

ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1

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Illinois Practice Edge, January 19, 2023

ACHILLES TENDINOPATHY IN NON-ATHLETES

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| <p>1. Which of the following is the "watershed area" of the Achilles tendon, in relation to the calcaneal insertion?</p> <p>A. 2-6 cm proximal</p> <p>B. 2-4 cm distal</p> <p>C. 4-8 cm proximal</p> <p>D. 1-2 cm distal</p> <p>2. What percent of patients with Achilles tendinopathy suffer from non-insertional tendinopathy?</p> <p>A. 50</p> <p>B. 56</p> <p>C. 60</p> <p>D. 66</p> <p>3. Which of the following is not a descriptor for patients with non-insertional Achilles tendinopathy injuries?</p> <p>A. Older</p> <p>B. Younger</p> <p>C. Less active</p> <p>D. Overweight</p> | <p>4. Which of the following is not an intrinsic factor related to non-insertional Achilles tendinopathy?</p> <p>A. Pes planus</p> <p>B. Foot hyperpronation</p> <p>C. Limited ankle plantar flexion</p> <p>D. Limited subtalar motion</p> <p>5. How many degrees should the affected knee be bent when strengthening the soleus?</p> <p>A. 5-10</p> <p>B. 10-15</p> <p>C. 15-20</p> <p>D. 15-25</p> <p>6. Which range of motion is inefficient due to posterior tibialis weakness placing strain on the Achilles tendon during the push off phase of gait?</p> <p>A. Flexion</p> <p>B. Extension</p> <p>C. Pronation</p> <p>D. Supination</p> |
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