

**Current Pedorthics CE Questions**  
**Efficacy of Arch Taping as a Symptomatic Treatment for Plantar Fasciitis**

*Please fax and return your answer sheet to PFA with Payment to receive CEPs for this webinar.*

1. The low-Dye taping technique refers to the use of non-colored tape to prevent allergic reactions when reinforcing foot and ankle structures with adhesive tape. True or False?
2. The tensile stress on the plantar fascia peaks during midstance in gait. True or False?
3. The tensile stress on the plantar fascia seems related to the windlass effect. True or False?
4. A windlass is a lifting machine which works by wrapping a line around a horizontal cylinder. True or False?
5. In the context of this article, the windlass mechanism of the foot utilizes the plantar fascia, calcaneus and 1<sup>st</sup> metatarsal head as it's three primary parts. True or False?
6. It is important that the tape be applied perpendicular to the anatomical alignment of the plantar fascia. True or False?
7. The application of the tape as described in this article includes extending it to cover the metatarsal heads which differs it from the application described in some previous literature. True or False?
8. Controlling the excessive pronation of the foot with a taping technique occurs primarily after the heel leaves the ground. True or False?
9. The hypothesis for the effectiveness of this taping technique is based on the premise that a windlass effect is produced within the tape. This occurs because the tape is applied proximal to the metatarsal heads. True or False?
10. The mechanical control of this taping technique limits elongation of the foot. True or False?

**Current Pedorthics CE Answer Sheet and Payment Info**  
**Efficacy of Arch Taping as a Symptomatic Treatment for Plantar Fasciitis**  
**FAX THIS PAGE ONLY**

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Date Complete: \_\_\_\_\_

C.Ped. Number: \_\_\_\_\_

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