

Midwest School of Modern Pedorthics

Section Quiz: Foot and Ankle Pathology

1. Intense sharp heel pain with the first couple of steps in the morning or after other long periods without weight-bearing, also known as post-static dyskinesia, is a common presentation of _____.
 - a. Metatarsalgia
 - b. Tarsal tunnel syndrome
 - c. Plantar fasciitis
 - d. Plantar aponeurosis
2. Published research shows that which of the following type of foot orthoses is effective in treating plantar fasciitis?
 - a. Functional foot orthoses
 - b. Total contact foot orthoses
 - c. Prefabricated foot orthoses
 - d. All of the above
3. The term _____ broadly describes pain under the ball of the foot.
 - a. Metatarsalgia
 - b. Tenosynovitis
 - c. Tendinosis
 - d. Obdormition
4. A very commonly used treatment for pain under the ball of the foot is _____.
 - a. Heel lift
 - b. SACH
 - c. Metatarsal head offloading
 - d. Rigid shank
5. Sesamoiditis could be described as pain _____.
 - a. At the base of the 5th metatarsal
 - b. Under the 1st metatarsal head
 - c. At the calcaneal tubercle
 - d. Along the medial ankle and hindfoot
6. A _____ occurs secondary to a forceful hyperextension of the first MTP joint. Injury to the plantar plate of the great toe leads to pain with push-off and reduced agility.
 - a. Marfan's occlusion
 - b. Freiberg's infarction
 - c. Spring ligament rupture
 - d. Turf toe injury
7. An interdigital, or _____, neuroma most frequently occurs in the ____ webspace.
 - a. Morton's, 3rd
 - b. Merton's, 4th
 - c. Chopart's, 2nd
 - d. Roger's, 1st

8. ____ can be described as a marked collapse of the medial longitudinal arch, followed by progressive overall deformity of the foot and ankle complex.
- Posterior tibial tendon dysfunction
 - Pes rectus
 - Adult acquired flatfoot deformity
 - Rocker bottom foot
9. When observing a standing patient from directly behind, seeing more than the 5th and part of the 4th toe on the lateral side of the foot is known as the ____ sign.
- Peek-a-boo
 - Curly toes
 - Tinel's
 - Too many toes
10. A flexible, passively correctable ped planovalgus may be treated using a foot orthosis with ____.
- Medial hindfoot and lateral forefoot post
 - Full length lateral posting
 - Heel lift
 - Medial forefoot wedge
11. ____ is the most common form of metabolic arthritis.
- Psoriatic
 - Rheumatoid
 - Gout
 - Sarcoidosis
12. Smooth, bony growths, usually near joints are called ____.
- Accessory bones
 - Osteophytes
 - Sesamoids
 - Keratoids
13. ____ is a toe deformity that consists of contractures at both the proximal and distal interphalangeal joints.
- Claw toe
 - Mallet toe
 - Hammertoe
 - Bunionette
14. The underlying bony deformity associated with the formation of a bunion is known as ____.
- Hallux varus
 - Hallux rigidus
 - Hallux valgus
 - Hallux limitus
15. A lateral, or ____, is the most common type of ankle sprain.
- Pronation
 - Supination
 - Eversion
 - Inversion