

## Midwest School of Modern Pedorthics

### Section Quiz: Introduction and Anatomy

1. Pedorthic devices include all of the following *except*:
  - a. Custom shoes
  - b. Custom foot orthoses
  - c. Patellofemoral braces
  - d. Rocker soles
2. Whitman's Foot Brace and Dr. Scholl's Foot Eazer were early foot orthoses constructed from \_\_\_\_\_.
  - a. Thermoplastic
  - b. Steel
  - c. Cork
  - d. Fiberglass
3. ABC's \_\_\_\_\_ provision allows credentialed individuals to provide services beyond their defined scope of practice.
  - a. "Incident to"
  - b. Direct supervision
  - c. Assumed liability
  - d. Privileging
4. The two sesamoid bones found inferior to the head of the first metatarsal are referred to as the \_\_\_\_\_ and \_\_\_\_\_ sesamoids.
  - a. Tibial, fibular
  - b. Superior, inferior
  - c. Medial, lateral
  - d. Left, right
5. The triplanar motion of pronation consists of:
  - a. Plantarflexion, inversion and adduction
  - b. Dorsiflexion, inversion and adduction
  - c. Plantarflexion, eversion and abduction
  - d. Dorsiflexion, eversion and abduction
6. The distance between the heel strike of one lower limb to the next heel strike of the same lower limb is known as \_\_\_\_\_.
  - a. Step length
  - b. Stride length
  - c. Gait cycle
  - d. Cadence
7. The term *pes rectus* describes a \_\_\_\_\_ medial longitudinal arch.
  - a. Flattened, or collapsed
  - b. Very high
  - c. Rigid
  - d. Normal
8. The \_\_\_\_\_ is the largest bone in the foot.

- a. Talus
  - b. First metatarsal
  - c. **Calcaneus**
  - d. Cuboid
9. \_\_\_\_ are made of connective tissues comprised of very strong collagen fibers; most connect bone-to-bone to stabilize joints.
- a. **Ligaments**
  - b. Aponeuroses
  - c. Tendons
  - d. Fasciae
10. The deltoid ligament complex can be described as being located on the \_\_\_\_ aspect of the foot/ankle.
- a. Plantar
  - b. **Medial**
  - c. Lateral
  - d. Posterior
11. Skeletal muscles are also known as \_\_\_\_ muscles, since the tissue looks striped when viewed under magnification.
- a. Banded
  - b. Lineal
  - c. **Striated**
  - d. Variegated
12. Injuries to ligaments are called \_\_\_\_, while injuries to tendons are called \_\_\_\_.
- a. Pulls, pops
  - b. Strains, sprains
  - c. Pulls, strains
  - d. **Sprains, strains**
13. Broadly speaking, \_\_\_\_ muscles/tendons are located on the anterior calf and dorsum of the foot.
- a. **Dorsiflexor**
  - b. Invertor
  - c. Plantar flexor
  - d. Evertor
14. The Achilles tendon is formed by the *triceps surae* – a composite muscle made up of the two-headed \_\_\_\_ muscle and the \_\_\_\_ muscle.
- a. Tibialis posterior, tibialis anterior
  - b. **Gastrocnemius, soleus**
  - c. Peroneus longus, peroneus brevis
  - d. Rectus femoris, vastus medialis
15. Abnormal gait caused by pain is referred to as:
- a. Limping
  - b. Avoidance
  - c. Antalgic
  - d. **All of the above**