

Midwest School of Modern Pedorthics

Section Quiz: Pedorthic Footwear

1. From a biomechanical standpoint, the ____ the shoe's heel is, the more normal the gait mechanics should be.
 - a. Higher
 - b. Lower
 - c. Softer
 - d. Firmer
2. Footwear designed for therapeutic, or pedorthic, applications will typically incorporate all of the following features *except* _____.
 - a. Additional depth
 - b. Multiple widths
 - c. Open toe box
 - d. Closure system (as opposed to slip-on design)
3. Research shows that as much as ____ of the US population is wearing shoes of incorrect size and/or width.
 - a. 25%
 - b. 50%
 - c. 60%
 - d. 80%
4. The rigid stiffener incorporated into the midsole of a shoe is known as the _____.
 - a. Shaft
 - b. Shankpiece
 - c. Midshank
 - d. Spanner
5. ____ is a closed lacing system, wherein the lace stays are not separated, but incorporated into, the vamp.
 - a. Balmoral opening
 - b. Blucher opening
 - c. Surgical opening
 - d. Oxford opening
6. ____ is a term that can be applied to either the upper heel area of a shoe upper, or to the stiffener incorporated into that section of the shoe to provide structural integrity and medial-lateral support around the hindfoot.
 - a. Collar
 - b. Stirrup
 - c. Counter
 - d. Foxing
7. The shoe ____ is the foot form that is used to set the shape of the shoe; it can be made of plastic, metal or wood. Each different toe shape, size, width, and/or heel height requires a different one.
 - a. Cast

- b. Mold
 - c. Pattern
 - d. Last
8. The ____ is a strip of leather, rubber, or plastic that runs along the perimeter of a shoe outsole. The machinery used for the process was invented in 1869 by Charles Goodyear Jr., the son of Charles Goodyear. Goodyear construction is time-consuming but is considered the best method of shoe construction.
- a. Foxing
 - b. Welt
 - c. Vamp
 - d. Collar
9. In the American Shoe Sizing System, the difference between a size 7 and a size 8 in the same style shoe is ____.
- a. $\frac{1}{3}$ "
 - b. $\frac{1}{2}$ "
 - c. $\frac{3}{8}$ "
 - d. $\frac{1}{4}$ "
10. Proper use of a Brannock Device® requires that a total of ____ measurements are taken.
- a. 2
 - b. 3
 - c. 4
 - d. 6
11. To confirm that a shoe is fitting properly, the pedorthist is looking to find at least ____ of room between the end of the longest toe and the front of the toe box.
- a. $\frac{1}{4}$ "
 - b. $\frac{3}{8}$ "- $\frac{1}{2}$ "
 - c. $\frac{3}{4}$ "-1"
 - d. 1" or more
12. It is advisable to split shoe sizes (mismatch) when the difference in size between the left and right foot is ____ or more.
- a. One half size
 - b. One full size
 - c. One and a half sizes
 - d. Two sizes
13. A ____ is used to stretch a shoe in a small, focalized area; also known as spot stretching.
- a. Ball-and-ring stretcher
 - b. Shoe tree-style stretcher
 - c. Benchtop boot stretcher
 - d. Semmes-Weinstein stretcher
14. "Diabetic" socks should be knitted with appropriate moisture wicking materials (not 100% ____).
- a. Modal materials
 - b. Cotton
 - c. Polymides

- d. Merino wool
15. Which measurement does the Ritz Stick fail to capture?
- a. Width
 - b. Heel-to-toe length
 - c. Overall length
 - d. Heel-to-ball, or arch, length