

PRACTICAL EXAM DESCRIPTION

You will need to build your own treatment plan for a region that will be determined at the time of the exam. You will perform the most indicated massage techniques for your region following the principles of massage. You will also be graded on your draping, pillow support, limb handling, and biomechanics. You will lose marks for jewelry, nails, hair, and inappropriate dress.

At the beginning of your exam time the therapist will draw a region and have a few moments to prepare a treatment plan while the patient is setting up and getting on the table.

Regions

- ❖ Back
- ❖ Posterior Thigh and Leg
- ❖ Anterior Thigh
- ❖ Chest and Neck
- ❖ Arm
- ❖ Abdomen

Your treatment must include:

1 Trigger Point Release technique (6 points)

1 Myofascial Release technique: (4 points)

- Shearing
- Skin Rolling
- Bowing
- Long Lever

6 Swedish Techniques: (2 points each)

- Effleurage
- Palmar Stroking
- Palmar Kneading
- Picking Up
- Wringing
- C-Kneading
- Full Sun Half Moon
- Fingertip Stroking
- Fingertip Kneading
- Thumb Kneading

You will be graded on whether your techniques follow the principle of massage 'General to Specific to General.' However for exam purposes, we will only ask you to order your techniques from general to specific.

TECHNIQUE APPLICATION PROTOCOL

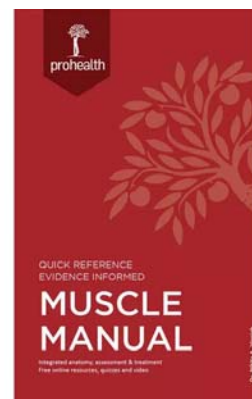
TRIGGER POINT RELEASE (6 points)

1. Palpate the muscle and identify taut bands. (Flat or Pincer Palpation)
2. Warm up tissue (stroking, kneading or heat application)
3. Muscle Stripping technique
4. Confirm MFTP (referral pain, local twitch or jump sign)
5. Ischemic Compression
6. Clear tissue (stroking and kneading)

MYOFASCIAL RELEASE (4 points)

- I. **Shearing and Skin Rolling (same protocol)**
 - a. "Round the clock" assessment
 - b. Determine direction of most resistance
 - c. Shear / Skin roll into resistance
 - d. Re-assess with "round the clock"
- II. **Bowing**
 - a. I.D. muscle boundaries
 - b. "C" Bow into resistance
- III. **Long Lever**
 - a. I.D. muscle and fiber direction
 - b. Place muscle into shortened position
 - c. Load into muscle anchoring it in place
 - d. Take muscle through its ROM 5-10 reps

Text reference: Evidence based Muscle Manual.
Prohealthsys.com



FINAL PRACTICAL EXAM MARKING SHEET

STUDENT NAME: _____

#: _____

REGIONAL TREATMENT

/4 MYOFASCIAL RELEASE

SHEARING / SKIN ROLLING

- /1 Clock Assessment
- /1 Direction of Resistance
- /1 Tx into Resistance
- /1 Re-assess

LONG LEVER

- /1 I.D. MM and fiber direction
- /1 Slacken MM
- /1 Load MM
- /1 5-10 reps through ROM

BOWING

- /2 I.D. MM boundaries
- /2 "C" Bow into resistance

/12 SWEDISH TECHNIQUES (choose 6)

- /2 Effleurage
- /2 Palmar Stroking
- /2 Palmar Kneading
- /2 Picking Up
- /2 Wringing
- /2 C-Kneading
- /2 Full Sun Half Moon
- /2 Fingertip Stroking
- /2 Fingertip Kneading
- /2 Thumb Kneading

/6 TRIGGER POINT RELEASE

- /1 MM Palpation / I.D. Taut band
- /1 Warm up Tissue
- /1 MM Stripping
- /1 Confirm TrP
- /1 Ischemic Compression
- /1 Clear tissue

/1 8 TECHNIQUES (General to Specific)

/3 PATIENT CARE

- /1 DRAPING
- /1 PILLOW SUPPORT
- /1 LIMB HANDLING

/2 HYGENE

- JEWELRY
- NAILS
- LONG HAIR TIED BACK
- PROPER ATTIRE

TOTAL _____/28