



# Pedorthic Exam Candidate Self Assessment Checklist

Prior to sitting for the ABC Certified Pedorthist exam, each candidate is required to complete 1,000 hours of pedorthic experience. The following self assessment tool gives you a guideline for what areas you should focus on and the amount of time you should be spending in each area during this period.

## DOMAINS OF PRACTICE

### IMPORTANT INFORMATION

This checklist is for your use only and is not required as part of your application for the exam.

Use it as a tool to guide you through your work experience and to make sure that you are getting the type and amount of experience in each area that the profession expects.

Certified Pedorthists (C.Ped's) report that they spend their professional time divided between five areas of responsibility called **Domains of Practice**. As you work on the 1,000 hour experience requirement to take the ABC C.Ped. exam, you should gain experience in each domain and arrange your time to approximately meet these percentages. Use the following chart to write in the percentage of time you spend in each domain.

Each domain is broken down into specific tasks. Reference the ABC *Pedorthic Book of Rules and Candidate Guide* for the specific tasks associated with each domain and identify the domains in which you should spend more or less time.

DOMAIN	Recommended % of Time	Self-Assessment— % of My Time in These Domains
<b>Patient Assessment</b> Perform a comprehensive assessment of the patient to obtain an understanding of the patient's pedorthic needs.	33%	____%
<b>Formulation of the Treatment Plan</b> Analyze and integrate information from patient assessment to create a comprehensive pedorthic treatment plan to meet the needs and goals of the patient.	19%	____%
<b>Implementation of the Treatment Plan</b> Perform procedures necessary to provide the appropriate pedorthic services, including fabrication.	23%	____%
<b>Follow-up Treatment Plan</b> Provide continuing patient care and periodic evaluation to assure/maintain/document optimal fit and function of the pedorthic device.	13%	____%
<b>Practice Management</b> Develop, implement and/or monitor policies and procedures regarding human resources, the physical environment, business and financial practices and organizational management.	12%	____%

## PEDORTHIC KNOWLEDGE AND SKILL STATEMENTS—SELF ASSESSMENT

The knowledge and skills required of an ABC Certified Pedorthist (C.Ped's) in the provision of patient care are listed below. Use the rating scale as a self assessment to determine your strengths and weaknesses and to identify those knowledge or skills on which you should spend more time during your 1,000 hours.

**Rate your knowledge of or skill with these items by circling the appropriate number on the following scale.**

**1 is no knowledge or skill, 5 is full knowledge or skill.**

**None 1-----2-----3-----4-----5 Full**

Knowledge of musculoskeletal anatomy  
1-----2-----3-----4-----5

Knowledge of basic neuroanatomy  
1-----2-----3-----4-----5

Knowledge of basic neurophysiology  
1-----2-----3-----4-----5

Knowledge of anatomical landmarks (surface anatomy)  
1-----2-----3-----4-----5

Knowledge of basic kinesiology  
1-----2-----3-----4-----5

Knowledge of basic pathokinesiology  
1-----2-----3-----4-----5

Knowledge of normal human locomotion  
1-----2-----3-----4-----5

Knowledge of gait training  
1-----2-----3-----4-----5

Knowledge of pathological gait  
1-----2-----3-----4-----5

Knowledge of tissue characteristics/management  
1-----2-----3-----4-----5

Knowledge of volumetric control  
1-----2-----3-----4-----5

Knowledge of planes of motion  
1-----2-----3-----4-----5

Knowledge of biomechanics  
1-----2-----3-----4-----5

Knowledge of pathomechanics  
1-----2-----3-----4-----5

Knowledge of pathologies  
1-----2-----3-----4-----5

Knowledge of basic pharmacology  
1-----2-----3-----4-----5

Knowledge of medical terminology  
1-----2-----3-----4-----5

Knowledge of pedorthic terminology  
1-----2-----3-----4-----5

Knowledge of referral documents  
1-----2-----3-----4-----5

Knowledge of data recording procedures  
1-----2-----3-----4-----5

Knowledge of policies and procedures regarding privileged information  
1-----2-----3-----4-----5

Knowledge of roles and responsibilities associated with other healthcare professions  
1-----2-----3-----4-----5

Knowledge of reimbursement protocols  
1-----2-----3-----4-----5

Knowledge of material safety procedures and standards (e.g., OSHA, MSDS)  
1-----2-----3-----4-----5

