

It is All About the Foot (Part 3): *Connective Tissue*

CEU Program Quiz

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

1) Compared to other areas of the body, the foot must accommodate great stresses, operate on various types of terrain, and ought to be both firm and flexible when the situation warrants it. How many planes must the foot operate on at one time to achieve this?

- a) 1
- b) 2
- c) 3
- d) 4

2) Where is the Interosseus muscle located?

- a) Between the metatarsal shafts.
- b) It is in the first layer of muscle.
- c) They provide transition between muscles and the insertion point on the bone.
- d) It holds muscle tissue in place.

3) What are the four parts of the Deltoid ligament?

- a) _____
- b) _____
- c) _____
- d) _____

4) With an assortment of _____, _____, _____, and other associated connections present in the foot, everything must work together and simultaneously to perform any of the simple acts of movement that we take for granted in our daily lives.

- a) muscles, tendons, ligaments
- b) bones, ligaments, cartilage
- c) force, tendons, ligaments
- d) skeletal structures, muscles, tendons

5) A muscle will do one or more of the following what during a gait cycle?

- a) remains stationary
- b) elongates and contracts
- c) act involuntary and controlled by the body
- d) both a and b

6) What encases the end surfaces of the bones and are designed to move against each other for smooth movement in articulation?

- a) Retinaculae
- b) Synovial fluid
- c) Hyaline cartilage
- d) Interosseous membranes

7) Posteriorcalcaneal ligaments joins the posterior superior tuberosity of the talus to the calcaneus.

- a) True
- b) False

8) What ligaments connect the cuneiforms to the metatarsals?

- a) _____
- b) _____
- c) _____

9) There are three Plantar Tendons?

- a) True
- b) False

10) Where is the Achilles' tendon located?

- a) Joins the calcaneus and navicular
- b) Next to the Posteriorcalcaneal ligament
- c) As part of the Lateral Tendons
- d) Part of both the Medial and Lateral Tendons

-end of "It is All About the Foot (Part 3): Connective Tissue" quiz

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CEU Program Quiz

(Answer list)

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

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