



## Application Deadline: February 8, 2019

*Note: Examination is also available in French*

## Certified Pedorthist (Canada) Examination Information

The College of Pedorthics of Canada has scheduled the examination leading to the professional designation Certified Pedorthist (Canada). The following information outlines the eligibility requirements and application procedures.

### WRITTEN EXAMINATION:

**Exam Date:** March 9, 2019  
**Time:** 9:00 am to 12:00 pm  
**Locations:** Vancouver BC, Calgary AB, Winnipeg MB, Toronto ON, Halifax NS

### CLINICAL EXAMINATION:

**Important note:** ***Only candidates who have passed the written exam are eligible.***  
**Exam Date:** May 4, 2019  
**Time:** 1 1/2 hr times will be allocated between 9:00 am to 5:00 pm  
**Locations:** Vancouver BC, Calgary AB, Toronto ON, Halifax, NS

Please note that sites will only be offered where there is sufficient candidate request.

### APPLICATION DEADLINE:

February 8, 2019  
Application form, proof of eligibility and fees must be received by the deadline,  
NO EXCEPTIONS.

**FEES:** One payment of \$300 plus GST or HST where applicable (please see application enclosure checklist) must be included with your application for the written exam (price may be subject to change) and one payment of \$350 plus GST or HST as applicable for the oral examination.  
**NOTE:** if the written exam is not passed the fee for the oral exam will be returned to the applicant

**Re-examination Fee:** Same as above if written exam is re-taken  
\$350 plus GST or HST as applicable if only the oral exam is re-taken

*These fees include a non-refundable administration fee of \$75 if an application is withdrawn in writing up to 1 week prior to the examination date. Should an applicant withdraw within one week of attempting an exam, under reasonable and verified extenuating circumstances, a non-refundable credit for the full exam fee will be given. This credit must be applied to the next available exam session. A second withdrawal will result in forfeiture of the entire fee.*

*Note: Once a candidate has successfully passed the Certified Pedorthist (Canada) examination, they are required to become a member of The College of Pedorthics of Canada. All certified members must maintain membership in both the Pedorthic Association of Canada and The College of Pedorthics of Canada in order to maintain certification. The College will send an invoice along with a membership information package to successful candidates. The College will not send a certificate or certification numbers until payment and proof of at least \$1 million professional liability insurance is received.*

*If the candidate is already a member in good standing with The College of Pedorthics of Canada as a Certified Pedorthic Technician (Canada), The College will send an invoice for the difference in fees. The candidate will not receive the new certificate until payment is received by The College.*

# APPLICATION REQUIREMENTS

Please follow the appropriate guideline for your PAC membership status, education and/or work experience.

## Option 1: Western University Diploma in Pedorthics Graduate

- Membership: Applicant must be a Candidate Member in good standing with the Pedorthic Association of Canada (PAC). Membership must be approved and in force for a minimum of thirty days prior to the exam application deadline. *Applications for new memberships must be received by PAC no later than 2 months before examination.*
- Education: Diploma in Pedorthics from Western University.

## Option 2: University Degree supplemented by specific Core Courses and Practical Experience as outlined below

- Membership: Applicant must be a Candidate Member in good standing with the Pedorthic Association of Canada (PAC). Membership must be approved and in force for a minimum of thirty days prior to the exam application deadline. *Applications for new memberships must be received by PAC no later than 2 months before examination.*
- Education: A university degree in
  - Any Health Science
  - Science
  - Engineering

**OR**

Those with a diploma in one of the following related health fields will also be accepted providing they also have a recognized University degree in any field

  - Chiroprody/Podiatry
  - Chiropractic
  - Orthotist
- Core Competencies: Successful completion (60% minimum grade) of coursework in the following areas from a CPC recognized university or college:
  - Anatomy
  - Biomechanics/Gait Analysis
  - Medical Conditions/Disease
  - Physical Assessment
  - Ethics
  - Orthotic fabrication\* (PEDS6014 offered through Western University)
  - Footwear modification\* (PEDS6013 offered through Western University)
- Practical Experience: 3500 hours in a pedorthic related field including 1500 hours of on site supervised work experience under a qualified C Ped (C).

[Allied health professionals (in a regulated health care field with a minimum of two years active practice in that field) will be granted 500 hours credit towards their 1500 required hours of on site supervised work. A letter of membership in good standing must be presented from the candidate's relevant regulatory body.]



## Certified Pedorthist (Canada) Examination Application

**Application Deadline: February 8, 2019**

### **Please Print**

Salutation:  Mr.  Ms.  Mrs.  Dr.

