

## Midwest School of Modern Pedorthics

### Section Quiz: Foot Orthoses

1. Hardness, or a material's resistance to permanent indentation, can be measured using a \_\_\_\_ device (which was invented by Albert Shore in the 1920s).
  - a. Multimeter
  - b. Durometer**
  - c. Oscilloscope
  - d. Autometer
2. Despite the fact that, ideally, all foot orthoses are functional, the term “functional foot orthosis” typically refers to a \_\_\_\_ type of device that is heavily preferred by the podiatric community.
  - a. Soft, accommodating
  - b. Flexible and conforming
  - c. Rigid, low-profile**
  - d. Foam and/or cork
3. The positive model of the foot used in foot orthosis fabrication is called the \_\_\_\_.
  - a. Cast**
  - b. Mold
  - c. Last
  - d. Impression
4. A \_\_\_\_ is a modification to the orthosis, while a \_\_\_\_ is a modification to the cast or positive model of the foot. They both serve to influence the frontal plane alignment/mechanics of the hindfoot.
  - a. Post, wedge
  - b. Wedge, skive**
  - c. Wedge, post
  - d. Skive, wedge
5. The total contact foot orthosis is typically fabricated \_\_\_\_.
  - a. Entirely of silicone
  - b. With rigid thermoplastic
  - c. From a cast with significant arch fill
  - d. Using semirigid materials**
6. In fabrication and manufacturing lingo, CAD stands for \_\_\_\_.
  - a. Computer-assisted development
  - b. Computer automated drafting
  - c. Computer-aided design**
  - d. Computer-assisted drawing
7. Which of the following methods of foot orthosis manufacture is the most efficient?
  - a. Traditional vacuum-forming
  - b. 3-D printing
  - c. Drape molding
  - d. CNC milling**

8. Which of the following materials could you reasonably assume to have the lowest Shore A hardness rating?
- a. #1 Plastzote®
  - b. Multicork
  - c. Copolymer polypropylene
  - d. EVA soling
9. Combining acrylic plastic with carbon fibers creates a rigid sheet material called \_\_\_\_.
- a. Polymide
  - b. Carboflex®
  - c. Polycarbonate
  - d. Spenco®
10. Optimal placement of a metatarsal pad has been shown to be approximately \_\_\_\_ proximal to the apex of the metatarsal head.
- a. 1/16"
  - b. 6.1mm – 10.6mm
  - c. 1/8"
  - d. 2 cm
11. An orthotic modification designed to offload the 1<sup>st</sup> metatarsal head, while transferring pressure to the lesser metatarsal heads is sometimes called a \_\_\_\_ pad.
- a. Tailor's
  - b. Bunion
  - c. Kirby
  - d. Dancer's
12. If a foot orthosis modification is incorporated into the device itself by virtue of alterations to the positive model rather than the finished device, it is referred to as being \_\_\_\_.
- a. Intrinsic
  - b. Extrinsic
  - c. Modular
  - d. Native
13. A distinctive and important feature of an orthosis prescribed for shin splints is \_\_\_\_.
- a. Rigid hindfoot control
  - b. A low-friction interface
  - c. Shock-attenuation under the plantar heel
  - d. A significant metatarsal pad
14. Modern functional foot orthosis design has its basis in the theories of \_\_\_\_.
- a. Merton Root, DPM
  - b. William Scholl, DPM
  - c. Jean-Marie Charcot
  - d. Dr. Thomas Morton
15. When dispensing a pedorthic device and you find that it makes the current shoe too snug, which of the following options is the *least* recommended?
- a. Fit patient in appropriate shoes.
  - b. Stretch current shoes, if shoes lend themselves to stretching and can be sufficiently stretched.

- c. Have patient return with wider/deeper/longer shoes.
- d. Dispense items as they are and hope that the shoes become more comfortable as time goes on.