

Current Pedorthics Continuing Education Questions for the article
Who is the Boss: The Back or the Foot?
By Patricia Pande, PT, MCLSc, C.Ped., CSCS

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

1. A simple test for determining hypermobility of the body includes
 - a. flexion of the thumb to the volar aspect of the forearm
 - b. hyperextension of the fifth digit of the hand to be parallel with the forearm
 - c. Hyperextension of the knees
 - d. All of the above

2. The angle of the medially rotated position of the femur in relation to the position of the head and neck of the femur is called
 - a. The Bermuda angle
 - b. The angle of torsion
 - c. The angle of inclination
 - d. The Coxa valga angle

3. The pedorthic strategies for hip retrotorsion does not include
 - a. Rocker shoes
 - b. Forcing the legs inward with braces
 - c. Full contact insert
 - d. Sitting in reverse tailor position

4. Coxa Vara results in which of the following:
 - a. The contralateral iliac crease is higher during double limb stance
 - b. There is a leg length difference
 - c. An appearance of the thighs looking bigger and the calves looking smaller
 - d. All of the above

5. Hypermobility at the subtalar and midfoot joints may result in which of the following:
 - a. External rotation of the lower leg
 - b. Internal rotation of the lower leg
 - c. Upper body backward tilt
 - d. Decreased medial foot loading

6. Ehlers Danlos Syndrome may cause
 - a. Poor proprioception (joint perception)
 - b. Joint instability
 - c. Pain in multiple joints of the body
 - d. All of the above

7. Some of the strategies for dealing with supination in the patient with coxa vara include:
 - a. Motion control shoe
 - b. Rigid outsole
 - c. Neutral shoe
 - d. Back brace

8. Some of the test for retroversion include
 - a. Craig's test
 - b. Gait Analysis
 - c. Testing for the amount of hip rotation in prone and supine
 - d. All of the above

9. Who is the Boss?
 - a. The back
 - b. The foot
 - c. Sometimes the boss is the back and sometimes the foot runs the show
 - d. Neither

10. What are the influences of the foot on the back during pronation?
 - a. Anterior rotation of the pelvis
 - b. Internal rotation of the tibia
 - c. Eversion of the calcaneus
 - d. None of the above

Current Pedorthics CE Answer Sheet and Payment Information

Who is the Boss: The Back or the Foot?

Name (of person seeking CE Credit): _____

Date Completed: _____ Credential Number: _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Payment Information

(CE Credit is \$15.00 per person for PFA Members, and \$25.00 for non-members)

Name: _____

Company Name: _____

Address: _____

City: _____ State/Province: _____ Zip/Postal Code: _____

Phone: _____ Fax: _____ Email Address: _____

Method of Payment:

Check or money order, made payable to PFA, is enclosed in the amount of: _____

I authorize PFA to charge \$_____ to my:

MasterCard Visa American Express Discover

Credit Card Number: _____ Expiration Date: _____

Name on Card: _____

Signature: _____

Fax to PFA at (703) 995-4456, or mail to PFA, 8400 Westpark Dr., 2nd Fl., McLean, VA 22102