



# 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, viscera)

**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)

Test	Position	Ability & confidence	Explain/Rationale	Total
	0...0.5...1	0...0.5...1	0...0.5...1	
	0...0.5...1	0...0.5...1	0...0.5...1	
Proctor chosen test	0...0.5...1	0...0.5...1	0...0.5...1	

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: \_\_\_\_\_

Candidate:

**Total: /100%**

Comments

Conditions

#### Shoulder

- AC sprain
- Bicipital tendinopathy
- Brachial neuritis
- Calcific tendinopathy
- Frozen shoulder
- Glenohumeral instability
- Glenoid labral tear
- GH dislocation
- Supraspinatus imping.
- Subscap. tendinopathy
- Supraspinatus tendonitis
- Thoracic outlet syn.

#### Elbow

- Toddler's elbow
- Elbow osteochondritis
- Lateral epicondylitis
- Medial epicondylitis
- Olecranon bursitis

#### Wrist

- Carpal tunnel syndrome
- de Quervain's
- Thumb (UCL)
- Wrist sprain
- Carpal instability
- Scaphoid fracture
- Lunate dislocation
- Triangular fibrocart. tear
- Ganglion cyst
- Dupuytren contracture

Special Tests

#### Shoulder

- Apley's Scratch test
- Biceps load test II
- Brachial stretch test
- Clunk or Crank
- Drop arm test (Codman's)
- Empty can
- Faegan's test
- GH apprehension test
- Hawkins-Kennedy
- Lift off test
- Lippmans or Yergason's
- Neer's or Speed's
- O'Brien's
- Roos' or Wright's

#### Elbow

- Cozen's or Mill's test
- Reverse Cozen's or Mill's
- Pronator teres test
- Tinel's at the elbow
- Valgus stress test
- Varus stress test

#### Wrist & Hand

- Allen test
- Cozen's
- Finkelstein's test
- Froment's sign
- Load test for TFCC
- Phalen's test
- Reverse Phalen's test
- Tinel's sign

**Total: /25 x 4 =**

%



# 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

Candidate:

Total:

/100%

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: \_\_\_\_\_

(give a list of tissue stretched/compressed, bone, ligament, muscle, nerve, blood vessel, viscera)

**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)

Test	Position	Ability & confidence	Explain/Rationale	Total
	0...0.5...1	0...0.5...1	0...0.5...1	
	0...0.5...1	0...0.5...1	0...0.5...1	
Proctor chosen test	0...0.5...1	0...0.5...1	0...0.5...1	

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: \_\_\_\_\_

Total: /25 x 4 =

%

### 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 dess.
- Osgood Schlatter's
- Patella dislocation
- Tibial stress fracture

#### Leg, Ankle & Foot

- Inversion ankle sprain
- Compartment syndrome
- Deep vein thrombosis
- Achilles tendonitis
- Morton's neuroma
- Metatarsal stress Fx
- Plantar fasciitis
- Over pronation syndrome

### Special Tests

#### Hip & SI

- Thomas Gaenslen test
- Trendelenburg test
- Allis/Skyline view
- Ober's test
- Patrick's test
- Noble's compression test
- Scouring test (Quadrant)
- Piriformis test
- Hibbs (prone gapping)
- Yeoman's test
- Nachla'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