



# **Canadian Certified Pedorthist C. Ped (C)**

## **Certification Exam Information Handbook**

# Table of Contents

<b>1.0 Application Requirements</b>	<b>pg. 3</b>
<hr/>	
<b>2.0 Examination Details (Exam Format)</b>	<b>pg. 3</b>
<hr/>	
2.1 Part A: Written Examination	pg. 3
2.2 Part B: Clinical Exam (O.S.C.E.)	pg. 3
2.3 Clinical Exam Station Summary and Expectations	pg. 4
<b>3.0 Examination Rules</b>	<b>pg. 11</b>
<hr/>	
3.1 Part A: Written Examination	pg. 11
3.2 Part B: Clinical Exam (O.S.C.E.)	pg. 13
<b>4.0 Preparation for the Examinations</b>	<b>pg. 13</b>
<hr/>	
4.1 Exam Content	pg. 13
4.2 Subject List	pg. 14
4.3 Sample Questions	pg. 18
4.4 Recommended Reading Materials	pg. 19
<b>5.0 Confidentiality and Rules of Conduct for Examinees</b>	<b>pg. 22</b>
<hr/>	
<b>6.0 Mark Values and Attempts</b>	<b>pg. 23</b>
<hr/>	
<b>7.0 Exam Fees</b>	<b>pg. 23</b>
<hr/>	
<b>8.0 Frequently Asked Questions</b>	<b>pg. 24</b>
<hr/>	
<b>9.0 Request for Accommodation Application</b>	<b>pg. 26</b>
<hr/>	

## 1.0 Application Requirements

Currently, there is only one path to become certified as a C. Ped (C) in Canada. Candidates wishing to become a Canadian Certified Pedorthist must register for the Western University continuing education post-graduate Diploma in Pedorthics.

Please contact them directly for information about their program and to see if you are eligible. If you have not completed their program, you are not eligible to take this exam.

**Western University Contact Address:** [postdegree@uwo.ca](mailto:postdegree@uwo.ca)

After successful completion of a Diploma in Pedorthics from Western University, you are now eligible to begin registration for the C. Ped (C) exam. You will also require the following:

- Membership in good standing with The Pedorthic Association of Canada:
  - **Website:** [www.pedorthic.ca](http://www.pedorthic.ca) **Email:** [info@pedorthic.ca](mailto:info@pedorthic.ca)
- Complete and signed application form and payment. For a copy of the application form click [HERE](#).

## 2.0 Examination Details (Exam Format)

### 2.1 Part A: Written Examination

The written examination is an online exam composed of approximately 154-160 multiple choice questions divided into 9 sections, with the 9<sup>th</sup> section being a case study. The questions are based on the Canadian Certified Pedorthist Competencies document of the College of Pedorthics of Canada.

You do not need to pass the Written Exam to be eligible to attempt the Clinical Exam. Both successful and unsuccessful candidates will be allowed to challenge the Clinical Exam. A minimum mark of 75% is required to pass the exam.

The Written Examination topics are as follows:

- Anatomy
- Medical Conditions and Diseases
- Biomechanics
- Pedorthic Assessment

- Orthotic Manufacturing
- Podorthotics Management
- Practice Management and Ethics
- Footwear
- Case Study

## **2. 2 Part B: Clinical Exam (O.S.C.E.)**

The clinical exam involves six sections. Candidates must achieve a passing grade of 70% for the overall examination with no section having a grade of less than 65%.

The C. Pod (C) Clinical Exam will be completed as an OSCE (Objective Structured Clinical Exam). The exam is a mock clinical appointment broken down into six independent sections. Candidates will move through a series of six stations, with each station being in a different room. One proctor will be assigned to each station, marking all candidates at the same station. Please note, not all candidates will start at station one. For example, you may be placed at station five and start with casting and then move through the other stations.

Candidates **must** verbalize ALL findings and use podorthotic terminology. Lay terms should be used when explaining conclusions to the patient. Throughout your exam, you must describe your testing and findings in order to receive marks. Candidates are expected to conduct themselves professionally as though they are in clinic, including their attire and language.

