

Certified Therapeutic Shoe Fitter Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. What is the term for the distance between heel strike of one limb to heel strike of the opposite limb?**
 - A. Cadence**
 - B. Step length**
 - C. Stride length**
 - D. Stance width**

- 2. When must the fitter notify the doctor and the patient of changes in the patient's condition?**
 - A. At the next appointment**
 - B. As soon as possible**
 - C. Once a week**
 - D. After the device is given**

- 3. What is NOT a responsibility of the CFTs?**
 - A. Creation of prescription**
 - B. Material selection**
 - C. Measuring**
 - D. Patient education**

- 4. What type of testing involves assessing muscle strength and movement?**
 - A. Functional Testing**
 - B. Manual Muscle Strength Testing**
 - C. Static Stability Testing**
 - D. Dynamic Strength Assessment**

- 5. What movement elevates the medial border of the foot?**
 - A. Adduction**
 - B. Eversion**
 - C. Inversion**
 - D. Extension**

- 6. What might indicate that a shoe is too tight around the toe area?**
- A. Pressure points near the arch**
 - B. Blisters on the heel**
 - C. Numbness or tingling in the toes**
 - D. Uneven wear on the outsole**
- 7. Why is pig skin leather a poor choice for top cover material?**
- A. It is too heavy**
 - B. It is highly durable**
 - C. It is open cell**
 - D. It does not offer grip**
- 8. What are the three important ligaments on the outer side of the ankle known as?**
- A. Lateral Collateral Ligament (LCL)**
 - B. Medial Collateral Ligament (MCL)**
 - C. Anterior Talofibular Ligament (ATF)**
 - D. Posterior Talofibular Ligament (PTF)**
- 9. The condition of foot drop is commonly associated with which type of neurological disorder?**
- A. Peripheral neuropathy**
 - B. Charcot-Marie-Tooth disease**
 - C. Traumatic brain injury**
 - D. Stroke**
- 10. Which of the following is a defining feature of claw toe?**
- A. Inverted toe position**
 - B. Plantarflexion of the MTP joint**
 - C. Hyperextension at the MTP joint**
 - D. Inadequate foot support**

Answers

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

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Explanations

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1. What is the term for the distance between heel strike of one limb to heel strike of the opposite limb?

- A. Cadence
- B. Step length**
- C. Stride length
- D. Stance width

The term that describes the distance between heel strike of one limb to heel strike of the opposite limb is known as step length. This measurement is significant in gait analysis and can be important for assessing a person's walking pattern and overall mobility. Step length can indicate balance, stability, and efficiency of movement. Each individual's step length may vary based on factors such as physical condition, age, and footwear, making it a crucial element in various therapeutic and rehabilitative contexts. Cadence refers to the number of steps taken per minute and does not relate to the distance between heel strikes. Stride length, on the other hand, involves the distance between the heel strike of one limb to the heel strike of the same limb in the next cycle, which is different from step length. Stance width is the lateral distance between the feet during gait, and it does not pertain to heel strike measurements. Thus, understanding step length helps in evaluating gait efficiency and developing fitting strategies for therapeutic shoes.

2. When must the fitter notify the doctor and the patient of changes in the patient's condition?

- A. At the next appointment
- B. As soon as possible**
- C. Once a week
- D. After the device is given

The appropriate time for the fitter to notify both the doctor and the patient of changes in the patient's condition is as soon as possible. Timely communication is essential in ensuring patient safety and effective care. If there are changes in the patient's condition, such as new symptoms or complications, it is crucial to relay this information quickly, allowing for prompt adjustments in treatment or intervention. Delaying communication until the next appointment could put the patient at risk, as the healthcare team would not be able to address potential issues in a timely manner. Regular weekly updates may not be necessary unless there are significant changes to report, and waiting until after a device is given does not account for any immediate concerns that may arise before that point. Immediate notification fosters a proactive approach to patient management, ultimately contributing to better health outcomes.

