

3<sup>rd</sup> quarter questionnaire 2018

(Equinus)

1. \_\_\_\_\_ a condition in which the upward bending motion of the ankle is \_\_\_\_\_.
2. People with equinus always find a way to \_\_\_\_\_ for their limited ankle motion.
3. The \_\_\_\_\_ gait cycles require the ankle to \_\_\_\_\_.
4. Equinus is associated with so many \_\_\_\_\_.
5. Most people with equinus are \_\_\_\_\_ that they have it.
6. Equinus can be in \_\_\_\_\_ or \_\_\_\_\_ feet.
7. \_\_\_\_\_ devices can be helpful when \_\_\_\_\_ equinus.
8. If stretching is not successful \_\_\_\_\_ is the last resort.
9. \_\_\_\_\_ equinus is related to a bone blocking the ankle motion.
10. To \_\_\_\_\_ equinus the foot and ankle surgeon will \_\_\_\_\_ the ankle range of motion.
11. Equinus may be \_\_\_\_\_ or \_\_\_\_\_.
12. Equinus is found \_\_\_\_\_ in men and women.
13. The \_\_\_\_\_ of \_\_\_\_\_ is another name for equinus.
14. \_\_\_\_\_ are placed in the shoes to help relieve stress from the Achilles tendon.
15. Some patients compensate by \_\_\_\_\_.
16. Equinus is a \_\_\_\_\_ in many foot and ankle conditions.
17. \_\_\_\_\_ or \_\_\_\_\_ is used to measure the degree of dorsiflexion.
18. I extend past the knee and I am worn 1 hour per day \_\_\_\_\_.
19. True or false- plantar fasciitis is related to equinus.
20. True or false- you can be born with equinus.
21. An \_\_\_\_\_ can be used for the patient suffering from equinus with an element of drop foot.
22. True or false- The person with ankle equinus has the tendency to walk on the ball of the foot.
23. True or false- flat feet is the only cause related to equinus
24. True or false- low back pain is not associated with equinus.
25. \_\_\_\_\_ is worn at night to keep the foot aligned and help reduce the tension in the calf muscle.
26. True or false- physical therapy can be used to help with equinus deformity.
27. \_\_\_\_\_ exercises are used to help relieve calf muscle tightness.
28. True or false- calf cramping is associated with equinus deformity.
29. True or false- bunions are not related to equinus deformity.
30. True or false- equinus is the only cause of arthritis in the mid foot.