

# Insole Practice Test Questions and Answers

## 1. What causes blisters?

- A) Wet feet
- B) Wearing Tight Clothing
- C) Wet Weather
- D) Heel slippage

## 2. What is a heel lift used for?

- A) To correct flat feet
- B) To correct an ankle imbalance
- C) To correct a bowed leg
- D) To correct a malformed foot

## 3. What are custom orthotics also known as?

- A) Custom made shoes
- B) Custom foot orthotics
- C) Orthopedic insoles
- D) Custom-made shoes

## 4. How often should you remove your insoles?

- A) When your feet start to smell
- B) Regularly
- C) When you feel a sharp pain
- D) If they start feeling uncomfortable

**Answers: 1-D 2-E 3-C 4-B**

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