3. What is NOT a responsibility of the CFTs?

A. Creation of prescription

B. Material selection

C. Measuring

D. Patient education

The creation of a prescription is typically not within the responsibilities of a Certified Fitter of Therapeutic Shoes (CFTs). The role of a CFTs primarily revolves around fitting shoes that have already been prescribed by a qualified healthcare provider, such as a physician or podiatrist. This means that while the CFTs can educate patients about the importance of foot health, recommend appropriate footwear based on individual needs, and assist in material selection and accurate measurements for proper fit, the actual creation of a prescription is outside their scope of practice. In contrast, material selection involves choosing the appropriate components of therapeutic footwear that can meet the patient's specific needs, based on factors like foot conditions and lifestyle. Measuring is a critical responsibility, ensuring that shoes fit correctly to reduce the risk of complications and maximize comfort. Patient education is essential, as CFTs provide guidance on proper shoe care, maintenance, and the significance of wearing therapeutic footwear to promote foot health and overall well-being.

4. What type of testing involves assessing muscle strength and movement?

A. Functional Testing

B. Manual Muscle Strength Testing

C. Static Stability Testing

D. Dynamic Strength Assessment

The assessment of muscle strength and movement is a significant component in many health and rehabilitation fields, particularly when determining a patient's ability to perform daily activities. Manual muscle strength testing is specifically designed for this purpose. It involves the practitioner using their hands to assess the strength of a muscle or muscle group by applying resistance while the patient contracts the muscle. This gives a clear indication of the muscle's strength capacity and any potential dysfunction. In contrast, functional testing focuses more broadly on a person's ability to perform activities of daily living, rather than isolating specific muscles. Static stability testing evaluates a person's ability to maintain a position without movement, which doesn't directly assess muscle strength. Dynamic strength assessment can measure strength through movement but typically utilizes equipment or specific tasks rather than the manual resistance techniques used in manual muscle strength testing. Thus, manual muscle strength testing is the most direct and appropriate choice for assessing muscle strength and movement specifically.

5. What movement elevates the medial border of the foot?

- A. Adduction**
- B. Eversion**
- C. Inversion**
- D. Extension**

The movement that elevates the medial border of the foot is inversion. Inversion occurs when the ankle joint allows the foot to turn inward, resulting in the medial border (the inner side) of the foot being lifted higher than the lateral border. This movement is critical for maintaining balance and can be particularly helpful when navigating uneven surfaces. While adduction refers to moving a part of the body toward the midline, eversion involves turning the foot outward, and extension typically pertains to straightening a joint, such as the knee or elbow, rather than affecting the borders of the foot. Thus, these movements do not elevate the medial border in the same manner that inversion does. Inversion specifically changes the foot's orientation in a way that creates elevation of the inner side, making it the correct choice in this context.

6. What might indicate that a shoe is too tight around the toe area?

- A. Pressure points near the arch**
- B. Blisters on the heel**
- C. Numbness or tingling in the toes**
- D. Uneven wear on the outsole**

Numbness or tingling in the toes is a clear indicator that a shoe may be too tight around the toe area. This sensation occurs when there is excessive pressure on the nerves or blood vessels in the toes, which can result from insufficient space in the toe box of the shoe. When a shoe is too constricting, it restricts proper blood flow and nerve function, leading to discomfort and potential damage if left unaddressed. Furthermore, numbness and tingling can signal that the foot is not able to move naturally within the shoe, which could lead to other complications like hammertoes or other foot deformities over time. It is essential for therapeutic shoe fittings to prioritize proper fit, especially in the toe area, to ensure comfort and prevent injury. Pressure points near the arch, blisters on the heel, and uneven wear on the outsole may all indicate problems with shoe fit or gait but are not specific indicators of tightness around the toes. Each could reflect other issues, such as inadequate arch support or fitting, rather than directly pointing to constriction in the toe box.

