

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