**Note:** All materials necessary for the examination will be provided. Candidates may choose to bring their own Brannock, plaster and/or gloves if desired. All other items brought by the candidate will not be permitted inside the examination room.

Gloves will be provided. If you wish to wear a mask, please provide your own.

## **2. 3 Clinical Exam Station Summaries and Expectations**

The summaries of each section below are the clear expectations of the clinical exam.

### **Section 1 - Assessment: History, Non-Weight Bearing Evaluation & Range of Motion Testing (15 minutes)**

As candidates complete this portion of the exam, they are expected to verbalize all findings. Marks will only be given when findings are verbalized. The sub-lists provided in each section are examples **ONLY** and not an exhaustive list. During this section

candidates will be verbalizing all findings on the patient proctor, a case study will be used for the history portion only. The patient proctor will answer the history section according to the case study. A prescription will not be provided as it is not necessary for treatment by a C. Ped (C).

## History

- Basic patient intake information
- Thorough medical history
- History of their specific primary complaint
- Symptoms of their specific primary complaint
- Aggravating/relieving factors
- Lifestyle inquiries
- Current footwear inquiries
- Secondary/tertiary complaints

## Non-Weight Bearing Evaluation

- Identify forefoot position
- Identify foot type
- Identify any bony prominences, corns, calluses, warts or blisters
- Palpate structures and areas relevant to the patient's condition

**Range of Motion Testing:** Correctly assess and identify normal range of motion and any abnormalities in all ranges of motion of all the joints in the foot and ankle including:

- Ankle
- Subtalar joint
- Midfoot
- 1st Ray
- 1st MTPJ
- 2-5 Intermetatarsal joints

***Please note that throughout your assessment you must verbalize your hands-on testing and findings in order to receive marks.***

Time prompts will be given at 5 minutes and 1 minute. You have 15 minutes to complete this section.

## **Section 2 - Assessment: Standing Evaluation, Gait Analysis & Special Testing (15 minutes)**

As candidates complete this portion of the exam, they are expected to verbalize all findings. Marks will only be given when findings are verbalized. The sub-lists provided in each section are examples ONLY and not an exhaustive list. During this section candidates will be verbalizing all findings on the patient proctor - there is no associated case study.

**Standing Evaluation:** Assess and verbalize findings for the following in the frontal, posterior, transverse and sagittal views and note findings bilaterally.

- General posture
- Head
- Upper Body
- Pelvis/Hips
- Knee Position
- Patella Position
- Tibial Angle
- Tibial Torsion
- Forefoot
- Foot type
- Calcaneal Angle

**Special Testing:** Describe the method and purpose and perform 2 special tests of your choice.

**Gait Analysis:** Verbalize normal expectations and assess patient gait, in the frontal, transverse and sagittal views for the following phases. Candidates are expected to analyze and verbalize motions at all joints of the lower limb and general posture of the upper body. Bilateral observations must be verbalized.

- Heel Strike
- Midstance
- Heel lift
- Toe off
- Swing

***Please note that throughout your assessment you must verbalize your findings in order to receive marks.***

Time prompts will be given at 5 minutes and 1 minute. You have 15 minutes to complete this section.

### **Section 3 – Assessment: Treatment Plan, Patient Education and Decision making (15 minutes)**

Candidates have 15 minutes to read a complete case study and give an oral presentation of their conclusions, patient education and complete treatment plan. A pen, paper and a clipboard to write out their treatment plan will be provided. The sub-lists provided in each section are examples ONLY and not an exhaustive list.

**Conclusions and Patient Education:** Verbalization of both abnormal findings in technical terms and layman's terms to the patient.