Name (as you would like it to appear on your certificate):

\_\_\_\_\_  
(Last) (First) (Initial/Middle name)

Work Address:

\_\_\_\_\_  
(Company Name)

\_\_\_\_\_  
(Street)

\_\_\_\_\_  
(City) (Province) (Postal Code)

\_\_\_\_\_  
(Business Phone) (Business Fax)

Home Address:

\_\_\_\_\_  
(Street)

\_\_\_\_\_  
(City) (Province) (Postal Code)

\_\_\_\_\_  
(Home Phone) (Home Fax)

**(Email Address) Please note that all candidates must apply with a functioning email address as all receipts will be supplied electronically**

### **Language Fluency Policy**

You must meet at least one of the two criteria below

- |   |     |    |
|---|-----|----|
| 1. Is English or French your first language?                                | YES | NO |
| 2. Was your University or College education completed in English or French? | YES | NO |

If you have responded NO to both the above questions, please review our [ESL policy](#) and include the required documentation and test results with your exam application.

Full policy can be read at [www.cpedcs.ca/language-policy/](http://www.cpedcs.ca/language-policy/)

Please select your preferred method for exam results (please chose one only):

- Please send my exam results to my home address  
 Please send my exam results to my business address  
 Please send my exam results to my email address. (Adobe Acrobat Reader is required to view results)

Application requirement guideline followed:

- Option 1     Option 2

I am applying for:

- The Written and Practical exam                       Practical exam only

I have included payment as follows:

Province	Tax %	Written Examination	Practical Examination
NS, NB, NL, PEI	15%	\$345	\$402.50
ON	13%	\$339	\$395.50
All other provinces	5%	\$315	\$367.50

*I understand that if I am unsuccessful in passing the written exam the second payment will not be processed or will be returned to me if payment is made by cheque*

**I WISH TO WRITE THE WRITTEN EXAMINATION IN THE FOLLOWING LOCATION:**

- Vancouver, BC     Calgary, AB     Winnipeg, MB     Toronto, ON     Halifax, NS

**IF ELIGIBLE, I WISH TO TAKE THE PRACTICAL EXAMINATION AT THE FOLLOWING LOCATION:**

**Important note: *Only candidates who have passed the written exam are eligible for the clinical exam.***

- Vancouver, BC     Calgary, AB                       Toronto, ON                       Halifax, NS

**Payment method:**

- 2 Cheques enclosed (payable to The College of Pedorthics of Canada)

- Visa     MasterCard

Card number: \_\_\_\_\_                      Expiry Date: \_\_\_\_\_

I, \_\_\_\_\_, authorize The College of Pedorthics of Canada  
*(fill in name on the credit card)*

to charge my exam fees as selected above to my credit card.

Signature \_\_\_\_\_

A fee of \$25.00 will be charged for NSF cheques. If credit card transaction is declined because the credit line has reached its "spending limit", then a fee of \$10.00 will be charged for each declined credit card transaction.

### **Fitness to Practice Pedorthics**

I authorize The College of Pedorthics of Canada to make any investigations it deems necessary to verify my qualifications and examination eligibility. I understand that the information provided herein, as well as any other communications relating to certification will be treated confidentially, except when required by legal process. I allow the College of Pedorthics of Canada to use my application and examination information for other information purposes provided that no personal identification is included.

I have read and understand the information provided in the application. I declare that the foregoing statements are true and that my Proof of Eligibility is genuine. I understand that false application information or evidence of tampering with the certification procedures before, during, or after the examination may result in my disqualification from the

certification program. I have also read the Confidentiality and Rules of Conduct for Examinees and agree to abide by them.

I understand that Certified Pedorthists in Canada are required to show education, training and competence in all areas of pedorthic practice and are required to maintain certified education points as defined by the College of Pedorthics of Canada.

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Applicant's Signature

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Date

**DECLARATION:** I authorize The College of Pedorthics of Canada to make any investigations it deems necessary to verify my qualifications and examination eligibility. I understand that the information provided herein, as well as any other communications relating to certification will be treated confidentially, except when required by legal process. I allow the College of Pedorthics of Canada to use my application and examination information for other information purposes provided that no personal identification is included.

I have read and understand the information provided in the application. I declare that the foregoing statements are true and that my Proof of Eligibility is genuine. I understand that false application information or evidence of tampering with the certification procedures before, during, or after the examination may result in my disqualification from the certification program. I have also read the Confidentiality and Rules of Conduct for Examinees and agree to abide by them.