7. Why is pig skin leather a poor choice for top cover material?

- A. It is too heavy**
- B. It is highly durable**
- C. It is open cell**
- D. It does not offer grip**

Choosing pig skin leather as a top cover material is often discouraged because it is open cell. In footwear, particularly therapeutic shoes, an open cell structure can allow moisture and humidity to penetrate the material more easily. This can lead to several issues, such as increased risk of blistering or bacterial growth, as moisture can become trapped against the skin. Moreover, an open cell system can potentially reduce the overall comfort and protective features of therapeutic footwear, which are critical for individuals with foot issues or conditions such as diabetes. Maintaining a dry and comfortable environment in footwear is vital to preventing complications, so materials that do not allow for such penetration are preferred. In examining various materials to use in therapeutic footwear, factors like durability, weight, and grip are important, but the permeability of the material is crucial for skin health and overall comfort. Therefore, the open cell characteristic of pig skin leather is a significant drawback, making it unsuitable for use as a top cover in therapeutic shoe applications.

8. What are the three important ligaments on the outer side of the ankle known as?

- A. Lateral Collateral Ligament (LCL)**
- B. Medial Collateral Ligament (MCL)**
- C. Anterior Talofibular Ligament (ATF)**
- D. Posterior Talofibular Ligament (PTF)**

The three important ligaments on the outer side of the ankle are collectively referred to as the lateral collateral ligaments. These ligaments play a critical role in providing stability to the ankle joint and preventing excessive inversion, which can lead to injuries such as sprains. The lateral collateral ligaments include the anterior talofibular ligament (ATF), the calcaneofibular ligament (CF), and the posterior talofibular ligament (PTF). Among them, the anterior talofibular ligament is particularly significant as it is the most commonly injured during ankle sprains. The presence of these ligaments is essential for maintaining proper ankle function during various activities, as they help support the ankle during lateral movements and shifts in weight. Therefore, referring to them collectively as the lateral collateral ligament is correct and captures the functional importance of this group of ligaments on the outer side of the ankle.

9. The condition of foot drop is commonly associated with which type of neurological disorder?

- A. Peripheral neuropathy**
- B. Charcot-Marie-Tooth disease**
- C. Traumatic brain injury**
- D. Stroke**

Foot drop is a condition characterized by difficulty in lifting the front part of the foot, leading to dragging on the ground during walking. This impairment is commonly associated with neuropathic conditions that affect the muscles responsible for foot dorsiflexion. Charcot-Marie-Tooth disease is a hereditary neuropathy that affects the peripheral nerves, leading to muscle weakness and atrophy. It is specifically linked to the dysfunction of the peroneal nerve, which innervates muscles that lift the foot. As a result, individuals with Charcot-Marie-Tooth disease often experience foot drop as one of the hallmark symptoms. This condition demonstrates a direct connection between the neurological impairment and the resultant musculoskeletal dysfunction. In contrast, while peripheral neuropathy can lead to various foot-related issues, it encompasses a broader category of nerve damage that may not specifically result in foot drop. Traumatic brain injury and stroke, though they can lead to various mobility issues, more commonly result in different types of gait abnormalities rather than isolated foot drop. Therefore, Charcot-Marie-Tooth disease stands out as the most closely associated condition regarding foot drop, owing to its direct impact on the nerves responsible for the action of lifting the foot.

10. Which of the following is a defining feature of claw toe?

- A. Inverted toe position**
- B. Plantarflexion of the MTP joint**
- C. Hyperextension at the MTP joint**
- D. Inadequate foot support**

A defining feature of claw toe is hyperextension at the metatarsophalangeal (MTP) joint. In claw toe, the toe experiences a characteristic deformity where the MTP joint extends upward, while the proximal interphalangeal (PIP) joint and the distal interphalangeal (DIP) joint flex downward. This positions the toe in a claw-like appearance. Understanding this mechanism is crucial for addressing treatment options and fitting therapeutic footwear appropriately for individuals affected by this condition. The other options highlight different movements or conditions that do not accurately define claw toe. For instance, an inverted toe position refers to the alignment of the toes rather than the specific deformity of claw toe. Plantarflexion at the MTP joint, where the MTP joint bends downward, is not a characteristic of claw toe either; instead, it is typically associated with other toe deformities. Similarly, inadequate foot support relates to the overall foot structure and shoe fit rather than the specific mechanics of claw toe.

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://therapeuticshoefitter.examzify.com>

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