- Identify how abnormal findings contribute to symptoms
- Correct description of condition
- Explanation of how lifestyle factors may or may not contribute to condition
- Comment on over-the-counter vs custom orthotics as a treatment option
- Comment on type of orthotic recommended (ie. rigid/semi-rigid/soft)
- Give possible solutions for other treatment options
- Explain specifically how orthotics and/or footwear will help the patient's condition and address their symptoms and biomechanical needs
- Suggest referral to other healthcare professional with explanation

**Footwear Recommendations:** Correctly identify and verbalize the ideal last shape the patient requires.

- Correctly identify two ideal footwear features the patient requires
- Suggest specific brands and/or models of footwear for patient to wear at home
- Suggest specific brands and/or models of footwear for patient to wear to work
- Suggest specific brands and/or models of footwear for patient to wear for leisure/sport
- Correctly identify two appropriate footwear modifications to improve patient's condition
- Explain how footwear modification would benefit patient

***Please note that throughout your assessment you must verbalize your findings in order to receive marks.***

Time prompts will be given at 5 minutes and 1 minute. You have 15 minutes to complete this section.

#### **Section 4 - Orthotic Treatment Plan & Fabrication Process (15 minutes)**

Candidates have 15 minutes to read a complete case study and give an oral presentation to their patient stating their complete orthotic treatment plan including fabrication process. A pen, paper and a clipboard to write out their treatment plan will be provided. The sub-lists provided in each section are examples ONLY and not an exhaustive list.

Compare and verbalize two casting techniques that are appropriate for this patient.

- Give rationale for each casting method discussed
- Describe each casting process step by step
- Describe length of orthotic
- Select appropriate material for shell
- Select appropriate material for top cover
- State appropriate posting or lack of, for the rearfoot and forefoot of each foot
- Explanation of all postings or lack of
- Explanation for any other accommodations or modifications (metatarsal support, excavations etc)
- Describe the fabrication process from negative cast to fitting the orthotic into footwear
- Describe the necessary safety equipment and PPE used during the fabrication process
- Describe your treatment plan follow up for this patient

***Please note that throughout your assessment you must verbalize your findings in order to receive marks.***

Time prompts will be given at 5 minutes and 1 minute. You have 15 minutes to complete this section.

#### **Section 5 - Casting (15 minutes)**

As candidates complete this portion of the exam, they are expected to verbalize all findings and perform the cast in the allotted time. Candidates will choose to perform a plaster slipper cast OR 3-dimensional foam box impression. They will cast the patient proctor's foot. There is no associated case study.

Candidates will be allowed to complete up to two casts using the same casting method, time permitting. If you feel your first cast is acceptable to be marked, a second cast is not necessary, however, you are still permitted to create a second cast if you feel the need.



During this section, candidates are expected to perform and verbalize the following in the time allotted:

- Explain the pros and cons of the chosen casting method
- Ensure patient is in a comfortable position
- Check subtalar joint or talonavicular neutral position before casting
- Identify forefoot to rearfoot relationship and explain how to find it
- Landmark bony prominences
- Give patient clear instructions throughout casting
- Obtain cast in subtalar or talonavicular neutral position or discuss how this position would be obtained through fabrication process
- Create an accurate, usable cast
- Note cast inadequacies or lack of
- Explain if cast is in neutral or not
- Explain all modifications that would be made to cast

**Casts will be evaluated for the following:**

- Smooth on inside
- Abnormalities captured
- Deep enough to fabricate orthotic
- Strong enough to fabricate orthotic
- Captures structures and angles intended (forefoot to rearfoot relationship)

***Please note that throughout the casting process you must verbalize exactly what you are doing in order to receive marks.***

Time prompts will be given at 5 minutes and 1 minute. You have 15 minutes to complete this section.

### **Section 6 - Footwear Fitting (15 minutes)**

The shoe-fitting portion of the exam will assess your knowledge of footwear construction and your ability to match footwear to the patient's feet. Perform a complete podiatric shoe fitting using the footwear provided. During this section candidates will verbalize all findings on the patient proctor, there is no associated case study. You will be marked on the 3 sections listed below. The sub-lists provided in each section are examples ONLY and not an exhaustive list.

