

ABC CERTIFIED PEDORTHIST (C-PED) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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1. The organization established by Congress in 1970 to ensure safe and healthful working conditions is known as:
 - A. Environmental Safety Agency
 - B. Occupational Safety and Health Administration
 - C. Public Health Service
 - D. Federal Work Safety Bureau
2. Which of the following describes an objective assessment of shoe fit?
 - A. Shoe Fit Was Checked With the Patient Standing and No Part of the Foot Overlapped the Sole
 - B. The Shoe Fit Was Reported as Comfortable After Walking
 - C. The Width Was Measured While Seated
 - D. The Shoe Size Was Adjusted by Trial and Error
3. All of the following material types are heat moldable EXCEPT:
 - A. Polyurethane Foams
 - B. EVA Foams
 - C. Poron
 - D. Latex Foams
4. When ordering custom shoes for a patient, it is best to provide _____ for the shoe maker in addition to your completed order form.
 - A. Foot measurements
 - B. Foot molds
 - C. Notes about gait
 - D. All of the above
5. What is the purpose of offloading the second metatarsal head in this plan?
 - A. Relieve pressure from the 2nd metatarsal head
 - B. Stabilize the ankle
 - C. Control hindfoot motion
 - D. Provide arch support

- 6. Which condition, commonly linked to peripheral neuropathy, is a painful response to normally non-painful stimuli?**
- A. Hyperalgesia
 - B. Allodynia
 - C. Paresthesia
 - D. Dysesthesia
- 7. The most common ankle sprain is a lateral sprain, also known as which movement?**
- A. Eversion
 - B. Dorsiflexion
 - C. Plantarflexion
 - D. Inversion
- 8. The Chopart amputation refers to which level?**
- A. Transmetatarsal
 - B. Midtarsal (Chopart) amputation
 - C. Symes
 - D. Transtibial
- 9. What is used to minimize heel slipping in an otherwise properly fitting shoe?**
- A. Tongue pad
 - B. Heel cup
 - C. Insole cushion
 - D. Ankle strap
- 10. An oblique toe in a shoe is:**
- A. Round Toe
 - B. Mittens-Shaped Toebox
 - C. Pointed Toe
 - D. Square Toe

Answers

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

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Explanations

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1. The organization established by Congress in 1970 to ensure safe and healthful working conditions is known as:

- A. Environmental Safety Agency
- B. Occupational Safety and Health Administration**
- C. Public Health Service
- D. Federal Work Safety Bureau

The Occupational Safety and Health Administration, established by Congress in 1970, serves this purpose by creating and enforcing standards that keep workplaces safe and healthful, conducting inspections, and providing training and outreach to employers and workers. This agency operates under the Department of Labor and collaborates with researchers to identify hazards and improve workplace safety. Other options don't fit because they either refer to non-existent agencies or to broader public health functions that aren't specifically about regulating and enforcing workplace safety. OSHA covers key areas such as hazard communication, personal protective equipment, recordkeeping of injuries and illnesses, and protections for workers who file safety complaints.

2. Which of the following describes an objective assessment of shoe fit?

- A. Shoe Fit Was Checked With the Patient Standing and No Part of the Foot Overlapped the Sole**
- B. The Shoe Fit Was Reported as Comfortable After Walking
- C. The Width Was Measured While Seated
- D. The Shoe Size Was Adjusted by Trial and Error

Objective shoe-fit assessment relies on observable, reproducible criteria gathered under weight-bearing conditions. Checking fit while the patient is standing allows the clinician to see how the foot and shoe relate when the body's weight is on the foot, capturing changes in shape and spacing that occur with load. Verifying that no part of the foot overlaps the sole provides a clear, concrete measure of adequate length and forefoot clearance, ensuring the shoe isn't too small or mis-sized. This makes the assessment objective rather than subjective or based on post-woc feelings. The other options rely on comfort after walking, non-weight-bearing measurement, or trial-and-error sizing, which do not provide the same fixed, observable criteria for fit.

3. All of the following material types are heat moldable EXCEPT:

- A. Polyurethane Foams**
- B. EVA Foams
- C. Poron
- D. Latex Foams

Heat molding works when the material softens with heat and then hardens again to hold the new contour. Ethyl vinyl acetate (EVA) foams are a classic example of thermoplastic foams that soften easily and can be molded to the foot and then retain the shape as they cool. Poron foams, a type of polyurethane foam, are also designed to be softened with heat and shaped accordingly. Latex foams can be manipulated with heat under controlled conditions to achieve a molded contour as well. Traditional polyurethane foams used for cushioning, however, generally do not soften sufficiently with typical heat molding processes to take a new shape reliably, so they're not considered heat moldable.

4. When ordering custom shoes for a patient, it is best to provide _____ for the shoe maker in addition to your completed order form.

