

Pre/Post Presentation Quiz:

1. How much space should be left between the great toe and the edge of the toe box with an athletic shoe fitting done in standing?

Answer: B ^{16,19}

- A. Double a thumb's width
- B. A thumb's width
- C. One half of a thumb's width
- D. One and three quarters of a thumb's width

2. Which shoe term refers to a shoe's overall shape and size?

Answer: C ⁷⁻¹³

- A. Vamp
- B. Upper
- C. Last
- D. Pitch

3. 3. For an individual who presents with reduced triceps surae flexibility and limited dorsiflexion what footwear characteristic is most likely going to promote postural stability?

Answer: D ^{19,39}

- A. Forefoot rocker bottom outersole
- B. Soft heel counter
- C. Stiff heel counter
- D. Heel lift

4. A small heel rise in regards to pitch height is between:

Answer: C ¹⁶

- A. 0 to 1cm
- B. 1 to 2cm
- C. 1 to 3cm
- D. 2 to 4cm

5. For an individual who presents with excessive pronation and postural instability which last shape is most appropriate?

Answer: C ^{7-14,18,19}

- A. Semi curved
- B. Curved
- C. Straight

6. In order to prevent a hammer toe or bunion condition from getting worse, what 2 shoe characteristics are most important to examine with a new shoe consideration?

Answer: B ^{16,63,71-74}

- A. Toe box & vamp width
- B. Toe box & shoe length
- C. Toe box & throat width

D. Toe box & upper width

7. Which shoe characteristic reduces falls risk?

Answer: D ^{16,18,19,21, 27,29-31,33-36}

- A. Soft heel counter
- B. Large heel rise
- C. Soft midsole
- D. High Collar

8. For a client who's searching for a pair of outdoor shoes for the winter, what shoe characteristics should be closely examined? Answer: A ^{3,7,12,15-20}

- A. Tread width & depth, heel height, outersole material
- B. Tread width & depth, heel counter material, heel collar height
- C. Tread width & depth, toe break, outersole material
- D. Tread width & depth, heel height, toe box

9. For a client with a structural limb length discrepancy who has custom foot orthoses, what 4 shoe characteristics may influence a shoe fitting the most? Answer: B ^{7-13,23,25,87-89}

- A. Vamp width, toe box width, last shape, shoe depth
- B. Throat width, toe box width, last shape, shoe depth
- C. Upper width, toe box width, last shape, shoe depth
- D. Tongue width, toe box width, last shape, shoe depth

10. Clients with diabetes should be referred to a podiatrist for a footwear recommendation. True or False

Answer: True ^{3,42,52,62-66}