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Applicant's Signature

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Date

## **CONFIDENTIALITY AND RULES OF CONDUCT FOR EXAMINEES**

By applying for the Certified Pedorthist (Canada) examination and becoming a Candidate, you agree to abide by the following rules of conduct:

1. All exam candidates acknowledge that the C. Ped (C) examination is kept strictly confidential, and as such no materials will be released to candidates after testing other than their test results.
2. All materials created in the course of the Practical component of the examination (marking sheets, video tapes and casts) become the property of The College of Pedorthics of Canada and will not be released to candidates under any circumstances.
3. Candidates understand that under no circumstances are they to remove any part of the examination from the exam room (including any notes made during the Practical examination)
4. Candidates will not be permitted any form of assistance from the Proctor during the exam other than clarification of wording in the written exam component.
5. Candidates engaging in disruptive or inappropriate behaviour during either the written or practical component of the examination may be dismissed by the Proctor and may receive a failing grade on the examination.
6. Candidates understand that by engaging in any form of cheating (as defined below) will result in the Proctor dismissing them from the exam and/or The CPC to take further disciplinary action as appropriate.
  - a. Cheating is defined as any form of dishonesty by the Candidate that results in unfair advantages in results for either themselves or any other Candidates.
  - b. Cheating includes, but is not limited to, the following:
    - i. Making inappropriate requests of the Proctor before, during or after the examination (including solicitation for assistance or exam materials, or any other request that would grant them an unfair advantage in the examination)
    - ii. Removing exam materials from the test site
    - iii. Bringing study materials into the examination, other than those papers permitted for the practical examination
    - iv. Non-registered candidates posing as Candidates
    - v. Giving or receiving assistance during the examination
  - c. Any inappropriate behaviour will be reported by the Proctor to The CPC Board of Directors and action will be taken accordingly.
7. Any candidate with special needs (including physical accommodation or consideration regarding English as a second language) must make a request in writing at the time of application. **No**

**requests will be considered that are received within 90 days of the examination.** All requests will be considered on a case by case basis by The CPC Board of Directors and will be accommodated as deemed appropriate.

- 8. All candidates must be aware that their professionalism and conduct in the practical examination will be taken into consideration with regards to the grading of their examination. Any candidates that have conduct deemed unacceptable and contrary to The CPC Code of Ethics is subject to a failing examination result.**

## Core Competencies Checklist

This checklist must be completed for all candidates following Option 2.  
All core competencies must be represented on the enclosed original copies of your transcripts

Applicant Name: \_\_\_\_\_

COMPETENCY	NAME OF COURSE	WHO PROVIDED COURSE? give university/college name – supporting original transcripts must be included	DATE WHEN WAS COURSE TAKEN
ANATOMY			
BIOMECHANICS/ GAIT ANALYSIS			
MEDICAL CONDITIONS/ DISEASES			
PHYSICAL ASSESSMENT			
ETHICS			
ORTHOTIC FABRICATION			
FOOTWEAR MODIFICATION			

## Work Experience Checklist

This checklist must be completed for all candidates following Option 2.

The following checklist must be completed by a C. Ped (C) in good standing with The College of Pedorthics of Canada.

C. Ped (C) Name: \_\_\_\_\_

PAC Membership number: \_\_\_\_\_

Company: \_\_\_\_\_

Phone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_

Candidate Name: \_\_\_\_\_

- Has the candidate completed 1500 hours of Pedorthic work experience under your direct supervision?

Yes  No

Dates under your supervision: \_\_\_\_\_

- Please provide an approximate number of hours supervised in each of the following areas:

Clinical: \_\_\_\_\_

Footwear: \_\_\_\_\_

Fabrication: \_\_\_\_\_

During the time that the candidate spent under your supervision please indicate by answering *yes* or *no* to the following skills or tasks

### Clinical

1. Able to *demonstrate* professionalism in all aspects of practice and act in accordance to the professional code of ethics and regulatory statutes.  Yes  No
2. Has demonstrated professionalism at all times in interacting with clients and colleagues.  Yes  No
3. Has demonstrated familiarity with and adherence to the Pedorthic Code of Ethics and regulatory statutes in all aspects of practice.  Yes  No
4. Has demonstrated confidentiality in all interactions with clients.  Yes  No
5. Has demonstrated an understanding of the role as well as professionalism in interactions with other agencies such as third-party insurance companies.  Yes  No
6. Has observed office organization and management.  Yes  No
7. Has observed office bookkeeping and billing procedures.  Yes  No
8. Has demonstrated an ability to *draft* concise, timely and accurate records.  Yes  No
9. Has participated in patient education.  Yes  No
10. Has conducted and demonstrated the following examination techniques:
  - gait analysis
  - open kinetic chain
  - closed kinetic chain