- A. Foot measurements
- B. Foot molds
- C. Notes about gait
- D. All of the above**

When ordering custom shoes, you want to give the shoe maker a complete picture of the patient's foot and how it works. Static measurements tell you the exact size, width, arch height, and overall dimensions needed for a proper fit. A foot mold or impression provides a true physical shape of the foot, capturing contours, deformities, and heel shape that a tape measure alone can't convey. Notes about gait add the dynamic piece: how the foot moves, where it bears load, and where pressure points or movement abnormalities occur during walking. This dynamic information guides decisions on sole stiffness, heel height, alignment, and any necessary accommodations or orthotics. Together, measurements, a mold, and gait notes give the most accurate, functional customization on the first try, reducing the need for remakes. That's why providing all of the above is best.

5. What is the purpose of offloading the second metatarsal head in this plan?

- A. Relieve pressure from the 2nd metatarsal head**
- B. Stabilize the ankle
- C. Control hindfoot motion
- D. Provide arch support

Relieving pressure under the second metatarsal head by redistributing loads is the goal here. When the forefoot bears heavy pressure at the second ray during walking or push-off, targeted offloading—such as a metatarsal pad or a relief in the insole or a rocker sole—reduces the peak plantar pressure at that site. This minimizes pain and tissue stress at the second metatarsal head and helps prevent further irritation or injury, supporting healing and function. The other options aren't the primary aim of offloading. Stabilizing the ankle or controlling hindfoot motion involve different components of the orthotic plan that address ankle or hindfoot stability rather than directly reducing forefoot pressure. Providing arch support can aid overall foot mechanics, but it doesn't specifically accomplish unloading of the second metatarsal head—the core purpose is pressure relief at that location.

6. Which condition, commonly linked to peripheral neuropathy, is a painful response to normally non-painful stimuli?

- A. Hyperalgesia
- B. Allodynia**
- C. Paresthesia
- D. Dysesthesia

Allodynia is the pain produced by stimuli that would normally be harmless, such as light touch or a gentle breeze on the skin. This happens with peripheral neuropathy when nerve injury changes how sensory signals are processed, leading to pain from non-painful input due to sensitization of pain pathways both at the site of injury and in the spinal cord. In contrast, hyperalgesia is an increased pain response to stimuli that are typically painful, not to non-painful inputs. Paresthesia describes abnormal sensations like tingling or pricks without a true painful quality. Dysesthesia is an unpleasant abnormal sensation that can be painful and may be triggered by stimuli that are not normally problematic, but the specific hallmark described—pain from something that should not hurt—points to allodynia.

7. The most common ankle sprain is a lateral sprain, also known as which movement?

- A. Eversion
- B. Dorsiflexion
- C. Plantarflexion
- D. Inversion**

Inversion of the foot—when it rolls inward—is the motion that most commonly causes an ankle sprain. This inward roll places the ligaments on the outside of the ankle under stress, with the anterior talofibular ligament being injured first and most often. That pattern is what defines a lateral (outside) ankle sprain. Eversion would stress the deltoid (medial) ligaments, which is far less common. Dorsiflexion and plantarflexion describe ankle movements but do not specify the inward roll that leads to the typical lateral sprain. The combination of inversion, often with some plantarflexion, is the usual mechanism behind the most common sprain.

8. The Chopart amputation refers to which level?

- A. Transmetatarsal
- B. Midtarsal (Chopart) amputation**
- C. Symes
- D. Transtibial

The level at which this amputation occurs is themidtarsal (Chopart) level. The Chopart joints are the talonavicular and calcaneocuboid joints, which separate the hindfoot from the midfoot. Dissecting through these joints creates a midtarsal amputation, removing the forefoot and much of the midfoot while keeping the hindfoot attached to the leg via the ankle. This is more proximal than a transmetatarsal amputation (which goes through the metatarsophalangeal joints) and distal to an ankle disarticulation such as a Syme's.

9. What is used to minimize heel slipping in an otherwise properly fitting shoe?

- A. Tongue pad**
- B. Heel cup
- C. Insole cushion
- D. Ankle strap

When heel slipping occurs in a shoe that otherwise fits, the goal is to increase the secure hold of the foot inside the shoe without changing its overall length. A tongue pad achieves this by thickening the instep under the tongue, which makes the laces press the foot more firmly and reduces movement of the foot inside the shoe. With the top of the foot held more snugly, the heel stays seated and slip is minimized. This approach is preferable here because it improves upper fit directly at the instep without altering shoe length or requiring additional hardware. Other choices address the heel area (heel cup), cushioning (insole), or add ankle restriction (ankle strap) that isn't needed when the shoe already fits well.

10. An oblique toe in a shoe is:

- A. Round Toe
- B. Mittens-Shaped Toebox**
- C. Pointed Toe
- D. Square Toe

An oblique toe in a shoe refers to a toe box that has a mitten-like silhouette, providing diagonal openness rather than a strict round, square, or pointed shape. This design creates more room in the forefoot and allows the toes to sit slightly angled or splayed, which helps reduce pressure on prominent toe joints and accommodates toe alignment issues like bunions or hammer toes. The mitten-shaped toebox embodies this oblique geometry by offering extra width and depth where the toes need it. In contrast, a round toe is evenly curved, a pointed toe narrows the forefoot, and a square toe has straight sides and corners, none of which provide the same diagonal, spacious fit.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://abccped.examzify.com>

We wish you the very best on your exam journey. You've got this!

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