Mod 3

1. How many arches does the foot have
2. 4
3. 3
4. 7
5. 5

2. Which one is NOT an arch

1. Transverse
2. Vertical
3. Medial Longitudinal
4. Lateral Longitudinal

3. Flat foot condition is also known as

1. Pes candy
2. Pes Planus
3. Pes osseous
4. Never heard of it

4. A flat foot will cause

1. Internal leg rotation
2. External leg rotation
3. Kyphosis
4. Numbness in hands
5. What did Dr Hawley say that in his opinion is one of the most unstable joints in the body?
6. Knee
7. Elbow
8. Finger
9. Nose
10. Flat foot is also termed
11. Pes uppus
12. Pes planus
13. Pes dispenser
14. Pes cavus
15. Coxa Valga or Valgus is also commonly known as
16. Normal
17. Bowlegged
18. Knock kneed
19. Sacrum deviation
20. Dr Hawley said “when working/massaging around the knee joint keep the leg
21. Bent
22. Rotated inward
23. Rotated outward
24. Hyperextended
25. All sciatica is caused by a disc bulge T or False
26. Peripheral entrapment syndrome of sciatica is usually caused by what muscles
27. Cervical extensors
28. Lumbar erectors
29. Piriformis and glutes
30. Anterior tibialis
31. Feet have nothing to do with the cause of sciatica T or F
32. Flat feet is also known as
33. Pes planus
34. Pes candy
35. Foot supination
36. Hammer toe
37. The nerve between the 3rd and 4th digit can inflame causing a
38. Mortons Neuroma
39. Hammer toe
40. Inversion
41. Ankle pain
42. Swelling of a muscle that is entrapped by fascia causing pressure pain is called
43. Pes planus
44. Hallux valgus
45. Compartment syndrome
46. Plantar fasciitis

15. Rolling on a tennis ball is best used for what condition

1. Claw toe
2. Inversion sprain
3. Plantar Fasciitis
4. Compartment syndrome

16. Normal gait cycle is

1. Heel strike, mid foot, toe off
2. Toe off, heel strike, mid foot
3. Mid foot only
4. Heel strike only

17. High heels are great for women ( and men???)

a. True or false

1. Chronic sciatic patients will not exhibit Trigger points T or F
2. Pregnancy has nothing to do with getting sciatica T or F
3. Kinesio tapping is a great adjunct to use between treatments T or F
4. MRI is used to show images of
5. Soft tissues like discs
6. Hard tissues like bone
7. Metal from surgery
8. A flat foot on the Left will cause an anterior pelvic tilt on the left producing a short leg appearance. T or F
9. If the patellar (knee cap) is having trouble tracking medially due to resistance from laterally what muscle is most likely tight
10. Vastus Lateralus
11. Vastus medialis
12. Gastroc
13. Hamstrings
14. A shortened psoas can be a leading cause of
15. Hypo lordosis
16. Hyper lordosis
17. Kyphosis
18. Coxa valgus
19. Which is NOT a symptom of facet syndrome
20. Being able to lay on stomach
21. Pain in lower back when bending backwards
22. Needing to lean on shopping cart
23. Feels better laying on side in fetal position
24. Dr Hawley showed a test to see if the quads were tight what was that name
25. Ely’s
26. Homers
27. Mels
28. Everetts
29. Pelvic Torsion can be a result of which hormone that is released during pregnancy
30. Relaxin
31. Testosterone
32. All hormones
33. Estrogen
34. If a client has been suffering from Low back pain for many months to years what did Dr Hawley say to check
35. Cervical
36. Thoracic
37. Feet
38. Elbows