11. Has Observed and Conducted assessment of at least 10 different client conditions:
- over-use injuries
  - systemic (e.g. arthritis, diabetes)
  - geriatric
  - paediatric
  - neurological (e.g. MS, CMT)
  - post-op
  - trauma
  - congenital
12. Is able to *engage* the client in the process of selecting from among treatment options, establishing desired outcomes and determining time frames; *synthesize* client goals and consider these when setting priority outcomes; *review and evaluate* with the client the range of resources and treatments available.  Yes  No
13. During assessment has successfully demonstrated:
- selection of appropriate treatment solution
  - selection of appropriate materials
  - rationale for selection
  - communicating a plan for client follow-up and answering any client questions and concerns related to client follow-up, under supervision
14. Has demonstrated the ability to differentiate between the need for custom versus off-the-shelf orthotic.  Yes  No

### Footwear

1. Has demonstrated an understanding of inventory management.  Yes  No
2. Has assisted the fitting of footwear, with specific attention to fit (size, shape, and volume) and function (appropriate style of shoe).  Yes  No
3. Has *carried out* appropriate shoe selection and fitting following assessment of a variety of different client conditions/foot types.  Yes  No

### Fabrication

1. Has *demonstrated* awareness of and *adherence* to the safety procedures of the practicum site.  Yes  No
2. Has demonstrated regular and proper use of personal safety equipment (Safety glasses, dust mask, etc.).  Yes  No
3. Has demonstrated and adheres to proper handling of materials in the workplace.  Yes  No
4. Has demonstrated and adheres to safe and proper use of machinery and tools in the workplace.  Yes  No
5. Has demonstrated safe work ethic around co-workers.  Yes  No
6. Following assessment and selection of appropriate orthotic solution, has produced:
- shoe modifications
    - rocker
    - upper mods
    - lift extension
    - buttress

- cast modification/preparation
- orthotic fabrication
  - creation and processing of work order involved in daily manufacturing
  - corrective devices
  - accommodative devices
  - rationale for intrinsic versus extrinsic posting

Comments:

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I declare that the foregoing statements are true. I understand that I have an ethical responsibility to complete the questionnaire appropriately.

\_\_\_\_\_  
Supervising C. Ped (C)'s Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Applicant's Signature

\_\_\_\_\_  
Date

**Western University Contact Permission Form**  
This form **must** be completed for all candidates following Option 1.

I \_\_\_\_\_ give The College of Pedorthics of Canada permission to contact Western University to obtain proof of my graduation.

My student number is \_\_\_\_\_.

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

## Application Enclosures Checklist

**If you are following Option 1 you must include the following with your application:**

- Completed, signed application form including payment
- Note of permission for The College of Pedorthics of Canada to contact the University of Western Ontario on your behalf and verify your graduation status.
- Proof of membership in good standing with the Pedorthic Association of Canada (PAC).
- Two payments – one for the written examination and one for the practical examination – with payment including either HST or GST as applicable

**If you are following Option 2 you must include the following with your application:**

- Completed, signed application form including payment
- Proof of employment experience:
  - Signed letter from employer(s), or referring professional, verifying the time worked in pedorthics and specific job duties
  - Detailed resume
- Work Experience Checklist – completed by your supervising C. Ped (C)
- ORIGINAL transcripts outlining courses and proof of graduation/completion: no photocopies or faxes will be accepted.
- Proof of current certification status – if applicable
- Proof of membership in good standing with the Pedorthic Association of Canada (PAC)
- Two payments – one for the written examination and one for the practical examination – with payment including either HST or GST as applicable

**NOTE:** The documentation of employment experience must clearly state dates of employment and number of hours worked. If the pedorthic work has been combined with other work, the documentation must clearly state what portion of the work is in pedorthics and specific job duties.

**If you are applying for the 500-hour credit as an Allied Health Professional, you will also need to include:**

- A letter of membership in good standing from your relevant regulatory body

The College of Pedorthics of Canada reserves the right to verify the proof of eligibility through its own investigations.

No application will be processed until all documents are properly submitted. Post-dated cheques will not be processed until date of cheque; therefore, cheques may not be dated after the deadline. All documents must be originals. No faxes will be accepted unless permission is given from The CPC office.

Please send completed applications to:

**The College of Pedorthics of Canada**  
**Attn: Victoria Peers**  
**503-386 Broadway**  
**Winnipeg, Manitoba**  
**R3C 3R6**

**Phone: (866) 819-4354**  
**Email: [info@cpedcs.ca](mailto:info@cpedcs.ca)**

Please note that if you are requesting the written examination in French, this request must be made a minimum of two weeks before the examination date. Requests should be submitted to Victoria Peers at [vpeers@cpedcs.ca](mailto:vpeers@cpedcs.ca) or by telephone at The College office.

