NOTE—The Student is in honour bound not to consult the Course Book in answering these questions.

INTERNATIONAL SCHOOL
OF PRACTIPEDICS.
LONDON.

STUDENT'S ENROLMENT No. _____

Date _____ 194

EDUCATIONAL COURSE

Student's Answers to Examination Questions

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How much time have you devoted to the study of the Course? _____

Do you feel in your mind that you can correctly answer all the Test Questions in the Course without referring to the Lesson Book? Yes

Have you used the principles of Practipedics in your daily work? Yes

Has it helped you give better satisfaction and foot comfort? Yes.

The examination questions herewith are numbered: please use number in answering each question.

No. 1 There are 26 bones in the foot and 2 sesamoid bones

No 2. OS Calcis, Astralagus, Scaphoid, internal cuneiform, middle cuneiform, external cuneiform and cuboid, form the tarsus group. Five metatarsal bones numbered 1st 2nd 3rd 4th & 5th from the great toe outwards and 14 phalanges.

No 3. The OS Calcis is the largest bone in the foot, measuring 2½ inch in length

No 4 There are 14 bones in the toes of each foot, 2 in the great toe and 3 in each of the four lesser toes.

No 5. The function of a muscle is to supply motive power and being subject to nerve stimuli, they shorten, thicken, contract & extend, thus providing various movements of the bones or framework..

No 6 The function of a ligament is to bind the bones together at their articulations, limiting movements at the joints while providing for considerable movement of the foot in its entirety

No 7 The function of a tendon is to attach the muscle to a bone or bones to be moved.

No 8. There are four arches in the foot.

No 9. The inner longitudinal The outer longitudinal arch. The anterior metatarsal arch, and the transverse arch.

No 10 The inner longitudinal arch commences at the inner border of the OS Calcis and extends forward to the head of the first metatarsal, Included in the arch are the OS Calcis, astralagus and Scaphoid, the highest point being the astralagus.

No 11 The bones that forms the anterior metatarsal arch are the 1st, 2nd, 3rd, 4th & 5th metatarsal heads, It extends between the 1st & 5th of the above mentioned heads.

No 12 Weak foot condition is when the muscles & ligaments which hold the bones forming the arch in their naturalarched position become strained & lose tone, allowing the bones to fall from their arched position.

No 13 There are four conditions of weak or flat foot.

No 14 (1) Tired and tender foot. (2) A tendency to sudden turning of ankle (3) Swollen and painful ankles. (4) A sliding forward of the foot into the toe of the shoe causing discomfort of the toes. (5) Burning and tender soles of the foot.

No 15 To give relief, apply Dr Scholls foot Easers, Dri Springor Dri Span arch support according to condition of the foot and comfort given.

No 16 First choose the correct size, measure the foot with Dr Scholls measure stick. The support should fit snugly into the arch of the foot, flush from back of heel to ball of foot & seat firmly in shoe without side play.

No 17. Question patient, If wearing correct size of Shoes & hosiery Advise home treatment, foot exercises & use of Dr Scholl's Pedico footsoap, Dr Scholl's foot cream & Dr Scholls antiseptic foot powder

No 18. A condition caused by the ligaments & muscles which support the bones contained in the metatarsal arch becoming strained & weakened, thus allowing the arch to collapse (entirely or partially) and causing sharp pain in that region.

No 19 Mortons toe is a cramp like excruciating pain caused by nerve impingement usually in the region of the 4th Met bone.

No 20. A drawn back appearance of the toes, depressed metatarsal heads, the result of which is callous on the ball of the foot.

No 21 Look for a contracted drawn back appearance of the toes. enlargement of the 1st + 5th metatarsal phalangeal joints a convexed condition of the arch and pain or tenderness when [illegible] giving pressure on the different metatarsal heads in places.

No 22 Fit a Dr Scholls metatarsal arch support - the style according to foot condition + comfort to the wearer. advise home treatment of soap, cream + powder to promote circulation and tone up skin tissues.

No 23. In ordinary cases of metatarsalgia the elevation should be gradual between the 1st + 5th toes. In severe, painful cases make the elevation more acute adjustments should be made until complete relief and support is given

No 24 There is a tenderness and pain in the bottom of the heel resembling a bruise - sometimes occurring only after long and continuous standing but in some cases pain is continuous. In rare cases pain is caused by a spur or bony growth on the Oscalcis. - To give relief fit a Dr Scholl's Tri-Spring or Trulpaw arch support + arch quite high beneath the astralagus to avoid pressure on the painful area.

No 25 To adjust arch supports, use Dr Scholl's arch fitter and special hammer.

No 26. Hallux Valgus is a condition where the bones of the great toe are forced out, causing distortion of the metatarsal phalangeal joint - A Bunion is an inflammatory condition of the bursa at the great toe joint accompanied by swelling + pain.

No 27 Apply Dr Scholl's bunion reducer to relieve shoe pressure. To relieve stiffness at the joint use Dr Scholl's mineral ointment + bunion lotion for inflammation also if joint is flexible correct the alignment with Toe flex.

No 28. Recommend proper fitting footwear. Dr Scholl's

foot support. If foot has a tendency to sliding down into the shoe + causing corns. Dr Scholls Zino Pads, Dr Scholls medicated discs directly over corn. Dr Scholls corn salve with tarso pads. 2 Drop corn cure for soft corns. Recommend hygiene with Dr Scholls soap, cream + powder.

No 29. Callouses on feet are caused by abnormal friction or bone displacement. They are natures attempt to protect the underlying tissues from injury often found when the anterior metatarsal arch has fallen.

No 30 For excessive perspiration, examine the foot for arch weakness. If present fit Dr Scholls support, all metal for preference. Suggest home treatment with Dr Scholls soap cream + powder - Bathe feet in warm water to which Dr Scholls bath salts have been added. Always keep feet dusted with antiseptic powder. Keep powder in shoes + stockings change stockings daily, use 2 pairs of shoes alternate days.

No 31 To obtain correct size in fitting shoes, use Dr Scholls measure stick + shoe size indicator, make sure to note extension of foot with the body's weight if it extends more than ½ a size, watch for arch weakness

No 32. Well fitting shoes + stockings are essential in giving foot comfort. corrective arch support. General hygiene of feet with Dr Scholls foot cream Dr Scholls soap. + Dr Scholls powder. and foot exercises. + usual home treatment

I have answered the above questions without consulting the Course.

Signed M. Annie Brown.