

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 saggital 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

(Fill out Answer Sheet on page 3 and Payment Information on last page.)

Name of the
person
seeking CE
Credit):

.....

Credential
Number:

.....

Date
Completed:

.....

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

CEU Program Quiz

(Answer list)

1)

.....

2)

.....

3)

.....

4)

.....

5)

.....

6)

.....

7)

.....

8)

.....

9)

.....

10)

.....

Payment Information

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

Company Name:

Address:

City: _____ **State/Prov:** _____ **Zip/Postal:** _____

Phone: _____ **Fax:** _____

Email: _____

Method of Payment:

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

I authorize the PFA to charge: \$ _____ to my:

Visa: **Master Card:** **American Express:** **Discover:**

Credit Card #: _____ **Expiration Date:** _____

Name on card: _____

Signature: _____

Fax to PFA at (888) 563-0945, or **Mail** to PFA, 1610 East Forsyth Street, Suite D, Americus, GA, 31709