## MARK VALUES & ATTEMPTS

The C. Ped (C) certification process involves two exams - a written exam and a practical exam. Both exams are considered to be at a university level of difficulty. The written and practical exams are held on separate dates, approximately two months apart. Both the written and the practical exams are marked based on a set MPL (Minimum Performance Level) for the exam. Marks will be given as pass or fail as there is no percentage grade. For more information on the MPL system, please refer to The CPC website at [www.cpedcs.ca](http://www.cpedcs.ca), or contact the office at (866) 819-4354.

The written exam is a **prerequisite** to the practical exam; therefore, a candidate must successfully pass the written exam before becoming eligible for the practical exam. After three failures on the written exam, the candidate must re-qualify by gaining the required experience hours, depending on guideline followed when applying for examination, before being granted another three attempts.

Upon passing the written exam, the candidate has two years to successfully complete the practical exam. A candidate who does not attempt the practical exam within two years of passing the written exam will be required to re-write the written exam. After three failures of the practical exam, the candidate must re-qualify by gaining the required experience hours, depending on guideline followed when applying for examination, and then beginning the full certification process once again.

A candidate is permitted three attempts at each exam (i.e. 3 attempts at written, then 3 attempts at practical) over a five-year period. After a maximum of three unsuccessful attempts at each exam, or the passing of five years, a candidate must re-qualify and restart the certification process.

## EXAM FORMAT

### Written Examination (3 hours)

- 1) 150 multiple choice questions - anatomy, biomechanics/gait analysis, medical conditions & disease, assessment, footwear, orthotic manufacturing, practice management and ethics.
- 2) A "hands on" section requiring the candidate to answer ten multiple choice questions in ten minutes based on various samples of orthotics and orthotic manufacturing supplies. This component is completed by the candidate at a station that will be administered by the proctor. A listing of examinable content for this section can be found in the "Exam Content" section of this application (page 13) as well as on The CPC website.

### Practical Examination (1.5 hours)

Candidates must reach the set MPL (minimum performance level) in each category outlined below to obtain a passing grade.

- 1) Patient assessment (40 marks, 40 minutes) - assessment for patient history; foot structure; ranges-of-motion; deformities; biomechanical problems; gait abnormalities; proposed management of patient through orthoses, footwear and treatment by other health care professionals
- 2) Plaster slipper casting (20 marks, 30 minutes) - determination of proper foot position for casting; casting\*\* one foot, with option of taking second cast and being marked on best of two; explanation of casting position and how cast reflects what was found during assessment; brief description (rationale) of how orthoses would be constructed from cast including cast modifications, materials, design selections  
\*\* plaster bandages (6" rolls) and necessary tools will be provided; candidate may bring own plaster if desired
- 3) Shoe fitting (20 marks, 20 minutes) - fitting for patient requiring footwear; marks based on customer approach, footwear knowledge and fitting technique

**Note:** All practical exams are videotaped for marking and appeal purposes.

***All candidates must be aware that their professionalism and conduct in the practical examination will be taken into consideration with regards to the grading of their examination. Any candidates that have conduct deemed unacceptable and contrary to The CPC Code of Ethics is subject to a failing examination result.***

## **EXAM CONTENT**

### **Anatomy of the Lower Limb**

- Anatomical terminology for structures and positions (eg., condyle, interphalangeal, abduction, sagittal)
- Skeleton, muscles, ligaments, tendons (specific detail re locations, actions, attachments)
- Circulatory and nervous systems (only in general - pathways, supplies, pulses)
- Surface anatomy (assessment landmarks)
- Anatomical anomalies and deformities (eg., hallux limitus, claw toes, equinus, tarsal coalition, etc.)

### **Diseases/Conditions which affect the Lower Limb**

- Etiology, symptoms, effects and complications of diseases which affect the legs and feet (eg., Diabetes, Cerebral Palsy, Charcot-Marie-Tooth Disease, Multiple Sclerosis, Arthritis, Poliomyelitis, Sever's Disease, Freiberg's Disease, etc.)
- Common acute and overuse injuries (eg., Morton's neuroma; plantar fasciitis; metatarsalgia; Achilles tendonitis; patello-femoral pain syndrome; sprains, strains and fractures; etc.)
- Dermatological problems (eg., warts, callouses, corns, etc.)

