

**QUIZ**

- 1. Sooner or later, runners will be affected by some sort of Achilles tendon injury. Inflammation of the tendon sheaths is a very common initial injury. It is known as:**
  - A. retrocalcaneal bursitis
  - B. paratenonitis
  - C. Achilles tendinosis
  - D. Haglund's deformity
  
- 2. Injuries in the Achilles area tend to heal slowly, primarily due the poor perfusion of blood in the area.**
  - A. True
  - B. False
  
- 3. Persons who develop tendinosis were found to have the following biomechanical issues:**
  - A. weak ankle plantarflexors
  - B. excessive ankle dorsiflexion
  - C. weak muscles less capable of resisting propulsive forces
  - D. All of the above.
  
- 4. The standard protocol for resting a non-insertional tendonitis injury is \_\_\_\_\_ weeks.**
  - A. 2
  - B. 4
  - C. 6
  - D. 8
  
- 5. Load bearing eccentric muscle exercised have been found to be effective in managing this condition in conjunction with the use of cortisone injections.**
  - A. True
  - B. False
  
- 6. According to the cited study, controlling frontal plane motion is better performed by the**
  - A. Tibialis anterior
  - B. Tibialis posterior
  - C. Achilles
  - D. Gastrocnemius

- 7. Microtrauma is a consistent condition with muscle and tendon injuries. The body regenerates and repairs tissue with the stimulation of deep tissue massage:**
- A. True
  - B. False
- 8. Muscles in the foot have a direct effect on the strain placed on the Achilles tendon. A key muscle to accomplish this is the**
- A. Piriform
  - B. Extensor Digitorum Longus
  - C. Flexor Digitorum longus
  - D. Digitorum Brevis
- 9. Evidence of strong digital flexors can be found in the liner of the shoe. This is observed by which of the following:**
- A. Smooth sockliner
  - B. excessive wear in the center of the forefoot only
  - C. wear about the lateral column
  - D. well defined indents on the distal toe area
- 10. Changes in gait are recommended to reduce strain on the Achilles tendon and consist of**
- A. shortening the stride length
  - B. plantarflexing the toes during propulsion
  - C. Landing on the heel at contact
  - D. All of the above



Current Pedorthics CE Answer Sheet and Payment Information

Achilles Injuries Part 2: Paratenonitis and Non-Insertional Achilles Injuries

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