



Certified Pedorthist (Canada) Examination Information

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

EXAM SCHEDULE AND DEADLINES

NEW: Please note, it is no longer a requirement to pass the written exam in order to attempt the practical exam. If you are unsuccessful in one or both of the exams, you will have the opportunity to challenge that exam at the next exam sitting.

SPRING

WRITTEN EXAMINATION

Exam Date: March 19, 2022
Time: TBD after the application deadline
Locations: Online

PRACTICAL EXAMINATION

Exam Date: May 7 & 8, 2022
Time: 2 hours will be allocated between 9:00 am to 5:00 pm
Location: Toronto or Vancouver (exams may take place in Pedorthic Clinics based on candidate location with a combination of in-person and online proctors dependent on Covid-19 restrictions at time of exam).

APPLICATION DEADLINE

Application Date: February 7th, 2022
Application form, proof of eligibility and fees must be received by the deadline, NO EXCEPTIONS.

SUMMER

WRITTEN EXAMINATION

Exam Date: July 16, 2022
Time: TBD after the application deadline
Locations: Online

PRACTICAL EXAMINATION

NONE

APPLICATION DEADLINE

Application Date: June 6, 2022
Application form, proof of eligibility and fees must be received by the deadline, NO EXCEPTIONS.

FALL

WRITTEN EXAMINATION

Exam Date: October 15, 2022
Time: TBD after the application deadline
Locations: Online

PRACTICAL EXAMINATION

Exam Date: November 26 & 27, 2022
Time: 2 hours will be allocated between 9:00 am to 5:00 pm
Location: Toronto or Vancouver (exams may take place in Pedorthic Clinics based on candidate location with a combination of in-person and online proctors dependent on Covid-19 restrictions at time of exam).

APPLICATION DEADLINE

Application Date: September 5, 2022
Application form, proof of eligibility and fees must be received by the deadline, NO EXCEPTIONS.

FEES: One payment of \$650 plus GST or HST where applicable (please see application enclosure checklist) must be included with your application for the written & clinical exams.

NOTE: *If the written exam is not passed, and you do not wish to attempt the practical exam right away, the fee for the practical exam will be returned to the applicant.*

RE-EXAMINATION FEE: If only the written exam is re-taken, \$300 plus GST or HST. If only the practical exam is re-taken, \$350 plus GST or HST.

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. If you have an emergency (ie. death in the family, personal illness, injury) on the day of the exam and are unable to write, contact The CPC office and your exam may be eligible for a deferral to the next exam sitting. A second withdrawal will result in forfeiture of the entire fee.

NOTE: *Once a candidate has successfully passed the Certified Pedorthist (Canada) examinations, they are required to become a member of The College of Pedorthics of Canada (the CPC). All certified members must maintain membership in both the Pedorthic Association of Canada (PAC) and The College of Pedorthics of Canada in order to maintain certification. The CPC will send an invoice along with a membership information package to successful candidates. The CPC will not send a certificate or certification number 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 CPC as a Certified Pedorthic Technician (Canada), The CPC will send an invoice for the difference in fees. The candidate will not receive the new certificate until payment is received by The CPC.*

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 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

NOTE: To qualify for Option 2, you must have joined the apprenticeship route to certification prior to December 31, 2020)

- **Membership:** Applicant must be a Candidate Member in good standing with 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 provided they also have a recognized University degree in any field.

- Chiropody/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)** note: these courses were offered for the last time in Jan 2021**
- **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

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/

Please select your preferred method for exam results (please choose 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 Written exam only 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.

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.

Applicant Signature _____

A fee of \$25.00 will be charged for NSF cheques. If a 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.

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.

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.

Applicant Signature

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 CPC 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 Proctors 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 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 deemed 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(s) 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(s) to The CPC Board of Directors and action will be taken accordingly.
7. **ACCOMMODATION:** 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 after the application deadline.** . 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.

Certified Pedorthist Name	
CPC Membership Number	
Company	
Phone	Email
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	
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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 with 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 assessments of at least 10 different client conditions:

- overuse injuries
- systemic (e.g. arthritis, diabetes)
- geriatric or paediatric
- neurological (e.g. MS, CMT)
- post-op
- trauma
- congenital

Yes No

12. Is able to engage the client in the process of:

- selecting from treatment options, establishing desired outcomes and determining time frames
- synthesizing client goals and consider these when setting priority outcomes
- reviewing and evaluating 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

Yes No

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 with 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, candidate 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

Yes No

Comments:

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) Signature

Date

Applicant Signature

Date

Western University Contact Permission Form

This form must be completed for all candidates following Option 1.

I _____ give The College of Podiatry of Canada permission to contact Western University to obtain proof of my graduation.

My student number is _____.

