

Name: _____

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Common Shoe Modifications Quiz

- 1) A rocker sole is:
 - a. A round bottom shoe
 - b. A sole slanted laterally
 - c. A sole tapered from proximal to the metatarsal heads to the toe
 - d. A lateral sole wedge with a medial heel wedge

- 2) A Thomas bar is how wide? (from the anterior edge to the posterior edge)
 - a. 2 inches
 - b. 1 ¼ inches
 - c. ¾ inches
 - d. 4 inches

- 3) A metatarsal bar is placed:
 - a. distal to the metatarsal heads
 - b. proximal to the metatarsal heads
 - c. under the metatarsal heads
 - d. anterior to the heel

- 4) Heel and sole flares can be added to:
 - a. widen the base of support
 - b. relieve pressure on the metatarsal heads
 - c. lift the lateral edge of the foot
 - d. all of the above

- 5) A double rocker sole:
 - a. rocks at the heel and toe
 - b. rocks at the heel and toe and has no contact point with the floor at the midfoot region.
 - c. Is bilateral
 - d. Is unilateral

- 6) A prescription calling for a LLD correction means:
 - a. Longitudinal arch device
 - b. Lower limb device
 - c. Leg length discrepancy
 - d. All the above

- 7) A young man comes into your facility with a prescription stating that he has genu varum and the foot is supinated and limited to rigid in motion. The prescription calls for sole and heel wedges but instructs you to place them where needed. Where should they be placed?
- lateral sole wedge and medial heel wedge
 - medial sole and heel wedge
 - lateral sole and heel wedge
 - medial sole wedge and lateral heel wedge
- 8) Where would you place a wedge on a rigid everted foot?
- medial to bring the ground up to the foot
 - lateral to bring the ground up to the foot
 - Apply rocker sole instead of wedge due to rigidity
 - None of the above
- 9) Which of the following is not a type of rocker sole?
- Severe angle rocker
 - Double rocker
 - Negative heel rocker
 - Dennis Brown rocker
- 10) If a shoe is too tight on a hallux valgus, what should you do?
- use a metatarsal bar
 - apply a rocker sole
 - use a ball and ring stretcher
 - apply a medial sole wedge
- 11) The objective of the Double Rocker Sole is to:
- Dissipate shock at heel strike
 - Increase propulsion at toe-off
 - Shorten midstance time
 - All the above
- 12) To support a foot that has a propensity to collapse at the medial arch you could add a _____ to the shoes upper.
- Bubble patch
 - Velcro closures to tighten the shoe better
 - Medial stabilizer
 - Lateral sole and heel wedges

- 13) SACH stands for:
- Solid Ankle Cushion Heel
 - Soften Ankle Cushion Heel
 - Solid Ankle Combination Heel
 - Supine Ankylosis Crescent Heel
- 14) A patient with Charcot Marie Tooth and a flexible foot comes to your facility. Which of the following would not be a good choice of treatment for this pathology?
- Lateral Buttress
 - Medial Sole Flares
 - Lateral Wedge
 - Lateral Sole Flare
- 15) Which of the following metatarsal bars provides the maximum surface area?
- Thomas bar
 - Crescent bar
 - Tiki bar
 - Mayo bar
- 16) A negative heel rocker would be contraindicated with:
- Calcaneal fracture
 - Equinus
 - Sever's Disease
 - All of the above
- 17) A child comes to your facility with a pigeon-toed gait. Which treatment would you choose?
- A Dutchman wedge placed laterally
 - A Dutchman wedge placed medially
 - A lateral heel wedge
 - A medial heel wedge

- 18) A patient has a history of ulcers across the metatarsal heads. Which of these would provide the greatest amount of relief to the metatarsal region?
- Mild forefoot rocker
 - Double rocker
 - Severe angle rocker
 - Rearfoot rocker
- 19) The maximum height of internal elevation possible is:
- $\frac{1}{4}$ inch
 - $\frac{1}{2}$ inch
 - $\frac{3}{4}$ inch
 - 1 inch
- 20) The best choice for someone with equilibrium issues may be:
- A lateral sole flare
 - A medial sole flare
 - A medial wedge
 - Both a and b