

CERTIFIED THERAPEUTIC SHOE FITTER PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://therapeuticshoefitter.examzify.com>



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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. If a patient is not propelling themselves forward, what is this type of gait called?**
 - A. Apropulsive gait
 - B. Normal gait
 - C. Antalgic gait
 - D. Spastic gait
- 2. How many joints are present in the foot?**
 - A. 23
 - B. 30
 - C. 33
 - D. 36
- 3. In therapeutic footwear evaluation, environmental barriers can impact which aspect?**
 - A. Duration of shoe wear
 - B. Shoe styling preferences
 - C. Patient mobility and safety
 - D. Availability of shoe options
- 4. Which of the following is NOT true about thermal cork?**
 - A. It is a lightweight material
 - B. It is made with rubber
 - C. It molds well to foot shape
 - D. It is rigid and inflexible
- 5. What percentage of all nontraumatic amputations in the US are related to diabetes?**
 - A. 25%
 - B. 40%
 - C. 50%
 - D. 75%

- 6. Where is the Styloid Process located?**
- A. At the base of the 1st metatarsal
 - B. At the base of the 5th metatarsal
 - C. At the base of the tibia
 - D. On the calcaneus
- 7. A diminished motion in the first metatarsophalangeal (MTP) joint is termed what?**
- A. Hallux rigidus
 - B. Hallux limitus
 - C. Hallux valgus
 - D. Claw toe
- 8. Which plane divides the body into left and right sides?**
- A. Coronal
 - B. Transverse
 - C. Sagittal
 - D. Frontal
- 9. What is included in the scope of practice for therapeutic shoe fitters?**
- A. Only measuring the foot size
 - B. Measuring for shoes and patient education
 - C. Assessing protective sensation and circulation
 - D. Handles custom shoe fittings exclusively
- 10. The suffix "-algia" refers to which of the following meanings?**
- A. Swelling
 - B. Painful
 - C. Inflammation
 - D. Condition of

Answers

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

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Explanations

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1. If a patient is not propelling themselves forward, what is this type of gait called?

A. Apropulsive gait

B. Normal gait

C. Antalgic gait

D. Spastic gait

The type of gait where a patient is not propelling themselves forward is referred to as an apropulsive gait. This term specifically indicates a lack of the necessary forward propulsion that allows for normal movement in walking. Patients exhibiting this type of gait may have various underlying issues, such as weakness, neurological conditions, or musculoskeletal problems, that prevent them from initiating or maintaining forward movement effectively. Normal gait is characterized by a smooth and coordinated pattern of movement, while antalgic gait typically presents as a protective measure taken due to pain, causing the individual to favor one leg over the other. Spastic gait is associated with conditions like cerebral palsy, characterized by stiffness and awkward movements. In contrast, apropulsive gait specifically highlights the absence of propulsion, making it the precise descriptor for the situation described.

2. How many joints are present in the foot?

A. 23

B. 30

C. 33

D. 36

The foot is a complex structure that comprises numerous bones and joints, contributing to its function in movement, balance, and support. In total, there are 33 joints in the human foot. These joints facilitate a wide range of motions necessary for walking, running, and various physical activities. To break it down, the foot includes joints between the tarsal bones, between the tarsals and metatarsals, as well as between the metatarsals and phalanges. The toes themselves consist of multiple joints, including the interphalangeal joints. This intricate arrangement allows the foot to be both flexible and stable. Understanding the joint structure is vital for therapeutic shoe fitting, as issues arising from these joints can affect gait and overall foot health. Thus, knowing that there are 33 joints in the foot provides a foundation for anyone involved in foot care and footwear fitting, enabling them to better address the needs of individuals with various foot conditions.

3. In therapeutic footwear evaluation, environmental barriers can impact which aspect?

- A. Duration of shoe wear
- B. Shoe styling preferences
- C. Patient mobility and safety**
- D. Availability of shoe options

Environmental barriers significantly impact patient mobility and safety when evaluating therapeutic footwear. For instance, the physical environment where a patient walks—such as uneven surfaces, stairs, and availability of ramps—can affect how well they can utilize therapeutic shoes. If a patient is in an environment that poses challenges, like a lack of accessible pathways or supportive structures, their mobility may be hindered. Similarly, safety is crucial; if footwear is not suitable for the environment, the risk of falling increases. Thus, it's essential to consider how environmental factors influence the efficacy of therapeutic footwear in promoting safe movement and independence for individuals with specific health needs. In contrast, while duration of shoe wear, shoe styling preferences, and availability of shoe options are relevant, they do not address the direct implications of environmental challenges on patient mobility and safety as holistically as options directly related to mobility and safety do.

4. Which of the following is NOT true about thermal cork?

- A. It is a lightweight material
- B. It is made with rubber
- C. It molds well to foot shape
- D. It is rigid and inflexible**

The statement that thermal cork is rigid and inflexible is not true because thermal cork is known for its ability to provide comfort and cushioning, which is often due to its flexibility and adaptability to foot shape. This flexibility allows it to mold to the curvature and contours of the foot, enhancing fit and support while reducing pressure points. The lightweight nature of thermal cork and its combination with other materials, such as rubber, further enhances its usability in therapeutic shoe fittings, making it suitable for personalized comfort. Therefore, the characteristic of being rigid and inflexible does not align with the properties typically associated with thermal cork.

