

A Common Injury from Running

- CEU Program Quiz -

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

Name: _____

Credential #: _____

Date Completed: _____

- 1) A common symptom of a neuroma is:**
 - a) Heel Pain
 - b) Ankle Swelling
 - c) A sense that the sock is balled up under the toes
 - d) Callus on the side of the foot

- 2) Tight shoes are rarely a factor in aggravation of symptoms.**
 - a) True
 - b) False

- 3) What is the basic cause of a neuroma?**
 - a) A torn tendon
 - b) A pinched nerve
 - c) Deteriorated cartilage
 - d) Muscle strain

- 4) Ultrasound is often used to visualize the entrapped nerve.**
 - a) True
 - b) False

- 5) The goal of treatment for a neuroma is usually:**
 - a) Pain Relief
 - b) Restoration of normal color
 - c) Returning the toes to normal position

- 6) Which of the following is most likely to offer improvement of symptoms?**
- a) High heeled shoes
 - b) Narrower shoes
 - c) Shorter shoes
 - d) Wider shoes
- 7) After what length of time with no improvement in the symptoms of a neuroma is consideration of surgery warranted?**
- a) 2 weeks
 - b) 4 weeks
 - c) 5 weeks
 - d) 2 months
- 8) Common pedorthic treatment modalities include:**
- a) A SCFO and shoes
 - b) A metatarsal pad and wider shoes
 - c) Custom foot orthoses and slip-on style shoes
- 9) A teardrop pad positioned in the interspace proximal to the neuroma reduces pressure by:**
- a) Elevating all of the metatarsal heads
 - b) Supporting the medial arch
 - c) Rotating the foot laterally
 - d) Separating the specific metatarsal heads
- 10) Pedorthic treatment modalities are often successful at reducing symptoms of Morton's neuromas.**
- a) True
 - b) False

*-end of "A Common Injury from Running" Quiz
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