### **Biomechanics**

- Gait determinants (i.e., phases of gait; forces; muscle activity and interactions of joints during gait cycle)
- Gait assessment for lower limb problems, eg., recognition of anomalies and typical compensatory actions

### **Pedorthic Assessment**

- Recognition of typical symptomologies through palpation; surface anatomy; ranges-of-motion; patient history; gait analysis; wear patterns; etc.

### **Orthotic Fabrication**

- Topcover materials, shell materials, positive casts (milled and plaster), weight-to-stiffness ratio, cast modification, footwear modifications

### **Pedorthic Management**

- Generally accepted pedorthic approaches for supporting, accommodating and/or altering biomechanics of children, athletes, adults, and geriatrics
- Shoe anatomy and terminology; pedorthic footwear fitting; orthopaedic devices; shoe modifications; orthotic materials; casting procedures; etc. (e.g. - metatarsal bar, Thomas heel, hallux valgus night splint, elevations, wedges, rocker soles, buttresses/flares; fitting checkpoints, foam impression, plaster casting, etc.)

### **Principles of Behaviour**

- Content of The College of Pedorthics of Canada and the Pedorthic Association of Canada's Code of Ethics and Scope of Practice.

## SUBJECT LIST

The following items have appeared on the written exam. This is not an exhaustive list of terms or topics.

### Definitions & Terms

- Anatomical position
- Planes of body - sagittal, coronal, transverse/horizontal
- Directions - proximal/distal, anterior/posterior, superior/inferior, superficial/deep, dorsal/plantar
- Actions/positions - abduction/adduction, acceleration/deceleration, eversion/inversion, flexion/extension, internal/external rotation, plantarflexion/dorsiflexion, pronation/supination, prone/supine
- Terms - acute, amputation, analgesic, angle of inclination, apex, apophysitis, anaesthetic, articulation, asymptomatic, atrophy, attrition, auto-immune, avascular necrosis, avulsion, axis, bilateral, blanching, cadence, cardiac, centre of gravity, chafing, chronic, circulatory, compensate, congenital, contracture, degenerative, digit, epiphysis, etiology, edema, elicit, exostosis, flushing, fusion, generalized, geriatric, hemiplegic, hereditary, herniation, hypermobile, hypertrophy, infectious, inflammation, infrapatellar, insertion, interdigital, laxity, lesion, lever, localized, lumbar, lymphatic, metabolism, midline, motor nerves, muscle tone, myelin, neuronitis, neuropathy, nodule, origin, ossification, palpate, paralysis, paraesthetic, passive, pathological, profuse, prolapsed, Q-angle, radiates, range-of-motion, ray, residual, resisted, rheumatic, rupture, sacral, sensory, shear force, spasticity, synovial, subluxation, tenosynovitis, triplane motion, ulceration, unilateral, vascular, velocity, viral, windlass mechanism

### Assessment - Tests & Signs

- Double heel raise, heel squeeze test, Mulder's click, neutral position, Thompson squeeze test, too many toes sign

### Bones & Joints - location, attachments

- Calcaneus, cuboid, cuneiform, femur, fibula, iliac crest, os calcis, lumbar spine, metatarsals, navicular, patella, pelvis, phalanges, sesamoids, sinus tarsi, sustentaculum tali, talus, tibia, vertebrae
- Joints - ankle, crural, hip, interphalangeal, metatarsal-cuneiform, metatarso-phalangeal, subtalar, talo-crural
- Acetabulum, apophysis, base, condyle, head, notch, periosteum, plateau, process, malleolus, shaft, tubercle, tuberosity

### Circulatory & Nervous Systems

- Central nervous system, common peroneal nerve, deep peroneal nerve, dorsalis pedis pulse, popliteal nerve, posterior tibial pulse, sciatic nerve, tibial nerve, venous insufficiency

### Conditions

- Anterior compartment syndrome, arthrodesis, calcaneal fracture, Charcot foot, Charcot joint, chondromalacia patellae, dependent rubor, foot drop, gangrene, heel pain syndrome, hyperhydrosis, March fracture, metatarsalgia, Morton's neuralgia/neuroma, Morton's Syndrome, osteochondrosis, patello-femoral pain syndrome, plantar fasciitis, Pott's fracture, retrocalcaneal bursitis, sesamoiditis, sciatica, shin splints, sprain, strain, stress fracture, stroke, tarsal coalition, tendinitis, toeing-in/out, varicose veins

### Deformities

- Abductovalgus, claw toe, equinus, femoral anteversion, forefoot supinatus, forefoot varus, genu hypercurvatum, genu valgum, genu varum, Haglund's deformity, hallux limitus, hallux rigidus, hallux valgus, hammer toe, heel spur, leg length discrepancy (anatomical, functional), lordosis, mallet toe, metatarsus adductus, metatarsus prima varus, pump bump, tailor's bunion

