

Clinical Assessment & Orthotic Recommendations for the Cavus Foot

CEU Program Quiz

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

Name: _____

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1. The Latin Translation for “Pes Cavus” means:

- a. Flat Foot
- b. Solid Foot
- c. Hollow Foot
- d. Twisted Foot

2. The *Pes Cavus* foot is a multi-planar deformity consisting of all of the following components *EXCEPT*:

- a. An abnormally high medial longitudinal arch
- b. An everted hind foot
- c. A plantarflexed 1st metatarsal
- d. An Adducted Forefoot
- e. Claw Toes

3. Causes of *Pes Cavus* include:

- a. Heredity
- b. Congenital Causes
- c. Neuromuscular Disease
- d. Nerve Trauma
- e. All of the Above

4. Charcot-Marie-Tooth disease (CMT) is a peripheral nervous system disorder characterized by progressive loss of muscle tissue and touch sensation that may cause distal muscle weakness and clumsiness (*True or False*).

- a. True
- b. False

5. (Fill in the blank) When the uncompensated *rearfoot varus* couples with a _____ forefoot, it is then that we begin to see the appearance of the severe **cavus foot**.
- Valgus
 - Varus
6. A **forefoot valgus** causes the following toe sign:
- Too many toes laterally (abducted forefoot)
 - Neutral toe sign
 - Too many toes medially (adducted forefoot or peek-a-boo toes)
7. **Common cast modifications might include:**
- Extrinsic lateral forefoot posting
 - Medial rearfoot posting
 - Low heel cup
 - None of the above
8. **The uncompensated rearfoot varus often creates a large pinch callus on the hallux (True or False):**
- True
 - False
9. **Which of the following gait patterns is most likely observed in a cavus foot:**
- Narrow base gait like a tight rope walker
 - In toe gait pattern
 - Medial heel whip
 - Abducted wide base gait
10. **Which of the following symptoms commonly occur with a cavus foot:**
- Ankle instability and ankle sprains
 - Claw Toes
 - Peroneal Tendinitis
 - Knee Recurvatum
 - All of the above

*-end of "Clinical Assessment & Orthotic Recommendations for the Cavus Foot" Quiz
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