Upper Extremity Practical Exam

The candidate has 10 minutes to complete this section of the exam.

Give the candidate 1 condition from the list and ask them to perform a regional exam

Body region: □ shoulder, □ elbow, □ wrist & hand

History: candidate to give Hx-SSx, DDx, Tx associated with one condition of region (_____/3)
□ Define Condition: ____________________________________________
□ Hx/SSx (3 items): ____________________________________________
□ DDx (3 items): ____________________________________________

Inspection: give 2 inspection/posture/gait parameters evaluated (1) (_____/1)
□ ____________________________ , ____________________________

Palpation: palpate 2 key structures (permission to palpate, bilateral) (1) (_____/1)
□ ____________________________ , ____________________________

Motion: perform single most indicated AROM, PROM or RROM on region (_____/4)
(Introductory statement - hands on assessment, verbalize bilateral comparison)
□ AROM (intro statement): __________________________________
□ PROM (with end play): ____________________________________
□ RROM (correct instructions): _______________________________
□ Tissue list: ______________________________________________
(give a list of tissue stretched/compressed, bone, ligament, muscle, nerve, blood vessel, viscer)

Neurovascular: candidate to perform 2 parameters for evaluated (_____/2)
□ Neurologic: sensation, DTRs, muscle test ______________________
□ Vascular: pulse, capillary refill, temperature of region __________

Referred Pain: provide 2 areas/conditions that can refer to assessment area (_____/1)
□ ____________________________ , ____________________________

Special Tests: candidate performs indicated tests, proctor gives one named test (_____/9)

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<th>Test</th>
<th>Position</th>
<th>Ability &amp; confidence</th>
<th>Explain/Rationale</th>
<th>Total</th>
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0 = inability to perform task; 0.5 partial ability to perform task; 1 acceptable ability to perform task

Treatment: 4 options: ______________________________________ (_____/1)

Impression: lack of prompting (1), confidence (1), professionalism (1) (_____/3)

Feedback:
• Ask if it can be given together or they request it separately
• Start with ‘what do you think needs improvement?’

Proctor: __________________________ Date: __________________________
Lower Extremity Practical Exam

The candidate has 10 minutes to complete this section of the exam.

Give the candidate 1 condition from the list and ask them to perform a regional exam.

Body region: □ hip, □ knee, □ ankle foot

History: candidate to give Hx-SSx, DDx, Tx associated with one condition of region (______/3)

Define Condition: ____________________________________________

□ Hx/SSx (3 items): __________________________________________
□ DDx (3 items): __________________________________________

Inspection: give 2 inspection/posture/gait parameters evaluated (1) (______/1)

□ ____________________________ , ____________________________

Palpation: palpate 2 key structures (permission to palpate, bilateral) (1) (______/1)

□ ____________________________ , ____________________________

Motion: perform single most indicated AROM, PROM or RROM on region (______/4)

(Introductory statement - hands on assessment, verbalize bilateral comparison)

□ AROM (intro statement): _____________________________________
□ PROM (with end play): _______________________________________
□ RROM (correct instructions): _________________________________
□ Tissue list: ________________________________________________

(Neurovascular) candidate to perform 2 parameters for evaluated (______/2)

□ Neurologic: sensation, DTRs, muscle test _______________________
□ Vascular: pulse, capillary refill, temperature of region ___________

Referred Pain: provide 2 areas/conditions that can refer to assessment area (______/1)

□ ____________________________ , ____________________________

Special Tests: candidate performs indicated tests, proctor gives one named test (______/9)

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Treatment: 4 options: __________________________________________ (______/1)

Impression: lack of prompting (1), confidence (1), professionalism (1) (______/3)

Feedback:
- Ask if it can be given together or they request it separately
- Start with ‘what do you think needs improvement?’

Proctor: ____________________________ Date: ____________________________

Conditions

Hip & thigh
- Femoral/inguinal hernia
- Leg length inequality
- Groin strain
- Hamstring strain
- Hip DJD
- Acetabular labral tear
- Legg-Calve-Perth (AVN)
- Myositis ossificans
- Slipped femoral epiphysis
- Snapping hip
- Transient hip synovitis

Knee
- ACL or PCL Sprain
- MCL or LCL Sprain
- Meniscus tear
- Chondromalacia patellae
- ITB syndrome
- Osteochondritis dissecans
- Osgood Schlatter’s
- Patella dislocation
- Tibial stress fracture

Leg, Ankle & Foot
- Inversion ankle sprain
- Compartment syndrome
- Deep vein thrombosis
- Achilles tendinitis
- Morton’s neuroma
- Metatarsal stress Frx
- Plantar fascitis
- Over pronation syndrome

Special Tests

Hip & SI
- Thomas Gaenslen test
- Trendelenburg test
- Allia/Skyline view
- Ober’s test
- Patrick’s test
- Noble’s compression test
- Scouring test (Quadrant)
- Pinformis test
- Hibbs (prone gaping)
- Yeoman’s test
- Nachia’s/Ely’s test
- SI joint play
- SI comp. (pelvic rock)

Knee
- Valgus/Varus stress test
- Lachman’s test
- Anterior/posterior drawer
- Apley’s comp./dist. test
- Apley’s distraction test
- Bounce home test
- Patellar apprehension
- Patellar grind test
- Clark’s test
- McMurray’s test

Ankle & Foot
- Anterior/Posterior drawer
- Tinel’s (peroneal nerves)
- Homans sign
- Thompson’s squeeze
- Talar tilt test
- Metatarsal squeeze test
- Tibial torsion test

Total: /25 x 4 = %