## 1. Evaluation of 1 pair of current footwear

- Abnormalities when standing and walking
- Explanation of footwear upper deformities, tread wear and footbed wear patterns
- Correctly identify shoe features (last, heel counter, forefoot angle, heel to ball ratio etc)
- Evaluate appropriateness and fit of current footwear for proctor

## 2. Measurement of patient's feet: Correctly measure the patient's feet using a Brannock device and verbalize the findings. Candidates are expected to correctly identify the following measurements bilaterally with the patient standing:

- Heel-to-toe length
- Heel-to-ball length
- Width

## 3. New Footwear Fitting: Fit the patient with the best fitting pair of shoes, verbalizing the process and your findings. If you're satisfied with the fit on the first pair, a second pair is not required to be tried on but permitted if needed.

- Check the interior of each shoe and explain
- Evaluate the fit of each shoe including heel-to-toe, heel-to-ball length, width, depth, topline etc while patient is standing
- Observe the patient walking in the shoes
- Make note of heel slippage
- Ensure patient's comfort with shoe
- State proper shoe size for patient

***Please note that throughout your assessment you must verbalize your findings in order to receive marks.***

Time prompts will be given at 5 minutes and 1 minute. You have 15 minutes to complete this section.

## 3.0 Examination Rules

### 3.1 Part A: Written Examination

This is a virtual exam with a live virtual proctor(s). Prior to the exam, candidates will be sent access to the exam via an email from the CPC via the Mercer Mettl exam platform. Computer system requirement information will be sent to all candidates prior to the written exam. It is your responsibility to ensure you have reviewed and tested the provided computer system requirements and protocols.

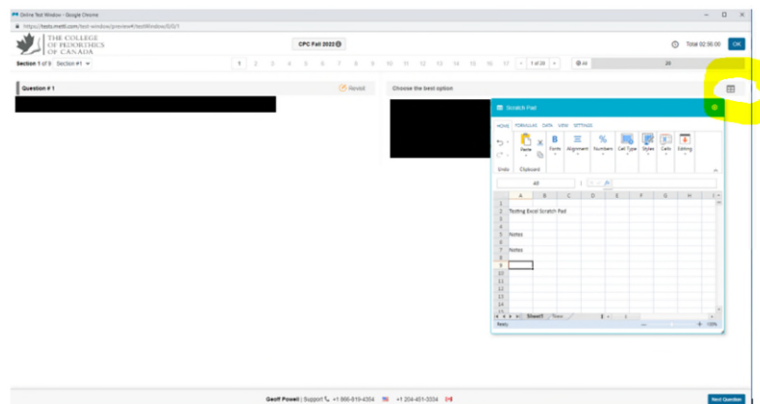
#### Written Examination Protocols:

1. You **MUST** verify your system requirements **BEFORE** the exam. The recommended browser is Google Chrome, Safari or Mozilla Firefox. Please ensure you are using the most up to date browser and that you have a strong ethernet or Wi-Fi connection.

#### Link to verify system requirements:

<https://support.mettl.com/portal/en/kb/articles/system-requirement-for-mettl-assessment-platform>

2. Please have a driver's licence or passport handy as you will be asked to show valid photo ID at the time of the exam.
3. You have 3 hours (180 minutes) to complete this exam. Please ensure to use the restroom ahead of time. Scrap paper is NOT allowed. You will have access to an excel sheet onscreen should you wish to jot down any notes. To access this spreadsheet during the exam, click the 'spreadsheet' icon at the top right of the screen (see below). This will open up a mini blank Excel spreadsheet you may use to jot out any notes. When you toggle to the next question, the spreadsheet will close. Click the icon again to reopen the spreadsheet. Any notes will NOT be lost. This is an optional function.



