

Manual Skills FINAL Oral Practical Exam	Student: _____
Invigilator: _____	Score: _____ /70

**EVALUATION SCALE:** Deduct 1 mark for any prompting

(Marks may be deducted at Invigilators discretion regardless of category's worth)

- 0 - No response
- 2 - Done incorrectly and unsafely
- 4 - Very poor, needs major improvement
- 6 - Weak, needs some improvement to pass

- 7 - Shows minimal knowledge to pass
- 8 - Good Performance
- 9 - Very Good Performance
- 10 - Excellent

### 1) Myofascial Release (Examiner pick one of the following)

#### Hyoid Release

(1 of supra hyoid, infra hyoid or anterior hyoid pull)

- Patient education on Anterior neck work AND Consent /2
- Assessment / Palpation for fascial restriction /2
- Correct Hand Placement and Palpation of Hyoid /2
- Check-in for sensations /1
- Appropriate degree of pressure, effective control of strain, slow approach & release /2
- Reassess tissues /1

#### Transverse Diaphragm

(Invigilator Choose: thoracic inlet, respiratory, pelvic floor)

- Reason to treat / Assessment /1
- Patient education AND Consent /2
- Correct hand placement/land marks /2
- Appropriate degree of pressure, effective control of strain, slow approach & release /3
- check-in for sensation /1
- Reassess tissues /1

#### TMJ Release

- Reason to treat / Assessment /1
- Patient education AND Consent /2
- Correct hand placement/land marks /2
- Appropriate degree of pressure, effective control of strain, slow approach & release /3
- check-in for sensation /1
- Reassess tissues /1

/10

### 2) Pre-Midterm (select ONE of the following)

**Deep technique** *Invigilator, choose from:*      unilateral arm pull    unilateral leg pull    bilateral leg pull

- Assessment/ palpation for fascial restriction /2
- Effective control of strain / slow approach & release /2
- Patient education & check in for sensations /2
- Appropriate degree of pressure /2
- Reassess tissues /2

**Cramp Relief Technique** *Invigilator, choose from:*      Gastrocnemius      Hamstrings      Quadriceps

- Communication, instruction, consent to treat muscle cramp /2
- Communication/ instructions on reciprocal inhibition /2
- Did the student treat the PT without repositioning /2
- Correct hand positioning & resistance w/ reciprocal inhibition /2
- Contraction held (20-30 secs), stretch (30-1min), "repeated 3x if needed" /2

/10

### 3) NEUROMUSCULAR THERAPY

*Invigilator, let student randomly select a case scenario. Read case scenario to student. Repeat if requested.*

- 1) Correctly identifies muscle ( /1), origin ( /1) & insertion ( /1) /3
- 2) Describes differential diagnosis for referral pattern /2
- 3) Describes appropriate assessment for the case scenario /2
- 4) Correct and clear instructions to the Patient and correct positioning /1

/8

*Invigilator: Instruct student to begin “performing their treatment”. They will have approximately 5-7 minutes. They will need to demonstrate a Trigger Point Release technique, ONE of the other Neuromuscular techniques, and a fascial technique.*

**Trigger Point Release**

Explain technique and gains consent for treatment	/1	
Correct palpation & location of TP(s) (flat palp or pincer)	/1	
Strips muscle belly	/1	
Applies appropriate pressure – finger, thumb(s), or elbow	/2	
Correct timing, depth & intensity of pressure applications	/2	
Correct stretch of muscle post TPPR	/1	
Resets proprioceptors with AROM &/ OR RROM	/1	
Utilizes pain scale, check in for pt. feedback during Tx	/1	/10

**Attachment Release**

Explain technique and gains consent for treatment	/2
Warms tissue with heat, GSM or MFR	/1
Strips muscle belly	/1
LF & XFF to origin (proper location!)	/2
LF & XFF to insertion (proper location!)	/2
Resets proprioceptors with AROM &/ or RROM	/1
Utilizes pain scale, check in for pt. feedback during Tx	/1

**Ice & Stretch**

Explain technique & gain consent for treatment	/1	
Correct position for ice & stretch – pt. & therapist	/2	
Introduces ice to adjacent area	/1	
Applies ice to correct area of TrP referral pattern & direction	/2	
Correct stretch applied	/2	
Correct timing of stretch (30/ 30/ 50 hold, x3)	/1	
Utilizes pain scale, check in for pt. feedback during Tx	/1	/10

**Scar Release** (Area Addressed: \_\_\_\_\_)

Assessment / Palpation for fascial restriction	/2	
Patient Education and Consent	/2	
Appropriate / Effective Technique(s)	/2	
Appropriate degree of pressure, effective control, slow approach & release	/2	
Reassess tissues	/1	
Utilizes pain scale, check in for pt. feedback during technique	/1	/10
Provides appropriate home care advice		/2

<b>4) GENERAL PROFESSIONALISM &amp; PRESENTATION</b>	
Appropriate conduct with client (handling, support, communication)	/1
Appropriate and confidence draping	/2
Appropriate hygiene and professional attire	/1
Appropriate and professional attitude & conduct with examiner	/1
Appropriate biomechanics	/2
Clear Patient Education overall (ie positioning)	/2
Explains pain scale & gains consent before initiating treatment	/1
	<b>/10</b>

**Comments:**