

Mod 3

1. How many arches does the foot have
 - a. 4
 - b. 3
 - c. 7
 - d. 5
2. Which one is NOT an arch
 - a. Transverse
 - b. Vertical
 - c. Medial Longitudinal
 - d. Lateral Longitudinal
3. Flat foot condition is also known as
 - a. Pes candy
 - b. Pes Planus
 - c. Pes osseous
 - d. Never heard of it
4. A flat foot will cause
 - a. Internal leg rotation
 - b. External leg rotation
 - c. Kyphosis
 - d. Numbness in hands
5. What did Dr Hawley say that in his opinion is one of the most unstable joints in the body?
 - a. Knee
 - b. Elbow
 - c. Finger
 - d. Nose
6. Flat foot is also termed
 - a. Pes uppus
 - b. Pes planus
 - c. Pes dispenser
 - d. Pes cavus

7. Coxa Valga or Valgus is also commonly known as
 - a. Normal
 - b. Bowlegged
 - c. Knock kneed
 - d. Sacrum deviation
8. Dr Hawley said “when working/massaging around the knee joint keep the leg
 - a. Bent
 - b. Rotated inward
 - c. Rotated outward
 - d. Hyperextended
9. All sciatica is caused by a disc bulge T or False
10. Peripheral entrapment syndrome of sciatica is usually caused by what muscles
 - a. Cervical extensors
 - b. Lumbar erectors
 - c. Piriformis and glutes
 - d. Anterior tibialis
11. Feet have nothing to do with the cause of sciatica T or F
12. Flat feet is also known as
 - a. Pes planus
 - b. Pes candy
 - c. Foot supination
 - d. Hammer toe
13. The nerve between the 3rd and 4th digit can inflame causing a
 - a. Mortons Neuroma
 - b. Hammer toe
 - c. Inversion
 - d. Ankle pain
14. Swelling of a muscle that is entrapped by fascia causing pressure pain is called
 - a. Pes planus
 - b. Hallux valgus
 - c. Compartment syndrome
 - d. Plantar fasciitis
15. Rolling on a tennis ball is best used for what condition
 - a. Claw toe
 - b. Inversion sprain
 - c. Plantar Fasciitis
 - d. Compartment syndrome

16. Normal gait cycle is

- a. Heel strike, mid foot, toe off
- b. Toe off, heel strike, mid foot
- c. Mid foot only
- d. Heel strike only

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

a. True or false

18. Chronic sciatic patients will not exhibit Trigger points T or F

19. Pregnancy has nothing to do with getting sciatica T or F

20. Kinesio taping is a great adjunct to use between treatments T or F

21. MRI is used to show images of

- a. Soft tissues like discs
- b. Hard tissues like bone
- c. Metal from surgery

22. A flat foot on the Left will cause an anterior pelvic tilt on the left producing a short leg appearance. T or F

23. If the patellar (knee cap) is having trouble tracking medially due to resistance from laterally what muscle is most likely tight

- a. Vastus Lateralus
- b. Vastus medialis
- c. Gastroc
- d. Hamstrings

24. A shortened psoas can be a leading cause of

- a. Hypo lordosis
- b. Hyper lordosis
- c. Kyphosis
- d. Coxa valgus

25. Which is NOT a symptom of facet syndrome

- a. Being able to lay on stomach
- b. Pain in lower back when bending backwards
- c. Needing to lean on shopping cart
- d. Feels better laying on side in fetal position

26. Dr Hawley showed a test to see if the quads were tight what was that name

- a. Ely's
- b. Homers
- c. Mels
- d. Everetts

27. Pelvic Torsion can be a result of which hormone that is released during pregnancy

- a. Relaxin
- b. Testosterone
- c. All hormones
- d. Estrogen

28. If a client has been suffering from Low back pain for many months to years what did Dr Hawley say to check

- a. Cervical
- b. Thoracic
- c. Feet
- d. Elbows