Achilles Injuries: Insertional Tendinitis (Part 1)

QUIZ

1) During the push off phase of the running cycle the Achilles tendon has forces exerted on it _____ times the runners body weight.
   a) 2.5
   b) 3
   c) 4
   d) 7

2) Insertional tendonitis with Haglund’s deformity often occurs in patients with:
   a) Pes Cavus and rigid foot
   b) Pes Planus and flaccid foot
   c) Normal foot

3) Heel lifts are a common and beneficial treatment of Achilles tendonitis:
   a) True
   b) False

4) The Patient with a cavovarus foot and lateral insertional injury, an effective treatment is:
   a) Heel Lift
   b) Varus Wedge
   c) Valgus Wedge

5) The Achilles tendon rotates:
   a) 45 Degrees
   b) 90 Degrees
   c) 180 Degrees

6) NSAIDS are:
   a) More beneficial than massage and stretching.
   b) Should be used with stretching and massage.
   c) Should be avoided.

7) The Achilles tendon represents the conjoined tendons:
   a) Gastrocnemius and Plantaris
   b) Gastrocnemius and Soleus
   c) Soleus and Plantaris

8) The Achilles tendon workload:
   a) Is responsible for greater than 60% of the work performed on the muscle tendon complex.
   b) Is responsible for less than 60% of the work performed on the muscle tendon complex.
   c) Is split equally between the Achilles and the Gastroc. Soleus.
9) The section of the Achilles tendon most frequently damaged with insertional tendonitis is the:
   a. Anterior aspect
   b. Posterior aspect
   c. Proximal aspect

10) The Paratenon is rich in blood vessels:
   a) True
   b) False
Current Pedorthics CE Answer Sheet and Payment Information
Achilles Injuries: Insertional Tendinitis (Part 1)

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