



Certified Pedorthist (Canada) Written Examination Information and Application

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.

2023 WINTER WRITTEN EXAM DATES

- **WINTER 2023**

Exam Date: January 21st, 2023

Time: 1:00PM-4:00PM EDT

Location: Online via Mercer Mettl Exam Platform

APPLICATION DEADLINE: December 31st 2022

Spring Application Form – coming soon

I am applying for: Written Exam (first attempt)

Fees owed: \$300 plus applicable GST and 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These fees include a non-refundable administration fee of \$75 if an application is withdrawn in writing up to 1 week prior to the examination date.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.

Certified Pedorthist (Canada) Examination Application

Salutation (optional): 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/

Payment method:

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 _____

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

Western University Contact Permission Form

*For Western University Graduates

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

My student number is _____.

CONFIDENTIALITY AND RULES OF CONDUCT FOR EXAMINEES

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

1. All exam candidates acknowledge that the C. Pod (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 Clinical 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 Clinical 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 clinical 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 clinical 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 clinical 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
ISBN 0-683-06133-X

Keith L. Moore Williams & Wilkins

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

Richard S. Snell Little, Brown &

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

Gait Analysis: An Introduction

Michael Whittle

Butterworth Heinemann

ISBN 0-7506-0045-4

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 Foundation Langer, Wernick Langer

* Available only through the Langer Foundation (US)

Phone: (800)233-2687 Foot

Orthoses and Other

EXAMINATION & DIAGNOSIS

The Foot: Examination & Diagnosis
Livingstone

ISBN 0-443-086004-4

Ian Alexander Churchill

Illustrated Essentials in Orthopedic Physical Assessment
R.C. Evans Mosby
ISBN 0-8016-6612-0

Orthopedic Physical Assessment, 2nd edition
David J. Magee
W.B. Saunders
ISBN 0-7216-4344-2

Books On Demand

ISBN 0-7837-6231-3

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
Livingstone

ISBN 0-443-04470-8

Neal, Adams Churchill

Disorders of the Foot, 2nd Edition (3 volumes)
Melvin Jahss
W.B. Saunders Company
ISBN 0-7216-1327-6

Foot & Ankle Disorders in Children
Livingstone

ISBN 0-443-08698-2

S.J.DeValentine Churchill

Turek's Orthopaedic Principles and Their Application, 5th edition
Weinstein, Buckwaer
J.B. Lipincott Co.

ISBN 0-397-50692-9

PEDORTHIC MANAGEMENT

Contemporary Pedorthics
Wayne Decker, Stephen Albert
ISBN 1-58783-019-1

Introduction to Pedorthics
PFA
*Available only from the Pedorthic Footwear Association

Clinical Biomechanics of the Lower Extremities
ISBN 0-8016-7986-9

R.L. Valmassy Mosby

The Functional Foot Orthosis, 2nd Edition
Livingston

J.W. Philips Churchill
ISBN 0-443-04991-2

Foot Orthoses & Other Forms of Conservative Foot Care, 2nd edition
Williams & Wilkins
ISBN 0-683-05974-2
***Available from the Pedorthic Association of Canada

Thomas C. Michaud

Principles & Practices of Foot Orthoses
Kent K. Wu Williams & Wilkins ISBN 0-683-09300-2
Out of Print

Professional Shoe Fitting
Rossi, Tennant
National Shoe Retailers Association
**available only from Pedorthic Footwear Association
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 website with many of the books listed here available. PFA Website: www.pedorthics.org Phone: (410) 381-7278. Books are also available through other universities 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.

Please send completed applications to by email to: info@cpedcs.ca

Please note that if you are requesting the written examination in French, this request must be made a minimum of 1 month before the examination date. Requests should be submitted to The CPC office by telephone or email.