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 CPC to contact Western University on your behalf and verify your graduation status
- Proof of membership in good standing with the Pedorthic Association of Canada
- 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
- 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 the date on the cheque; therefore, cheques may not be dated after the deadline. All documents must be original. 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: Geoff Powell
503-386 Broadway Winnipeg, Manitoba R3C 3R6
Phone: (866) 819-4354 Email: 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 The CPC office by telephone or email.

Applicant Signature

Date

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. Candidates must achieve a passing grade of 75% on the written exam to pass. Candidates must achieve an overall passing grade of 70% with no section below 65% on the practical exam to pass.

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.

For more information, please refer to The CPC website at www.cpedcs.ca, or contact the office at (866) 819-4354.

EXAM FORMAT

Written Examination (3 hours)

- 1) Approximately 150 multiple choice questions - anatomy, biomechanics/gait analysis, medical conditions & disease, assessment, footwear, orthotic manufacturing, practice management and ethics.
- 2) A listing of examinable content for this section can be found in the "Exam Content" section of this application (page 14) as well as on The CPC website.

Practical Examination (1.5-2 hours)

The Certified Pedorthist (Canada) practical exam involves six sections:

1. Assessment: History, Non-weight Bearing Evaluation & Range of Motion testing (15 Minutes)
2. Assessment: Postural Evaluation, Gait Analysis & Special Testing (15 Minutes)
3. Assessment: Conclusions, Patient Education & Treatment Plan (15 Minutes)
4. Orthotic Treatment Plan & Fabrication Process (15 Minutes)
5. Casting (15 Minutes)
6. Footwear Fitting (15 Minutes)

2) Candidates must achieve a passing grade of 70% for the overall examination with no individual section having a grade of less than 65%.

A thorough explanation of each section of the practical exam will be provided to candidates.

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, calluses, 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

- Top cover 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, lifts, 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, frontal, transverse
- 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, hyperhidrosis, 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, forefoot valgus, plantarflexed 1st ray, rearfoot varus, rearfoot valgus, genu recurvatum, genu valgum, genu varum, Haglund's deformity, hallux limitus, hallux rigidus, hallux valgus, hammer toe, heel spur, leg length discrepancy (structural, functional), lordosis, kyphosis, scoliosis, mallet toe, metatarsus adductus, metatarsus prima varus, pump bump, tailor's bunion

Diseases

- Cerebral Palsy, Charcot-Marie-Tooth Disease, Diabetes Mellitus, Frieberg'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, shank piece, sock lining, toe box, topline, upper, vamp, welt
- Balmoral, blucher, crepe, cut heel, extra-depth, flexpoint, Goodyear welt, heel height, leather, pattern, rubber, slip-lasting, straight last, toe spring, unit sole, wedge sole
- Sizing - Brannock Device, European System, girth, heel-to-ball, heel-to-toe, length, Standard system, width, volume
- Lift, flare, 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, poron, plastazote, p-cell, polypropylene, rearfoot post, Scaphoid pad, sorbothane, Spenco, subortholen, thermal cork, top cover, UCBL

Skin

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

RECOMMENDED READING MATERIALS

The Pedorthic Study Guides can be found on the College of Pedorthics Website under the menu 'Certification & Exams' <https://cpedcs.ca/certification-exams/study-guides/>

Clinical Practice Guidelines: A reference manual of best practice in pedorthic care (Second Edition) Available from Pedorthic Association of Canada at <https://www.pedorthic.ca/about/clinical-practice-guidelines/>

Below is a list of recommended reading. This is not an exclusive or exhaustive list. Applicants should study at least one text from each category.

ANATOMY

Clinically Oriented Anatomy, 3rd edition
0-683-06133-X

Keith L. Moore Williams & Wilkins ISBN

Clinical Anatomy for Medical Students, 5th Edition
ISBN 0-316-80185-6

Richard S. Snell Little, Brown & Company

Surgical Anatomy of The Foot and Ankle, Vol 37, No 3, 1985 Clinical Symposia Login Brothers Fulfillment Canada
ISBN 8765-00495-7

Joint Structure & Function, 2nd edition Norkin, Levangie F.A. Davis
ISBN 0-8036-6577-6

Dorland's Illustrated Medical Dictionary, 27th Edition
W.B. Saunders Company
ISBN 0-7216-3154-1

Colour Atlas of the Foot and Ankle Anatomy
McMinn, Hutchings Logan Year Book Medical
ISBN 0-7234-1995-7

BIOMECHANICS/GAIT

The Biomechanics of the Foot and Ankle, 2nd Edition

Robert Donatelli

F.A. Davis

ISBN 0-8036-0031-3

Gait Analysis: An Introduction

Michael Whittle

Butterworth Heinemann

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