### Diseases

- Cerebral Palsy, Charcot-Marie-Tooth Disease (Peroneal Muscular Atrophy), Diabetes Mellitus, Friedberg's Disease, gout, Kohler's Disease, Osgood-Schlatter's Disease, osteoarthritis, Osteoporosis, Multiple Sclerosis, Muscular Dystrophy, Poliomyelitis, Rheumatoid Arthritis, Sever's Disease, Spina Bifida

### **Foot Types & Structures**

- Ball, clubfoot, forefoot, instep, midfoot, pes cavus, pes planus, pes valgo planus, rearfoot, talipes equinovarus, tarsus

### **Footwear & Modifications**

- Collar, counter, heel, heel breast, insole, midsole, outsole, quarter, shankpiece, sock lining, toe box, topline, upper, vamp, welt
- Balmoral, blucher, board lasting, crepe, cut heel, extra-depth, flexpoint, foxing, Goodyear welt, heel height, leather, pattern, rubber, slip-lasting, straight last, toe spring, unit sole, wedge sole, wheeling
- Sizing - Brannock Device, European System, girth, heel-to-ball, heel-to-toe, length, Standard system, width, volume
- Elevation, flare, Klenzak brace, lift, metatarsal bar, point stretching, rocker sole, SACH heel, sole excavation, Thomas heel, tongue pad, toplift, velcro straps, wear patterns, wedge
- Sandal, boot, moccasin, mule, pump, oxford, clog, running shoe, post-operative boot

### **Gait Mechanics & Gait Patterns** - muscle activity, timing & actions

- Double support, foot flat, heel contact/strike, heel-off, midstance, pronation, push-off, resupination, roll-off, toe-off
- Base of support, centre of gravity, line of gravity, stance phase, stride length, swing phase
- Ataxic gait, foot slap, high steppage gait, in-toeing, out-toeing, scissor leg gait

### **Muscles & Soft Tissues** - location, attachments, actions

- Abductor hallucis longus, abductor digiti minimi, adductor hallucis, biceps femoris, extensor digitorum longus, extensor hallucis longus, flexor digitorum brevis, flexor hallucis brevis, flexor hallucis longus, gastrocnemius, gluteus maximus, hamstrings, peroneus brevis, peroneus longus, peroneus tertius, popliteus, quadriceps femoris, rectus femoris, sartorius, soleus, tibialis anterior, tibialis posterior, triceps surae, vastus intermedius
- Achilles tendon, anterior cruciate ligament, anterior talofibular ligament, bursae, cartilage, connective tissue, deltoid ligament, fat pads, medial longitudinal arch, medial meniscus, plantar fascia/aponeurosis, posterior tibial tendon, superior tibiofibular ligament, tendo calcaneus, tensor fascia latae, ilio-tibial band, transverse arch, webspace

### **Orthoses**

- Forefoot post, metatarsal mound, metatarsal pad, PPT, plastazote, polypropylene, rearfoot post, Scaphoid pad, sorbothane, Spenco, subortholen, thermal cork, top cover, UCBL

### **Skin**

- Callus, heloma dura, (hyper)keratosis, plantar wart



## **SAMPLE QUESTIONS**

1. The patella is located:
  - a) superficial to the femoral condyles
  - b) within the quadriceps femoris tendon
  - c) superior to the patellar notch
  - d) medial to the fibula
  - e) all of the above
  
2. Genu valgum describes:
  - a) lateral opening of the knee joint
  - b) medial opening of the knee joint
  - c) hyperextension of the knee joint
  - d) femoral anteversion
  - e) tibial torsion
  
3. Creating more flexibility at the flexpoint of a shoe serves to:
  - a) decrease strain on the posterior leg musculature
  - b) increase the durability of the sole
  - c) decrease metatarsal-phalangeal extension during toe-off
  - d) increase the shoe width
  - e) a and c

ANSWERS TO SAMPLE QUESTIONS 1) E 2) B 3) A

## RECOMMENDED READING MATERIALS

This is not an exclusive or exhaustive list. Applicants should study at least one text from each category.