5. What percentage of all nontraumatic amputations in the US are related to diabetes?

- A. 25%
- B. 40%
- C. 50%**
- D. 75%

The statistic indicating that 50% of all nontraumatic amputations in the United States are related to diabetes reflects the significant impact that diabetes has on foot health. Individuals with diabetes are at an increased risk for complications such as neuropathy and peripheral vascular disease, which can lead to infections and foot ulcers. If these conditions are not managed properly, they can result in the need for amputation. This percentage underscores the importance of effective diabetes management and the role of therapeutic footwear in preventing complications that can lead to amputation. Understanding this statistic is crucial for healthcare professionals in addressing the needs of patients with diabetes.

6. Where is the Styloid Process located?

- A. At the base of the 1st metatarsal
- B. At the base of the 5th metatarsal**
- C. At the base of the tibia
- D. On the calcaneus

The styloid process is specifically located at the base of the 5th metatarsal. This structure is a bony prominence that serves as an important anatomical landmark for various muscles and ligaments, contributing to the stability and mobility of the foot. Understanding its location is crucial for fitting therapeutic shoes, as improper fitting can exacerbate conditions like plantar fasciitis or metatarsalgia. Each option refers to different anatomical structures within the foot and leg, but the styloid process is uniquely associated with the base of the 5th metatarsal, where it plays a key role in foot function and strength.

7. A diminished motion in the first metatarsophalangeal (MTP) joint is termed what?

- A. Hallux rigidus
- B. Hallux limitus**
- C. Hallux valgus
- D. Claw toe

The term for diminished motion in the first metatarsophalangeal joint is hallux limitus. This condition refers specifically to a limitation in the range of motion of the joint, particularly during the extension phase, which can affect a person's ability to walk or run effectively. Hallux limitus can lead to pain and stiffness, especially during activities that require pushing off the big toe. Understanding this condition is crucial for therapeutic shoe fitting as it can inform the choice of footwear that accommodates limited motion while still providing adequate support and comfort. It differentiates itself from other conditions such as hallux rigidus where there is a more significant restriction of motion or even complete loss of movement at the joint. In contrast, hallux valgus involves a deviation of the toe rather than a limitation of motion, and claw toe is characterized by a different joint position rather than motion restriction. By recognizing hallux limitus, practitioners can tailor their fitting practices to better meet the specific needs of clients affected by limited range of motion at the MTP joint.

8. Which plane divides the body into left and right sides?

- A. Coronal
- B. Transverse
- C. Sagittal**
- D. Frontal

The plane that divides the body into left and right sides is the sagittal plane. This anatomical division occurs along a vertical line from the front to the back of the body. When the body is bisected by the sagittal plane, it separates the symmetrical left and right halves. This is an important concept in anatomy as it helps in understanding the orientation of various structures and organs in relation to one another. The coronal plane, also known as the frontal plane, divides the body into anterior (front) and posterior (back) sections. The transverse plane, on the other hand, separates the body into superior (upper) and inferior (lower) parts. Recognizing these different planes is crucial for analyzing body movements and positions in the field of therapeutic shoe fitting, as well as for understanding the overall biomechanics of the body.

9. What is included in the scope of practice for therapeutic shoe fitters?

- A. Only measuring the foot size
- B. Measuring for shoes and patient education
- C. Assessing protective sensation and circulation**
- D. Handles custom shoe fittings exclusively

The correct answer highlights the significance of assessing protective sensation and circulation as part of a therapeutic shoe fitter's responsibilities. This aspect is crucial because individuals who require therapeutic footwear often have diabetic conditions, neuropathy, or other medical issues that can impair sensation and circulation in the feet. Assessing these factors helps ensure that the shoes provided offer adequate protection and support, thereby reducing the risk of ulcers, infections, and other complications related to foot health. In addition to measuring for shoe size and fitting, a therapeutic shoe fitter must evaluate the overall health of a patient's feet, which includes checking for any abnormalities in sensation and blood flow. This assessment is vital in determining the appropriate footwear that meets individual needs and promotes foot health. The other options do not encompass the full range of skills and responsibilities expected of a therapeutic shoe fitter. Simply measuring foot size or handling custom shoe fittings exclusively overlooks the critical aspect of patient education and the need for a thorough assessment of each individual's medical condition. While measuring for shoes and patient education is important for fitting properly, it does not fully capture the depth of responsibility related to assessing protective sensation and circulation.

10. The suffix "-algia" refers to which of the following meanings?

- A. Swelling
- B. Painful**
- C. Inflammation
- D. Condition of

The suffix "-algia" specifically refers to pain. It is derived from Greek, where "algos" means pain. This suffix is commonly used in medical terminology to describe various types of pain related to specific body parts. For instance, "neuralgia" refers to pain along a nerve, while "myalgia" denotes muscle pain. Understanding this suffix is crucial for interpreting medical terms accurately, particularly in contexts where pain management and assessment are involved. The other options do not align with the meaning of the suffix "-algia", as they pertain to different medical concepts: swelling refers to an increase in size or volume, inflammation is a biological response to harmful stimuli, and "condition of" generally describes a state or category rather than pain specifically.

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!

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