It is All About the Foot (Part 2): Articulation

CEU Program Quiz

(Fill out answer sheet on page 3 and Payment Information on last page.)

1) Bipedal locomotion is inherently unstable because the ischium is moved:
   a) Posteriorly
   b) Inferiorly
   c) Laterally
   d) Medially

2) An infant is born with a completely straight spine, yet adults’ spine’s have curves to distribute weight to the lower body. Which develops FIRST?
   a) Cervical
   b) Lordotic
   c) Kyphotic
   d) Atlaxian

3) A toddler’s body has an uneven distribution of mass. The lower body (Pelvis distally) is larger in proportion to the entirety.
   a) True
   b) False

4) Of the four bones below, select the one that has little to no effect on triplanar motion:
   a) Talus
   b) Cunieforms
   c) Calcaneus
   d) Navicular

5) How many bones ARE involved in basic triplanar motion?
   a) 2
   b) 3
   c) 4
   d) 5

6) Motion in the sagittal plane is called:
   a) Inversion/eversion
   b) Varus/valgus
   c) Dorsiflexion/plantarflexion
   d) Adduction/abduction
7) The navicular and cuboid bones allow for the translation of force from anterior/posterior to medial/lateral.
   a) True
   b) False

8) How many arches does the foot have?
   a) 1
   b) 2
   c) 3
   d) 4

9) The hallux is the key to final propulsive act of walking. Loss of it may lead to:
   a) Ulcerations
   b) Drifting digits
   c) Instability
   d) All of the above

10) The function of an arch is to raise the bones of the foot to allow for:
    1. Propulsion
    2. Ground reaction
    3. Structural integrity
    4. Shock absorption
    a) 1 and 4
    b) 1 only
    c) 3 and 4
    d) 3 only

-end of “It is All About the Foot (Part 2): Articulation” quiz

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CEU Program Quiz

(Answer list)

1) 

2) 

3) 

4) 

5) 

6) 

7) 

8) 

9) 

10)
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