

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?
- #1 Plastzote®
 - Multicork
 - Copolymer polypropylene
 - EVA soling
9. Combining acrylic plastic with carbon fibers creates a rigid sheet material called ____.
- Polymide
 - Carboflex®
 - Polycarbonate
 - Spenco®
10. Optimal placement of a metatarsal pad has been shown to be approximately ____ proximal to the apex of the metatarsal head.
- 1/16"
 - 6.1mm – 10.6mm
 - 1/8"
 - 2 cm
11. An orthotic modification designed to offload the 1st metatarsal head, while transferring pressure to the lesser metatarsal heads is sometimes called a ____ pad.
- Tailor's
 - Bunion
 - Kirby
 - 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 ____.
- Intrinsic
 - Extrinsic
 - Modular
 - Native
13. A distinctive and important feature of an orthosis prescribed for shin splints is ____.
- Rigid hindfoot control
 - A low-friction interface
 - Shock-attenuation under the plantar heel
 - A significant metatarsal pad
14. Modern functional foot orthosis design has its basis in the theories of ____.
- Merton Root, DPM
 - William Scholl, DPM
 - Jean-Marie Charcot
 - 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?
- Fit patient in appropriate shoes.
 - 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.