



Sample Pedorthic Exam

Following are sample questions that are similar to those you will find on the pedorthic exam.

1. A patient has pain and callousing of the second metatarsal head. The physician has prescribed a metatarsal pad. Where should the pad be placed?
 - A. Under the metatarsal head
 - B. Between the second and third metatarsal heads
 - C. Proximal to the second metatarsal head
 - D. Distal to the second metatarsal head

2. A middle-aged woman is referred to your facility with a painful flexible flatfoot deformity. The prescription calls for custom orthoses to obtain subtalar neutral. The recommended impression technique utilizes:
 - A. The standing position
 - B. Semi-weight bearing position
 - C. A foot block
 - D. A Harris mat

3. Bivalve casting is used:
 - A. To make a plaster negative cast for custom shoe making
 - B. As an alternative to foam-art for making foot orthoses
 - C. To make a negative cast for foot orthoses
 - D. To make a positive model for foot orthoses

4. Achilles tendinitis may be treated effectively with the following:
 - A. Heel lift
 - B. UCBL orthoses
 - C. Rocker sole
 - D. Medial heel wedge

5. Metatarsal pads redistribute the weight from the metatarsal heads to the:
 - A. Calcaneus
 - B. Cuboid
 - C. Distal phalanges
 - D. Shafts

6. The range of motion at the ankle joint necessary to complete a normal gait is:
 - A. 5° dorsal flexion 10° plantar flexion
 - B. 8-10° dorsal flexion 20° plantar flexion
 - C. 20° dorsal flexion 20° plantar flexion
 - D. 20° dorsal flexion 50° plantar flexion

7. A realistic goal of pedorthic treatment for a diabetic patient would be:
 - A. Healing an acute neuropathic fracture
 - B. Healing a deep ulcer
 - C. Preventing plantar ulcers
 - D. Healing a sub-acute neuropathic fracture

8. Your patient has a heel that leans outward. How would you document this on your records?
 - A. Valgus
 - B. Varus
 - C. Adducted
 - D. Abducted

9. Under the Therapeutic Shoe Bill, a Medicare beneficiary is entitled to:
 - A. 3 pairs of depth shoes and 3 pairs of multidensity inserts per fiscal year
 - B. 3 pairs of depth shoes and 1 pair of multidensity inserts per fiscal year
 - C. 1 pair of depth shoes and up to 3 pairs of multi-density inserts per calendar year
 - D. 1 pair of custom shoes and up to 3 pairs of multi-density inserts per calendar year

10. A patient is seen for follow-up. They were fit previously with diabetic shoes and multidensity inserts. You discover the patient has developed a small open ulcer under the left first metatarsal head. The MOST appropriate course of action would be to:
 - A. Refer patient back to their referring physician
 - B. Add a layer of plastazote to both inserts
 - C. Add a medial arch cookie to the left insert
 - D. Fit patient with a new multi-density insert

Answer Key:

1. C 2. B 3. A 4. A 5. D 6. B 7. C 8. B 9. C 10. A