**ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1**

To earn credit, read the CME credit articles and the answer the questions below. Circle your answer and return to the ICS per instructions at the end of the quiz. To earn credit, a minimum score of 70% must be obtained. Each quiz may be submitted only once for credit consideration and must be submitted within one year after the date of issue.

**Illinois Practice Edge, July 15, 2021**

### HEEL PAD SYNDROME

1. What percent of plantar heel pain is heel pad syndrome?

1. 5
2. 10
3. 15
4. 20

2. What percent of healthy heel pad can undergo deformation during normal activity?

1. 10
2. 20
3. 30
4. 40

3. How thick, in mm, is a typical heel pad?

1. 15
2. 18
3. 20
4. 22

4. Which of the following is the area of tenderness and hallmark clinical feature of heel pad syndrome?

1. Center
2. Medial
3. .Lateral
4. Posterior

5. What percent of patients with painful heels become chronic, per Michaud?

1. 10
2. 12
3. 15
4. 18

6. How much is strength improved through toe muscle rehab?

1. 30
2. 40
3. 50
4. 60

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I attest that I have read the articles and answered the test questions for this issue 07/15/21.

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