

# Flex Therapist CEUs

## Shoe Modifications for Adults with Knee Osteoarthritis

**1. The lateral compartment of the knee joint is more often affected than the medial compartment.**

- A. True
  - B. False
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**2. All of the following were found, except for:**

- A. Barefoot walking and lateral wedge insoles all significantly reduced medial loading in the first part of stance phase with both of the lateral wedge insoles reducing medial loading during latter periods of stance.
  - B. The two types of lateral wedge insoles showed roughly comparable effects on the knee adduction moment and impulse with only the barefoot walking significantly altering the sagittal moment.
  - C. The mobility shoe reduced medial knee loading and participants reported that it diminished knee pain more than the typical wedge, control shoe, and barefoot, and was rated as more comfortable than the other treatments.
  - D. All of the above were found.
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**3. Lateral wedge insoles reduced medial knee loading more than a control shoe throughout the whole of stance phase and significantly better than both barefoot walking and the mobility shoe during latter stance where the supported insole reduces immediate knee pain better than the typical device with increased comfort.**

- A. True
  - B. False
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**4. This study found that barefoot walking:**

- A. Reduced medial loading during latter stance in comparison to the control shoe.
  - B. Increased medial loading in the latter period of stance in comparison to the lateral wedge insoles.
  - C. Reduced flexion moments.
  - D. All of the above.
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