

Plantar Fasciitis & Exercise

Exam Packet



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Unconditional Guarantee

If you are not completely satisfied with the Healing Through Movement correspondence course *Plantar Fasciitis & Exercise*, you may exchange your course or receive a full refund, period.

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Course Syllabus

Welcome to the Healing Through Movement correspondence course *Plantar Fasciitis & Exerciss*.

Course Materials

Plantar Fasciitis & Exercises course materials are as follows:

- *Plantar Fasciitis & Exercises* webinar
- Exam Packet

Course Instructions

This course is self-directed, which enables you to work at your own pace without the help of an instructor. We recommend that you complete the course and take the exam within the year you purchased the course. The following sequence is an effective way to complete the course.

1. **Learn** — Watch the *Plantar Fasciitis & Exercise* webinar.
2. **Practice** — Perform each of the exercises before teaching them to your clients.
3. **Test** — Complete the exam, course evaluation, and certificate information. For successful completion, a minimum of 8 out of 10 points (80%) must be achieved on the exam. Instructions for taking the exam are on page 6.

Plantar Fasciitis & Exercise

Course Description

Plantar fasciitis is the most common cause of heel pain, accounting for 11 to 15% of all foot symptoms that needed medical treatment each year. It's estimated that 10% of the general population in the United States have plantar fasciitis. A key component in the recovery from plantar fasciitis is exercise. The role of exercises for plantar fasciitis is it is vital in speeding up recovery, decreasing pain, decreasing the risk of reoccurrence and helping create an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise webinar will be exercise program design and exercises for a client that has plantar fasciitis.

Learning Objectives

At the completion of this course you will be able to:

- The exercise to DO and NOT do when training a client recovering from plantar fasciitis
- Essential components of an exercise rehabilitation program when training a client recovering from plantar fasciitis
- Recommended and research backed exercises when training a client recovering from plantar fasciitis
- Key structures involved in plantar fasciitis

Take Your Exam

Instructions

- Only one person may receive continuing education credits for this exam.
- This is an open book exam.
- Select the best possible answer for each test question.
- Score your answers on the Exam Answer Sheet.
- Keep a copy of your exam for your records.

Taking Your Exam

Complete the below exam form.

After completing the exam form, please email, fax or mail the course evaluation, certificate information and completed answer sheet to Healing Through Movement.

E-mail: info@healingthroughmovement.com

Fax: (604) 677-5425

Mail:

Healing Through Movement
Attention: Rick Kaselj
19338 68th Avenue
Surrey, BC V4N 0B7

Note: To receive CECs/CEUs for this course, complete the exam and submit it for scoring within the year you purchased the course.

Please also complete the Course Evaluation and Certificate Information and send them in with your completed answer sheet.

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Exam Answer Sheet

Name _____ Date _____

Phone _____ Score (10 possible) _____

Please circle your answers (no Xs or blackouts)

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D

Plantar Fasciitis & Exercises Exam

- 1. Which is NOT one of the key structures involved in plantar fasciitis?**
 - a. Plantar Aponeurosis
 - b. Plantar Fascia
 - c. Calcaneus
 - d. Lateral tubercle

- 2. Of the list below, which is NOT one of the common causes of plantar fasciitis?**
 - a. BMI
 - b. Time spent on feet
 - c. Plantar flexion range of motion
 - d. Pronation

- 3. The foot and ankle position that puts greatest stretch on the plantar fascia is?**
 - a. Ankle moved into plantar flexion and MTP joints into extension
 - b. Ankle moved into dorsiflexion and MTP joints into extension
 - c. Ankle moved into dorsiflexion
 - d. MTP joints moved into extension

- 4. Which is NOT an essential component of an exercise program for a client with plantar fasciitis?**
 - a. Physical therapy
 - b. Learning and understanding what plantar fasciitis is
 - c. Performing foam roller exercises for self massage
 - d. Doing lower body stretching exercises

- 5. This is a risk factor that needs to be eliminated or modified when starting an exercise program for plantar fasciitis?**
 - a. Getting rid of poor footwear
 - b. Avoiding footwear that limits dorsiflexion
 - c. Decreasing one's weight
 - d. All of the Above

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6. Footwear is important for a client recovering from plantar fasciitis. Which is NOT a recommended footwear solution for someone with plantar fasciitis?
- a. Soft shoe insoles
 - b. Rotate footwear
 - c. Hard orthotics
 - d. Nike Frees
7. This category of exercises has the greatest number of exercises that are recommended for plantar fasciitis?
- a. Stretching
 - b. Self massage
 - c. Mobility
 - d. Strengthening
8. What type of client performs stage 1 plantar fasciitis exercises?
- a. Client that is performing a maintenance program
 - b. Client that is just starting an exercise program
 - c. Client that would like progress their exercise program
 - d. It is not a recommended exercise program
9. How long should it take to perform one stage of the plantar fasciitis exercise program?
- a. 5 minutes
 - b. 10 minutes
 - c. 15 minutes
 - d. 20 minutes
10. Of the below, which is a structure specific stretch for the plantar aponeurosis?
- a. Calf stretch
 - b. Soleus stretch
 - c. Hamstring stretch
 - d. Fascia stretch

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Course Evaluation

Thank you for completing this evaluation. Your responses will help us in our efforts to continuously improve this course. Please rate the following on a scale of 1–5 (circle one).

	Strongly agree			Strongly disagree	
The course content covers stated objectives.	1	2	3	4	5
The content is up-to-date and comprehensive.	1	2	3	4	5
It was clear how to use the course materials.	1	2	3	4	5
I am able to apply what I've learned.	1	2	3	4	5
This course met my expectations.	1	2	3	4	5
The customer service representative was knowledgeable of product.	1	2	3	4	5
The customer service representative was courteous and handled my call efficiently.	1	2	3	4	5

Would you recommend this course to a friend or colleague? r Yes r No

Describe how you will be able to apply the content in this course to your work.

What have you gained from this course?

Any recommendations or general comments?

Please share with us the name of a friend or colleague who would be interested in receiving information about Healing Through Movement courses.

Name _____

Address _____

Email _____

May we have your permission to use your comments and name in future publicity about our programs?

r Yes r No If yes, please sign here _____

Thank you for completing this evaluation.

***You must email, fax or mail these pages:
Answer Sheet, Course Evaluation, and Certificate Information.***

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Certificate Information

- Legibly print your name as you would like it to appear on your Certificate of Achievement.
- Place a check mark next to each of the certification(s) you are renewing. This information is necessary for you to receive a Certificate of Achievement.
- Return only the Exam Answer Sheet(s), Course Evaluation, and Certificate Information.
- Use black ink when faxing.
- Fax or mail to: Healing Through Movement, Attention: Rick Kaselj, 19338 68th Avenue Surrey, BC V4N 0B7 / Fax: (064) 677-5425
- Keep a copy of your Certificate of Achievement for your records.

Name _____

Title/Occupation _____

Address _____

City _____ State/Prov _____ Zip _____ Country _____

Phone () _____ Email _____

Have you changed your address since you purchased this course? Yes / No

√	CECs	Certification	Association
	1	BCRPA	British Columbia Recreation & Parks Association
	1	BCAK	British Columbia Association of Kinesiologists
	1	BCCMT	British Columbia College of Massage Therapists
	1	CSEP	Canadian Society of Exercise Physiologists

If your association has not pre-approved this course, you may petition your association for the CECs.