4. Duration and time:

- The written exams take place on Saturday's at 1PM Eastern Time. Please see most up to date schedule on the CPC website [HERE](#).
  - Please click the Start Test button to access the test link at the reporting time (30 minutes prior to test start.) Test access will become invalid at 1:30PM ET and you will be barred from taking the test. Retakes for technological failures may be given on a case by case basis.
5. Live Proctors and Ai software will be monitoring for any evidence of dishonesty. The exam and your browser window will be recorded for review in the event there is suspicion that the integrity of the exam was compromised. All recordings will be purged once the results have been determined. You can expect you result within 1-2 weeks post exam. A minimum mark 75% is required to pass the exam.
6. Should you need to use the restroom, you must message the live proctors using the chat feature beforehand because if you leave your desk, your profile will be flagged to the proctors for investigation of potential dishonesty.
7. There are 9 sections. The last section is a case study. You can always reference back to the case study by clicking the circular "i" button at the left top hand side of your assessment screen. See image below:



8. Exam Support line in case of emergency: **Elizabeth Sadler # 1-204-451-3334**

**Standard Operational Instructions:**

- To ensure an uninterrupted test-taking experience, close all other windows, chats, screensaver, etc. before starting the test. Do not use a tablet. Only laptop and desktop computer are permitted.
- Important: In case your test window suddenly closes, or your system shuts down due to power failure, you can resume your test from where you had left within a few minutes. The answers for the questions previously attempted will be saved.

Follow the same steps that you took in the beginning to start the test and use the same registration details.

- Do not press F5 during the test at any time as doing so will cause your test to finish abruptly.
- Please read all the questions and their instructions carefully before attempting.
- To navigate from one question to the other you can either click on Next/Previous question button or click on the question number from the navigation bar at the top.

### **3.2 Part B: Clinical Exam (O.S.C.E.)**

1. The candidate will follow the directions of the examiners at all times.
2. No person shall be allowed in the examination area except the examiners and any patients or volunteers that are required for the running of the examination.
3. Bags, books and other belongings are to be left in the designated area. The CPC is not responsible for lost or stolen personal items. Do not bring anything valuable to your exam.
4. Candidates shall not be permitted to leave the examination area except under Supervision.

## **4.0 Preparation for the Examinations**

### **4.1 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.

### **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 Podorthics of Canada and the Podorthic Association of Canada's Code of Ethics and Scope of Practice.

## **4.2 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, lateral/medial

- Terms - acute, amputation, analgesic, angle of inclination, antalgic, 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, contralateral, degenerative, digit, epiphysis, etiology, edema, elicit, exostosis, flushing, fusion, gait, 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, diabetic risk assessment, palpation, resisted strength test, temperature, pulse, capillary refill, Coleman block test, navicular drop, postural observation, Windswept look, Hubscher Maneuver, closed kinetic chain twist test, Trendelenburg Sign, Allis Test, Webster-Barlow maneuver, Thompson test

### **Observations**

- Head, shoulders, trunk, arm distance, pelvic level and rotation, spine, knee, calcaneal position, foot posture, foot type, knee position, toe position/ alignment, skin, vascular, semi weight bearing, weight bearing, non-weight bearing

### **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, Transverse arch, medial longitudinal arch, lateral arch
- Joints - ankle, crural, hip, interphalangeal, metatarsal-cuneiform, metatarso-phalangeal, subtalar, talo-crural, Tibio-femoral
- Acetabulum, apophysis, base, condyle, head, notch, periosteum, plateau, process, malleolus, shaft, tubercle, tuberosity
- Landmarks – PSIS, ASIS, Iliac Spine, SI Joint, Patella, Knee folds, Malleoli, Gluteal folds, Tibial 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**

- Adult acquired flat foot, Achilles rupture, Accessory Navicular, Anterior compartment syndrome, arthrodesis, Baxter's nerve entrapment, Bursitis, calcaneal fracture, capsulitis, Charcot foot, Charcot joint, Club foot, chondromalacia patellae, dependent rubor, foot drop, gangrene, heel pain syndrome, hyperhidrosis, iliotibial band syndrome March fracture, metatarsalgia, Morton's neuralgia/neuroma, Morton's Syndrome, osteochondrosis, overuse injuries, patello-femoral pain syndrome, plantar fasciitis, plantar fibromatosis, piezogenic papules, Pott's fracture, posterior tibialis tendon dysfunction retrocalcaneal bursitis, sesamoiditis, sciatica, shin splints, sprain, strain, stress fracture, stroke, tarsal coalition, tendinitis, toeing-in/out, varicose veins turf toe, synovitis, neuropathy, heel fat pad syndrome, Lisfranc injury,