### ANATOMY

Clinically Oriented Anatomy, 3rd edition Williams & Wilkins	ISBN 0-683-06133-X	Keith L. Moore
Clinical Anatomy for Medical Students, 5th Edition Little, Brown & Company	ISBN 0-316-80185-6	Richard S. Snell
Surgical Anatomy of The Foot and Ankle, Vol 37, No 3, 1985 Login Brothers Fulfillment Canada	ISBN 8765-00495-7	Clinical Symposia
Joint Structure & Function, 2nd edition F.A. Davis	ISBN 0-8036-6577-6	Norkin, Levangie
Dorland's Illustrated Medical Dictionary, 27th Edition W.B. Saunders Company	ISBN 0-7216-3154-1	
Colour Atlas of the Foot and Ankle Anatomy Year Book Medical	ISBN 0-7234-1995-7	McMinn, Hutchings Logan

### BIOMECHANICS/GAIT

The Biomechanics of the Foot and Ankle, 2nd Edition F.A. Davis	ISBN 0-8036-0031-3	Robert Donatelli
Gait Analysis: An Introduction Butterworth Heinemann	ISBN 0-7506-0045-4	Michael Whittle
Human Walking, 2nd edition Williams & Wilkins	ISBN 0-683-07360-5	Rose, Gamble
Foot Function: A Programmed Text	ISBN 0-683-07651-5	Michael O. Sibel Out of Print
A Practical Manual for A Basic Approach To Foot Biomechanics Langer Foundation * Available only through the Langer Foundation (US)		Langer, Wernick Phone: (800)233-2687

### EXAMINATION & DIAGNOSIS

The Foot: Examination & Diagnosis Churchill Livingstone	ISBN 0-443-086004-4	Ian Alexander
Illustrated Essentials in Orthopedic Physical Assessment	ISBN 0-8016-6612-0	R.C. Evans Mosby
Orthopedic Physical Assessment, 2nd edition W.B. Saunders	ISBN 0-7216-4344-2	David J. Magee
Sports Medicine of the Lower Extremity Books On Demand	ISBN 0-7837-6231-3	Steven I. Subotnick
Knee Pain & Disability, 3rd Edition F.A. Davis Company	ISBN 0-8036-1622-8	Rene Cailliet

## **DISEASES/DISORDERS**

Common Foot Problems In Primary Care Mosby - Year Book	ISBN 1-56053-050-2	Birrer, Dellacorte, Grisafi
Common Foot Disorders, 4th Edition Churchill Livingstone	ISBN 0-443-04470-8	Neal, Adams
Disorders of the Foot, 2nd Edition (3 volumes) W.B. Saunders Company	ISBN 0-7216-1327-6	Melvin Jahss
Foot & Ankle Disorders in Children Churchill Livingstone	ISBN 0-443-08698-2	S.J.DeValentine
Turek's Orthopaedic Principles and Their Application, 5th edition J.B. Lipincott Co.	ISBN 0-397-50692-9	Weinstein, Buckwaer

## **PEDORTHIC MANAGEMENT**

Introduction to Pedorthics *Available only from the Pedorthic Footwear Association		PFA
Clinical Biomechanics of the Lower Extremities Mosby	ISBN 0-8016-7986-9	R.L. Valmassy
The Functional Foot Orthosis, 2nd Edition Churchill Livingston	ISBN 0-443-04991-2	J.W. Philips
Foot Orthoses & Other Forms of Conservative Foot Care, 2nd edition Williams & Wilkins	ISBN 0-683-05974-2	Thomas C. Michaud
***Available from the Pedorthic Association of Canada		
Principles & Practices of Foot Orthoses Williams & Wilkins	ISBN 0-683-09300-2	Kent K. Wu Out of Print
Professional Shoe Fitting National Shoe Retailers Association **available only from Pedorthic Footwear Association		Rossi, Tennant Ph: (410) 381-7278

## **PRINCIPLES OF BEHAVIOUR**

Pedorthic Association of Canada Code of Ethics\*\*\*  
Pedorthics Canada (Quarterly journal) \*\*\*

\*\*\*available only from Pedorthic Association of Canada

Books (except \*, \*\* and \*\*\*) may be specially ordered (i.e., if not in stock) through the University of Waterloo Bookstore. Phone: (519) 885-1211 ext. 2049, Fax: (519) 747-2859. Allow approximately 3-6 weeks delivery. GST and shipping and handling are extra. Prices are subject to change at the discretion of the University of Waterloo Bookstore.

The Pedorthic Footwear Association has a book list on their web site with many of the books listed here available. PFA Website: [www.pedorthics.org](http://www.pedorthics.org) Phone: (410) 381-7278.

Books are also available through other university and public book stores.

\*\*\*At this time, the Pedorthic Association of Canada only offers one book for sale: Foot Orthoses and Other Forms of Conservative Foot Care by Thomas C. Michaud. This book is offered at a price of \$100.00 plus GST. To order, please contact the PAC office at 1-888-268-4404 or by email at [info@pedorthic.ca](mailto:info@pedorthic.ca).