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## **Orthotic Fitter Course Exam Study Guide** **Questions with Correct Answers**

What is the primary function of the Trapezius left and right - Correct Answers Elevate the shoulders

In fitting spinal orthoses, what is an important measurement left and right? - Correct Answers A very snug full hip measurement

What's the landmark for the anterior inferior margin of any spinal or abdominal support? - Correct Answers At the level of the symphysis pubis

What is the "brown bag syndrome"? - Correct Answers Failure to teach the patient to remove and re-apply the product.

The inferior margin of the sacrum can be found? - Correct Answers At the top of the crease of the buttocks

How to apply compressive support - Correct Answers From bottom up

What is the purpose for bridging posterior uprights in an LSO? - Correct Answers To allow some flexion of the lumbar spine

Why is the lumbosacral joint is the most vulnerable region in the spinal column? - Correct Answers L5 vertebra sits on the sacrum at a 45 degree angle

What degree of flexion is commonly built into custom fit LSOs and TLSOs? - Correct Answers 15 degrees

When pt is seated, how much space should be between the bottom of the LSO and TLSO and a firm sitting surface? - Correct Answers 2"

What is the anterior length measurement for most spinal hyperextension orthoses? - Correct Answers From the sternal notch to the symphysis pubis, less 2"

The hip is what kind of joint? - Correct Answers A ball and socket type joint.

# Orthotic Fitter Study Guide

**Katherine Schofield, Deborah Schwartz**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

## **Orthotic Fitter Study Guide:**

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focusing on the unique physiological and medical aspects of active females involved in competitive and recreational athletics this resource covers issues relevant to the primary care physician and features helpful sport specific chapters     **The Complete Orthotic Written Clinical Simulation Exam Study and Resource Guide** Schulte, John F.,2009

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