## **Deformities**

- Abductovalgus, Bunion, claw toe, equinus, femoral anteversion/retroversion, forefoot supinatus, forefoot varus, forefoot valgus, plantarflexed 1<sup>st</sup> 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, tibial varum, tibial torsion, forefoot abduction, forefoot adduction, Morton's structure

## **Diseases**

- Cerebral Palsy, Charcot-Marie-Tooth Disease, Diabetes Mellitus, Frieberg's Disease, Inflammatory arthritis, Gout, Kohler's Disease, Osgood-Schlatter's Disease, Osteoarthritis, Osteoporosis, Multiple Sclerosis, Muscular Dystrophy, Poliomyelitis, Rheumatoid Arthritis, Sever's Disease, Spina Bifida, Legg-Calve perthes Disease, Iselin's Disease, Down Syndrome, Lupus, Parkinson's, Blount's Disease, Iselin's Disease, Ehlers Danlos Syndrome, Stroke, Fibromyalgia

## **Foot Types & Structures**

- Ball, clubfoot, forefoot, instep, midfoot, pes cavus, pes planus, pes valgo planus, rearfoot, talipes equinovarus, tarsus, Transverse arch, medial longitudinal arch, lateral arch



### **Footwear & Modifications**

- Collar, counter, heel, heel breast, insole, midsole, outsole, quarter, shank piece, sock lining, toe box, topline, upper, vamp, welt, closure
- 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, lacing technique balloon patch, shoe stretch, split sole, sulcus bar, arch fill, spacers
- 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, initial contact, loading response, excessive lateral, midfoot contact, excessive pronation, abductory twist, propulsion, circumduction, low gear/high gear toe off
- Base of support, centre of gravity, line of gravity, stance phase, stride length, swing phase, step length, base of gait, cadence, walking velocity
- Ataxic gait, foot slap, high steppage gait, in-toeing, out-toeing, scissor leg gait, shuffle gait, ataxic gait, antalgic gait, pseudo-scissor 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, posterior cruciate ligament, medial cruciate ligament, lateral cruciate ligament,

## 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, shell, EVA, thickness, density, carbon fiber, heel cushion, Morton's extension, reverse Morton's extension, heat moldable, accommodative, RCH-5009, intrinsic, extrinsic, excavations, sulcus crest, toe filler, neuroma pad, first ray cut out, arch cookie, horseshoe pad,

## Skin

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

## Theory

- Root Theory, STJ Neutral Theory, Tissue Stress model, Dannenberg Impact fore, rotational equilibrium, comfort paradigm, sensorimotor

## 4.3 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

## 4.4 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 Keith L. Moore  
Williams & Wilkins ISBN 0-683-06133-X

Clinical Anatomy for Medical Students, 5th Edition Richard S. Snell  
Little, Brown & Company ISBN 0-316-80185-6

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 ISBN 0-7506-0045-4

Human Walking, 2nd edition Rose, Gamble  
Williams & Wilkins ISBN 0-683-07360-5

Foot Function: A Programmed Text Michael O. Sibel  
ISBN 0-683-07651-5 Out of Print

A Clinical Manual for A Basic Approach To Foot Biomechanics Langer, Wernick  
Langer Foundation

\* Available only through the Langer Foundation (US) Phone: (800)233-2687

### **EXAMINATION & DIAGNOSIS**

The Foot: Examination & Diagnosis      Ian Alexander  
Churchill Livingstone                      ISBN 0-443-086004-4

