

Assessment for CFS Allied Health Education's Foot Examination and
Assessment Techniques

- 1) The risk to the diabetic foot is classified by the loss of protective sensation as well as any history of diabetic foot ulcers. The patient who presents with loss of protective sensation, but has no foot deformity and no history of diabetic foot ulcers is considered to be in:
 - A) Category 1
 - B) Category 2
 - C) Category 3
 - D) Category 4

- 2) A Chopart amputation is a:
 - A) Disarticulation through the calcaneal-cuboid and calcaneal-navicular joints
 - B) Transmetatarsal amputation
 - C) Disarticulation through the tarsal-metatarsal joint space
 - D) Ray amputation of the 5th

- 3) Which of the following is considered to be a gross deformity?
 - A) Morton's Toe
 - B) Bunion
 - C) Club foot
 - D) Crossover toes

- 4) A "normal" arch is considered to be:
 - A) Pes Rectus
 - B) Pes Planus
 - C) Pes Normus
 - D) Pes Cavus

- 5) A "normally" shaped forefoot has the metatarsal heads at a _____ degree angle.
 - A) Two
 - B) Seven
 - C) Ten
 - D) Twenty

- 6) _____ is the measurement of the achievable distance between the flexed position and the extended position of a particular joint.
 - A) Flexion point
 - B) Subtalar Neutral
 - C) Point of Resistance
 - D) Range of Motion

7) _____ occur between the toes and are moist, macerated, and occasionally form sinus tracts.

- A) Callouses
- B) Plantar warts
- C) Hard corns
- D) Soft corns

8) _____ is a common infection caused of a combination of fungal and bacterial agents. It causes scaling and sogginess of the skin, particularly in the web spaces.

- A) Tinea Pedis
- B) Verruca Warts
- C) Contact Dermatitis
- D) Heloma Molle

9) Ingrown nails are also known as:

- A) Onychomycosis
- B) Heloma Molle
- C) Heloma Durum
- D) Onychocryptosis

10) The Posterior Tibial Artery pulse is palpated _____ to the _____ malleolus and _____ to the Achilles Tendon.

- A) Anterior, Lateral, Anterior
- B) Posterior, Medial, Anterior
- C) Distal, Lateral, Proximal
- D) Posterior, Medial, Posterior

11) Normal capillary refill should be within:

- A) 1 minute
- B) 5 seconds
- C) 2 seconds
- D) 30 seconds

12) When checking pedal temperatures, an abnormally high unilateral temp may indicate:

- A) Circulatory issues
- B) Infection
- C) Ischemia
- D) Edema

- 13) The monofilament test to assess for peripheral neuropathy is done with a _____, _____ monofilament.
- A) 5.07, 10 gram
 - B) 50.7, 1 gram
 - C) 0.507, 5 gram
 - D) 507, 1 gram
- 14) The vibratory test to assess for peripheral neuropathy is done with a _____ tuning fork.
- A) 12.8 cps
 - B) 128 cps
 - C) 256 cps
 - D) 528 cps
- 15) A person with a Muscle Strength test of _____ would have movement possible against gravity, but not against resistance by the examiner.
- A) 1/5
 - B) 2/5
 - C) 3/5
 - D) 4/5
- 16) A method often used to determine foot shape, how much of the foot comes in contact with the floor, and at what force is known as a:
- A) Pedicure
 - B) Seimmes- Weinstein
 - C) Lateral Block Test
 - D) Pedograph
- 17) If a patient presents with pain, swelling, a flattening of the arch, and eversion at the ankle, the examiner might suspect:
- A) Charcot Marie Tooth
 - B) Metatarsalgia
 - C) Posterior Tibial Tendon Dysfunction
 - D) Morton's Neuroma
- 18) The _____ is used to determine if cavovarus deformities in the rearfoot are the result of a forefoot cavus deformity or an isolated plantarflexed first metatarsal. It is also to determine if this deformity is reducible.
- A) Lateral Block Test
 - B) First Metatarsal Rise Test
 - C) Single Heel Rise Test
 - D) Hallux Hyperextension Test

19) To test for _____ , place one finger on each of the patient's iliac crests and place a spirit level between the thumbs.

- A) Scoliosis
- B) Pelvic Obliquity
- C) Femoral Anteversion
- D) Tibial Torsion

20) A Goniometer is used to measure degree of:

- A) Flexion point
- B) Subtalar Neutral
- C) Point of Resistance
- D) Range of Motion