Knowledge of universal precautions, including sterile techniques and infection control  
1-----2-----3-----4-----5

Knowledge of ethical standards regarding proper patient management, including ABC Code of Professional Responsibility  
1-----2-----3-----4-----5

Knowledge of scope of practice related to pedorthic credentials  
1-----2-----3-----4-----5

Knowledge of the extent and limitations of the scope of pedorthic practice (i.e., when to refer a patient to other healthcare providers/caregivers)  
1-----2-----3-----4-----5

Knowledge of pedorthic design  
1-----2-----3-----4-----5

Knowledge of shoe anatomy and construction  
1-----2-----3-----4-----5

Knowledge of properties of various footwear styles, modifications and designs  
1-----2-----3-----4-----5

Knowledge of specific points of shoe fit  
1-----2-----3-----4-----5

Knowledge of normal and abnormal wear patterns of footwear and other pedorthic devices  
1-----2-----3-----4-----5

Knowledge of therapeutic and protective characteristics and features of various types of hosiery  
1-----2-----3-----4-----5

Knowledge of pedorthic fitting criteria  
1-----2-----3-----4-----5

Knowledge of clinical examination techniques, (e.g., range of motion (ROM), manual muscle tests, sensation, palpation)  
1-----2-----3-----4-----5

Knowledge of impression-taking techniques, materials, devices and equipment  
1-----2-----3-----4-----5

Knowledge of rectification/modification procedures as they relate to specific pedorthic designs  
1-----2-----3-----4-----5

Knowledge of pedorthic measurement tools and techniques  
1-----2-----3-----4-----5

---

Knowledge of pedorthic forms (e.g., assessment, orthometry, measurement, evaluation, outcomes)  
1-----2-----3-----4-----5

---

Knowledge of properties of pedorthic materials  
1-----2-----3-----4-----5

---

Knowledge of componentry  
1-----2-----3-----4-----5

---

Knowledge of alignment devices and techniques  
1-----2-----3-----4-----5

---

Knowledge of hand and power tools  
1-----2-----3-----4-----5

---

Knowledge of mechanics (e.g., levers and force systems)  
1-----2-----3-----4-----5

---

Knowledge of theory and application of intrinsic and extrinsic posting  
1-----2-----3-----4-----5

---

Knowledge of internal and external shoe modifications and their purpose  
1-----2-----3-----4-----5

---

Knowledge of computer-aided design and manufacturing (CAD/CAM)  
1-----2-----3-----4-----5

---

Knowledge of item warranty and warranty limitations  
1-----2-----3-----4-----5

---

Knowledge of loss control (e.g., risk management, inventory control)  
1-----2-----3-----4-----5

---

Knowledge of professional liability insurance requirements  
1-----2-----3-----4-----5

---

Knowledge of research methodology and literature  
1-----2-----3-----4-----5

---

Knowledge of human development and aging, ranging from pediatric to geriatric, as they relate to pedorthic treatment  
1-----2-----3-----4-----5

---

Knowledge of patient compliance issues  
1-----2-----3-----4-----5

---

Knowledge of the psychology of the disabled  
1-----2-----3-----4-----5

---

Knowledge of patient educational materials  
1-----2-----3-----4-----5

---

Knowledge of federal and state rules, regulations and guidelines (e.g., FDA, ADA, HIPAA)  
1-----2-----3-----4-----5

---

Knowledge of ABC Facility Accreditation Standards  
1-----2-----3-----4-----5

---

Skill in interpreting referral documents, (e.g., prescriptions, orders)  
1-----2-----3-----4-----5

---

Skill in communicating with patient/family/caregiver  
1-----2-----3-----4-----5

---

Skill in communicating with referral sources and appropriately licensed healthcare providers  
1-----2-----3-----4-----5

---

Skill in performing physical examinations  
1-----2-----3-----4-----5

---

Skill in identifying gross surface anatomy  
1-----2-----3-----4-----5

---

Skill in interpretation of physical findings (e.g., recognizing skin pressures, dermatological conditions, osseous deformity)  
1-----2-----3-----4-----5

---

Skill in analysis of normal gait/motion  
1-----2-----3-----4-----5

---

Skill in analysis of pathological gait/motion  
1-----2-----3-----4-----5

---

Skill in interpreting wear patterns  
1-----2-----3-----4-----5

---

Skill in managing patients relative to their diagnosis or condition  
1-----2-----3-----4-----5

