rocker is called the ____.
- Cam rocker
 - Proximal apex
 - Distal apex
 - Metatarsal apex
9. Which of the following would be considered a contraindication for use of rocker soles?
- History of falls
 - History of forefoot ulcers
 - Peripheral neuropathy
 - Sphenopalatine ganglioneuralgia
10. Which of the following would be a contraindication for negative heel rocker soles specifically?
- Horripilation
 - A tendoachilles contracture
 - History of lachrymation
 - Toe-tip ulceration
11. ____ is a type of crude natural rubber sole characterized by a crinkled texture like crepe paper; it is cushiony, but not necessarily very durable.
- Neoprene
 - Leather
 - Crepe
 - Cork
12. Extended shanks can be made of steel, carbon composites and ____.
- Subortholene
 - Polyvinyl chloride
 - Polystyrene
 - Nylon
13. ____ are used to help correct some passively correctable foot deformities.
- Rocker soles
 - Wedges
 - Flares
 - Toe skater
14. Premature heel strike and/or forefoot slapping can be caused by unintentionally creating a ____ when modifying a shoe sole.
- Backflare
 - Limb length discrepancy
 - Kirby skive
 - Lateral heel wedge
15. Which shoe modification would be most helpful for a patient with a high instep and rigid, dorsally subluxed claw toes?
- Tie-to-Velcro® conversion
 - Bubble patch
 - Lace-to-toe conversion

d. SACH heel