

Heel Pain in Children

- CEU Program Quiz -

(Complete the quiz. Fill in the form at end of quiz with Payment Information.)

Name: _____

Credential #: _____

Date Completed: _____

- 1) Sever's disease is also referred to as:**
 - a) Renault's disease
 - b) *plantar aponeurosis*
 - c) *Calcaneal apophysitis*
 - d) pump bump

- 2) Sever's disease commonly affects children between the ages of 6 to 18 months.**
 - a) True
 - b) False

- 3) The fusing of the growth plate is the major cause of Sever's disease.**
 - a) True
 - b) False

- 4) Common findings on evaluation of a child with Sever's disease include:**
 - a) *genu varum* and high arches
 - b) overpronation and Achilles tendon tightness
 - c) Supination and calcaneal eversion
 - d) external tibial rotation

- 5) Generally, boys are at risk to suffer from Sever's disease at a slightly later age than girls.**
 - a) True
 - b) False

- 6) People who have had Sever's disease as a child cannot get plantar fasciitis later in life.**
 - a) True
 - b) False

- 7) **The amount of shock absorption the shoe has can minimize or prevent Sever's disease from occurring.**
- a) True
 - b) False
- 8) **Stretching exercises, altering the cleat pattern and minimizing running and jumping on hard surfaces can all help reduce the likelihood of Sever's disease.**
- a) True
 - b) False
- 9) **A child with Sever's disease should be encouraged to train in cleats.**
- a) True
 - b) False
- 10) **Because *calcaneal apophysitis* is so easy to manage, there is no need for the pedorthist to refer this patient to their physician for advice or evaluation.**
- a) True
 - b) False

*-end of "Heel Pain in Children" Quiz
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