

Current Pedorthics CE Questions
Compensatory Effects of Foot Deformity

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1. What is the key to optimizing the outcome of pedorthic treatments, according to this article?
 - A. Proper footwear knowledge.
 - B. Realigning the leg.
 - C. Understanding the nature of the foot deformity and the compensatory effects it produces.
 - D. Understanding the nature of the shoe.
2. What body region, excluding the spine, has the greatest number of proprioceptive nerve endings to coordinate body movement, postural alignment and balance?
 - A. The brain.
 - B. The torso.
 - C. The heel.
 - D. The foot.
3. What two characteristics do two legged primates possess that make balance so precarious?
 - A. Arms and Legs.
 - B. A high center of gravity and small base of support.
 - C. Small feet and long legs.
 - D. Wide feet and hips.
4. Human's ability to sense changes in the position of the H.A.T. result in what phenomenon?
 - A. Fashion.
 - B. Maintenance of balance.
 - C. Arm swing.
 - D. Gait.
5. As the torso sways forward, which muscle groups activate in the lower leg?
 - A. Plantarflexors.
 - B. Dorsiflexors.
 - C. Evertors.
 - D. Inverters.
6. A weight shift towards the medial border of the foot causes the _____ to fire.
 - A. Gastrocnemius
 - B. Flexor digitorum longus
 - C. Tibialis anterior
 - D. Peroneals
7. An anterolateral vector of foot imbalance may be caused by which deformity?
 - A. Equinus
 - B. Pes planus
 - C. Hallux valgus
 - D. Forefoot valgus
8. Pedorthic treatment of a foot with a posterior vector of foot imbalance might be _____.
 - A. A heel lift.
 - B. A toe rise.
 - C. A negative heel.
 - D. None of the above.

9. A 5th ray cutout in a foot orthotic addresses a plantarflexed lateral column by allowing the force to shift to the medial posterior vector.
- A. True
 - B. False
10. The purpose of shoe and foot orthosis realignment therapies is to _____ .
- A. Not create any observable improvement in foot and limb alignment.
 - B. Create a more cosmetically appealing shoe and orthosis.
 - C. Restore a more centralized location of the vertical axis of limb loading.
 - D. Control transverse plane alignment of the foot and limb.

Current Pedorthics CE Answer Sheet and Payment Info
Compensatory Effects of Foot Deformity
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