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

Sports Medicine of the Lower Extremity      Steven I. Subotnick  
Books On Demand                              ISBN 0-7837-6231-3

Knee Pain & Disability, 3rd Edition              Rene Cailliet  
F.A. Davis Company                              ISBN 0-8036-1622-8

### **DISEASES/DISORDERS**

Common Foot Problems In Primary Care              Birrer, Dellacorte, Grisafi  
Mosby - Year Book                              ISBN 1-56053-050-2

Common Foot Disorders, 4th Edition              Neal, Adams  
Churchill Livingstone                              ISBN 0-443-04470-8

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

Foot & Ankle Disorders in Children                      S.J. DeValentine  
Churchill Livingstone                              ISBN 0-443-08698-2

Turek's Orthopaedic Principles and Their Application, 5th edition      Weinstein,  
Buckwaer  
J.B. Lipincott Co.                                  ISBN 0-397-50692-9

### **PEDORTHIC MANAGEMENT**

Introduction to Podiatry      PFA  
\*Available only from the Podiatric Footwear Association

Clinical Biomechanics of the Lower Extremities      R.L. Valmassy  
Mosby    ISBN 0-8016-7986-9

The Functional Foot Orthosis, 2nd Edition              J.W. Philips

Churchill Livingston

ISBN 0-443-04991-2

Foot Orthoses & Other Forms of Conservative Foot Care, 2nd edition

Thomas C. Michaud

Williams & Wilkins

ISBN 0-683-05974-2

\*\*\*Available from the Podorthic Association of Canada

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 Podorthic Footwear Association Ph: (410) 381-7278

### **PRINCIPLES OF BEHAVIOUR**

Podorthic Association of Canada Code of Ethics\*\*\*

Podorthics Canada (Quarterly journal) \*\*\*

\*\*\*available only from Podorthic 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 Podorthic Footwear Association has a book list on their web site with many of the books listed here available. PFA Website: [www.podorthics.org](http://www.podorthics.org) Phone: (410) 381-7278.

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

\*\*\*At this time, the Podorthic 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@podorthic.ca](mailto:info@podorthic.ca).

## 5.0 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 Clinical 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 Clinical 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 clinical 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 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 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.

## 6.0 Mark Values and Attempts

The C Ped (C) certification process involves two exams - a written exam and a clinical exam. Both exams are considered to be at a university level of difficulty. The written and clinical exams are held on separate dates, approximately two months apart. Marks will be given as pass or fail as there is no percentage grade.

The written exam is **NOT** a prerequisite to the clinical exam; therefore, a candidate does not need to successfully pass the written exam before becoming eligible for the clinical exam. After three failures on the written exam, the candidate must re-qualify by retaking the Western Diploma in Pedorthics Program, before being granted another three attempts.

Candidates have two years to successfully complete both the written and clinical exam, after their initial CPC exam. A candidate who does not attempt the clinical exam within two years of passing the written exam will be required to re-write the written exam. After three failures on the clinical exam, the candidate must re-qualify by retaking the Western Diploma in Pedorthics Program, before being granted another three attempts.

## 7.0 Examination Fees

**Written Examination:** \$200.00 plus applicable provincial taxes

**Clinical Examination:** \$650.00 plus applicable provincial taxes

**Written & Clinical Examination:** \$850.00 plus applicable provincial taxes

**Re-examination Fee:** Same as above.

*These fees include a non-refundable administration fee of \$75. 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) two-part examination, they are required to become a registrant of The College of Pedorthics of Canada. All certified registrants must maintain their registration to College of Pedorthics of Canada (CPC) and The Pedorthics Association of Canada (PAC). The College will send an invoice along with a registration information package to successful candidates. The College will not send a certificate or a certification number until payment and proof of at least \$1 million professional liability insurance is received.

## 8.0 Frequently Asked Questions (FAQ's)

### Written Exam

**1. Am I allowed to use the restroom?**

Should you need to use the restroom, you must message the live proctors using the chat feature beforehand because if you leave your desk, your profile will be flagged to the proctors for investigation of potential dishonesty.

