

QUIZ

1) Autoimmune disorders can cause plantar fascial pain:

- A) True
- B) False

2) The best kinematic predictor of the development of plantar fasciitis is:

- A) Pronation of 8-10 degrees
- B) Pes planus foot type rather than pes cavus
- C) The speed in which the digits dorsiflex during the propulsive period.
- D) None of the above.

3) Strengthening the digital flexors:

- A) Has no effect on plantar fasciitis.
- B) Has been shown to be beneficial to plantar fasciitis.
- C) Has statistically been proven to exacerbate plantar fasciitis.

4) Stretching and deep tissue massage have been shown to increase the first metatarsophalangeal joint dorsiflexion by:

- A) 5 degrees
- B) 10 degrees
- C) 15 degrees
- D) 20 degrees

5) Surgical release of the medial band of the plantar fascia increases the metatarsophalangeal joint 's dorsiflexion by:

- A) 5 degrees
- B) 10 degrees
- C) 15 degrees
- D) 20 degrees

6) Possible causes of heel pain include all of the following except:

- A) Baxter's nerve syndrome
- B) Calcaneal stress fracture
- C) Psoriatic arthritis
- D) Morton's neuroma

7) The most common cause of heel pain is:

- A) Sever's disease
- B) Stress fracture
- C) Plantar fasciitis
- D) Rheumatoid arthritis

8) A pedorthist can differentiate between plantar fasciitis and heel spurs by:

- A) Palpating for nodules on the plantar fascia
- B) Palpating the bony prominence(s) at the calcaneus
- C) Both A and B
- D) Assessing pain during the propulsive and stance phases

9) Shoes with rocker bottom soles :

A) Are less likely to cause plantar fasciitis because they limit the range and speed of the digital dorsiflexion.

B) Have no effect on plantar fasciitis.

C) Have a great effect on plantar fasciitis due to slowing plantar flexion.

D) Are only recommended if the heel is in a neutral position.

10) Plantar fasciitis and heel spur syndrome are the same:

A) True

B) False



Current Pedorthics CE Answer Sheet and Payment Information
Differential Diagnosis of Heel Pain

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