

A Review of Foot Pain- A Step Forward for the Pedorthist (Part 2)

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Examination Questions

1. A major complication of both insulin-dependent and non-insulin-dependent diabetes and is the most common form of neuropathy in the developed world is_____.
 - A. polydactyl
 - B. polydipia
 - C. polyurea
 - D. polyneuropathy
2. _____ is a common athletic condition characterized by a painful, red, swollen great toe caused by acute inflammation of the tendons of both dorsal and plantar surfaces.
 - A. Infected-toe
 - B. Fungal-toe
 - C. Turf-toe
 - D. Pinkie-toe
3. Injury to the plantar fascia is a common cause of_____.
 - A. digit pain
 - B. leg pain
 - C. arch pain
 - D. metatarsal pain
4. The irritation of the joints of the ball of the foot is known as_____.
 - A. metathesis
 - B. metatarsalgia
 - C. methathesiophobia
 - D. metafascia
5. Pedorthists when suggesting treatment for plantar fasciitis may recommend:
 - A. application of ice
 - B. the patient sleep with their feet off the end of the bed
 - C. prefabricated orthosis-arch support
 - D. all of the above
6. _____ may also contribute to plantar fasciitis.
 - A. Diabetes
 - B. Smoking
 - C. Obesity
 - D. Hypertension

7. _____ in the metatarsal bones are common in runners, ballet dancers, gymnasts, and military recruits.

- A. Ankle sprains
- B. Stress fractures
- C. Knee strains
- D. Rheumatoid Injuries

8. Tuft toe is a hyperextension injury of the _____, causing a sprain to the metatarsophalangeal joint and damage to the joint capsule.

- A. 2nd toe
- B. 3rd toe
- C. great toe
- D. 5th toe

9. Neuropathic pain is usually spontaneous, continuous, _____, paroxysmal, evoked by various mechanical or thermal stimuli.

- A. burning
- B. itching
- C. hurting
- D. ouching

10. Heel pain may also be due to other causes, such as a stress fracture, tendonitis,_____.

- A. arthritis
- B. nerve irritation
- C. cyst
- D. all of the above

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