A Review of Foot Pain- A Step Forward for the Pedorthist (Part 2)

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Examination Questions

1. A major complication of both insulin-dependent and non-insulin-depended diabetes and is the most common form of neuropathy in the developed world is___________.
   
   A. polydactyl
   B. polydipia
   C. polyurea
   D. polyneuropathy

2. _______is a common athletic condition characterized by a painful, red, swollen great toe caused by acute inflammation of the tendons of both dorsal and plantar surfaces.
   
   A. Infected-toe
   B. Fungal-toe
   C. Turf-toe
   D. Pinkie-toe

3. Injury to the plantar fascia is a common cause of_______.
   
   A. digit pain
   B. leg pain
   C. arch pain
   D. metatarsal pain

4. The irritation of the joints of the ball of the foot is known as___________.
   
   A. metathesis
   B. metatarsalgia
   C. methathesiophobia
   D. metafascia

5. Pedorthists when suggesting treatment for plantar fasciitis may recommend:
   
   A. application of ice
   B. the patient sleep with their feet off the end of the bed
   C. prefabricated orthosis-arch support
   D. all of the above

6. _________ may also contribute to plantar fasciitis.
   
   A. Diabetes
   B. Smoking
   C. Obesity
   D. Hypertension
7. ____________ in the metatarsal bones are common in runners, ballet dancers, gymnasts, and military recruits.

A. Ankle sprains  
B. Stress fractures  
C. Knee strains  
D. Rheumatoid Injuries

8. Tuft toe is a hyperextension injury of the ____________, causing a sprain to the metatarsophalangeal joint and damage to the joint capsule.

A. 2nd toe  
B. 3rd toe  
C. great toe  
D. 5th toe

9. Neuropathic pain is usually spontaneous, continuous, ____________, paroxysmal, evoked by various mechanical or thermal stimuli.

A. burning  
B. itching  
C. hurting  
D. ouching

10. Heel pain may also be due to other causes, such as a stress fracture, tendonitis,__________.

A. arthritis  
B. nerve irritation  
C. cyst  
D. all of the above
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