---

Skill in impression-taking/measuring for pedorthic device(s)  
1-----2-----3-----4-----5

---

Skill in using mechanical measuring devices  
1-----2-----3-----4-----5

---

Skill in using electrical measuring devices  
1-----2-----3-----4-----5

---

Skill in using computer-based measuring devices  
1-----2-----3-----4-----5

---

Skill in patient delineation, rectification and/or modification of patient model  
1-----2-----3-----4-----5

---

Skill in pedorthic fabrication  
1-----2-----3-----4-----5

---

Skill in use of safety equipment  
1-----2-----3-----4-----5

---

Skill in using hand and power tools  
1-----2-----3-----4-----5

---

Skill in use of materials and components  
1-----2-----3-----4-----5

---

Skill in use of alignment devices  
1-----2-----3-----4-----5

---

Skill in aesthetic finishing  
1-----2-----3-----4-----5

---

Skill in evaluating fit and function of pedorthic device(s)  
1-----2-----3-----4-----5

---

Skill in adjusting and modifying pedorthic device(s)  
1-----2-----3-----4-----5

---

Skill in maintaining and repairing pedorthic device(s)  
1-----2-----3-----4-----5

---

Skill in restoring optimal fit and function of pedorthic device(s)  
1-----2-----3-----4-----5

---

Skill in solving patient's problems related to ADL  
1-----2-----3-----4-----5

---

Skill in documentation (e.g. clinical, financial, regulatory, reimbursement, patient privacy)  
1-----2-----3-----4-----5

## RESOURCES

[www.abcop.org](http://www.abcop.org)

- *ABC Scope of Practice*
- *ABC Pedorthist Book of Rules & Candidate Guide*
- *ABC Code of Professional Responsibility*
- *ABC Certified Pedorthist Practice Analysis*



**American Board for  
Certification in Orthotics,  
Prosthetics and  
Pedorthics, Inc.**

330 John Carlyle St., Suite 210  
Alexandria, VA 22314  
(703) 836-7114  
Fax: (703) 836-0838  
[www.abcop.org](http://www.abcop.org)

*This self assessment  
checklist is developed  
from the ABC Certified  
Pedorthist Practice Analysis,  
which is also used  
to develop credentialing  
exam content as well as  
guidance for educational  
programs.*

## RECOMMENDED DEVICE LIST FOR 1,000 HOURS WORK EXPERIENCE

We've broken down the devices on which certified pedorthists report they typically spend their time. Use this as a guideline as you work on your 1,000 hour experience requirement. Use the following chart to write in the amount of time you spend on each device and identify those devices on which you should spend more or less time.

<b>1. Orthoses</b>	(41% total)	_____%
Functional Foot Orthoses	15%	_____%
Accommodative Foot Orthoses	13%	_____%
UCBL Orthoses	2%	_____%
Toe Filler Foot Orthoses	2%	_____%
Gait plates	1%	_____%
Custom Fabricated SCFO (leather ankle gauntlet)	1%	_____%
Plantar Fasciitis Night Splint	1%	_____%
Pre-fabricated fixed ankle walking boot (cast walker)	1%	_____%
Other	5%	_____%
<b>2. Footwear</b>	(30% total)	_____%
Therapeutic/Diabetic Shoes	16%	_____%
In-depth Shoes (non-diabetic)	5%	_____%
Athletic Shoes	5%	_____%
Custom Shoes	3%	_____%
Pediatric Corrective Footwear	1%	_____%
<b>3. Pre-fabricated Inserts</b>	(11% total)	_____%
Pre-fabricated Accommodative Foot Orthoses	8%	_____%
Pre-fabricated Rigid Foot Orthoses	3%	_____%
<b>4. Shoe Modifications</b>	(9% total)	_____%
Shoe modifications (sole)	6%	_____%
Shoe modifications (other)	3%	_____%
<b>5. Retail: (no prescription, no medical condition)</b>	(9% total)	_____%
In-depth Shoes	3%	_____%
Athletic Shoes	3%	_____%
Pre-fabricated Accommodative Foot Orthoses	2%	_____%
Pre-fabricated Rigid Foot Orthoses	1%	_____%