



Sample Orthotic Fitter Exam

Following are sample questions that are similar to those you will find on the orthotic fitter examination.

1. The bony landmark used to locate the anatomical hip joint axis is the:
 - A. Lesser trochanter
 - B. Greater trochanter
 - C. Adductor tubercle
 - D. Iliac crest
2. The gastrocnemius muscle has which of the following actions?
 - A. Knee flexion and ankle plantar flexion
 - B. Knee flexion and ankle dorsi flexion
 - C. Knee extension and ankle plantar flexion
 - D. Knee extension and ankle dorsi flexion
3. The normal gait cycle consists of:
 - A. 40% stance phase and 60% swing phase
 - B. 50% stance phase and 50% swing phase
 - C. 60% stance phase and 40% swing phase
 - D. 70% stance phase and 30% swing phase
4. Increased localized redness of the skin is referred to as:
 - A. Erythemia
 - B. Edema
 - C. Sclerosis
 - D. Psoriasis
5. The knee is which type of joint?
 - A. Ball and socket joint
 - B. Pivot joint
 - C. Saddle joint
 - D. Hinge joint
6. While seeing a patient with a neoprene hinged knee orthosis for follow up, you note that the medial joint is causing mild skin irritation. Which of the following is the BEST action to take?
 - A. Tell the patient this is expected with this type of orthosis
 - B. Contour the medial joint to create clearance
 - C. Measure the patient for a new orthosis
 - D. Add padding underneath the medial knee joint

7. A patient who only has Medicare funding asks about their financial responsibility related to the provision of a new orthosis. You should tell them that:
 - A. They will be responsible for 20% of the usual and customary charge
 - B. They will be responsible for 80% of the usual and customary charge
 - C. They may be responsible for 20% of the Medicare allowable charge
 - D. They may be responsible for 80% of the Medicare allowable charge
8. A hyperextension TLSO uses a three-point pressure system, the anterior sternal pad, the anterior pubic symphysis pad and the:
 - A. Lateral rib pad
 - B. Medial rib pad
 - C. Posterior scapular pad
 - D. Posterior lumbar pad
9. Universal precautions refers to:
 - A. Understanding all of the safety rules for safe use of patient equipment
 - B. Assuring that all patient information is in a secure location
 - C. Avoiding contact with patients' body fluids by means of wearing exam gloves
 - D. Taking precautions to not come into contact with the patients' orthosis
10. During a follow-up appointment the patient states that they have not been able to wear the orthosis because recently there has been increased swelling in their limb. The fitter should:
 - A. Refer the patient back to their physician
 - B. Measure the patient for a new orthosis
 - C. Modify the orthosis to accommodate the swelling
 - D. Tell the patient to discontinue use of the orthosis until the swelling resolves

Answer Key:

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