

## ***Management of the Adolescent Athlete by Foot Type***

### ***CEU Program Quiz***

*(Fill out answer sheet on page 3 and Payment Information on last page.)*

Name: \_\_\_\_\_

Credential #: \_\_\_\_\_

Date Completed: \_\_\_\_\_

**1) At what age bracket should a child's heel be vertical?**

- a) 1-5 y/o
- b) 6-8 y/o
- c) 9-12 y/o
- d) 13-16 y/o

**2) Long bones in the arms and legs grow from an area at either end called the physis, or growth plate.**

True [ ] or False [ ]

**3) Growth plates in kids close around the age:**

- a) Girls and boys 6-8
- b) Girls 6-8, boys 9-10
- c) Girls 13-15, boys 15-17
- d) Boys 13-15, girls 15-17

**4) Skeletal maturity is achieved when the growth plates ossify causing the epiphysis to fuse with the metaphysis to form one complete bone.**

True [ ] or False [ ]

**5) An A Quad foot is most accurately classified as:**

- a) Pes Cavus
- b) Pes Planus
- c) Fred Flintstone Feet
- d) Adult Acquired Flat Feet

**6) An F Quad foot is most accurately classified as:**

- a) Pes Cavus
- b) Pes Planus
- c) Fred Flintstone Feet
- d) Adult Acquired Flat Feet

**7) An C Quad foot is most accurately classified as:**

- a) Toe In Gait
- b) Linear Gait
- c) Toe Out Gait
- d) Abductory Twist

**8) An E Quad foot is most accurately classified as:**

- a) Toe In Gait
- b) Linear Gait
- c) Toe Out Gait
- d) Abductory Twist

**9) Which of the following are common pathologies associated with poor foot mechanics in youths:**

- a) Sever's Disease
- b) Osgood Schlatters Disease
- c) Sinding-Larsen Johnson Disease (SLJ or jumpers knee)
- d) Freiberg's Infraction
- e) All of the above

**10) Match the most common conditions to the most likely Quad Group:** (Fill in the letter of the Quad on the blank line for each condition. i.e., "A" for A Quad, "B" for B Quad, etc.)

	Shin Splints
	Patellofemoral syndrome
	Ankle Instability and Peroneus Longus Strains
	Sacral Problems
	Posterior Tibial Tendonitis
	Hip and Back Pain

*-end of "Management of Adolescent Athlete by Foot Type" quiz  
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