**2. Can bring blank paper into the exam?**

Scrap paper is NOT allowed. You will have access to an excel sheet onscreen should you wish to jot down any notes. To access this spreadsheet during the exam, click the 'spreadsheet' icon at the top right of the screen. This will open up a mini blank Excel spreadsheet you may use to jot out any notes. When you toggle to the next question, the spreadsheet will close. Click the icon again to reopen the spreadsheet. Any notes will NOT be lost. This is an optional function.

### Clinical Exam

**3. Sections 1-4 have an associated case study. Are all of those sections related or is each case study different?**

Sections 1, 3 and 4 have case studies. There is no case study for section 2. Remember, each section of the exam is independent of each other. The sections are not building upon each other the way an assessment would in clinic. Your exam may start in section 3, so knowing what sections have what case study is not something you need to focus on when studying/preparing.

**4. For section 5 regarding casting, do I need to cast only one foot or both?**

Candidates will be allowed to complete up to two casts using the same casting method, time permitting. If you feel your first cast is acceptable to be marked, a second cast is not necessary, however, you are still permitted to create a second cast if you feel the need.

**5. If I'm not happy with my plaster cast, can I attempt a foambox cast?**

No - you have to stick with the same casting technique.

**6. If I have questions about the exam, what is the best way to ask them?**

Please reach out to the CPC office via email. The coordinator will forward them to the CPC Exam Committee and get back to you with their responses accordingly: [info@cpedcs.ca](mailto:info@cpedcs.ca)



**7. Do we (exam candidates) get a reminder as to what section we are about to begin when switching rooms and if there will be any information regarding the section we are about to begin. Example: "Room 1: Patient history, NWB and ROM testing?"**

Absolutely - you get simple instructions to read through for that section and you get to keep those instructions during that station. So right now, you have the detailed You will get a simplified instruction sheet for each and every station.

**8. Will there be a men's and women's Brannock for the footwear fitting station?**

There will be a unisex Brannock with both men's and women's measurements on it. Please familiarize yourself with this.

**9. Does the 15 minute timer start before or after I read the case study?**

Reading of the case studies will be part of the 15 minute allowance for that station.

**10. Am I allowed to wear scrubs for the exam?**

Yes - scrubs or business casual are acceptable.

**11. Can I state findings for just the right side?**

No - all findings (ROM, gait, etc) must be stated for BOTH sides. Please do not skip covering the left side if you were thorough on the right. You need to be thorough on BOTH sides. If you choose to only do one side, you will only get half of the marks.

**12. Am I allowed to walk the hallway and talk to other candidates if I finish early?**

No - you are to sit quietly in your chair so as to not disturb the other candidates who are still trying to focus and do their best in their section.

**13. Can I just state patient ROMs and gait findings?**

No - you need to state all norms as well as patient findings.

**14. If I remember that I missed something in station 1, can I get marks afterward?**

No - you cannot get marks after you have finished a station. All marks must occur in the 15 minute time slot and be recorded for possible review.

**15. Am I allowed to have pen and paper in the exam with me?**

A clipboard with paper and a pen will be provided at each station. Anything that is written down will stay at that station and be attached to your marking sheet.

**16. Am I allowed to bring water into each station with me?**

Yes.

## 8.0 Request for Accommodation Application

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

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please describe your functional limitations and associated accommodation(s) request for either or both components of the certification exam:

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Have you received previously granted accommodations from your academic institutions and/or clinical workplace environments? If yes, please explain and provide a supporting document(s).

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Along with this form, you must include a detailed letter or report on official letterhead from a medical professional qualified to evaluate your functional limitations and associated accommodation(s) needs(s) as relating to the context of the exam.

**Please submit your accommodation request form and supporting documents to:**  
[info@cpedcs.ca](mailto:info@cpedcs.ca)

*Note: The College of Pedorthics of Canada collects this information for the purpose of responding to your accommodation request.*