

Invigilator: _____

Score: _____ /100

EVALUATION SCALE: (Marks may be deducted at Invigilators discretion regardless of category's worth)Deduct 1 mark for any prompting

- | | |
|------------------------------------------|-------------------------------------|
| 0 - No response | 7 - Shows minimal knowledge to pass |
| 2 - Done incorrectly and unsafely | 8 - Good Performance |
| 4 - Very poor, needs major improvement | 9 - Very Good Performance |
| 6 - Weak, needs some improvement to pass | 10 - Excellent |

1) MYOFASCIAL RELEASE**Crosshands/ Shearing** *Invigilator, choose from:*

arm leg back chest

- | | | |
|-------------------------------------------------------|----|------------|
| 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 | /10 |

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 | /10 |

Superficial technique *Invigilator, choose from:*

strumming bear claw V-stroke J-stroke

- | | | |
|-------------------------------------------------------|----|------------|
| 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 | /10 |

2) SPORTS MASSAGE**Pre-event technique**

*Scenario: An athlete walks up to you and asks for a pre-event massage. Please state **3 questions** that you would ask this athlete in order to treat them appropriately.* **/6**

Potential answers: What sport do you do? When is your race? Do you have any injuries? How do you want to feel? How much time do you have before your race? Have you had a massage before? Have you done your warm-up? Are you right-handed or left-handed?

Treatment: *Invigilator, choose from:*

Prone Supine

- | | | |
|----------------------------------------------------|----|------------|
| Stimulating stroking, kneading and/or compressions | /2 | |
| Stimulating shaking & jostling | /2 | |
| Patient education / check in for sensations | /2 | |
| Appropriate degree of pressure | /2 | |
| Reassess tissues | /2 | /10 |

Cramp Relief Technique <i>Invigilator, choose from:</i>	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 required.

Correctly identifies muscle (/2), origin (/2) & insertion (/2) **/6**

*Invigilator: Instruct student to begin "performing their treatment". They will have approximately 5 minutes. They will need to demonstrate **ONE** of the following techniques. (Choose a technique.)*

Attachment Release

Explain technique and gains consent for treatment	/2
Warms tissue with heat, GSM or MFR	/2
Strips muscle belly	/2
LF & XFF to origin	/4
LF & XFF to insertion	/4
Resets proprioceptors with AROM &/ or RROM	/2
Utilizes pain scale, check in for pt. feedback during Tx	/2

Trigger Point Release

Explain technique and gains consent for treatment	/2
Correct palpation & location of TP(s) (flat palp or pincer)	/4
Strips muscle belly	/2
Applies appropriate pressure – finger, thumb(s), or elbow	/2
Correct timing, depth & intensity of pressure applications	/2
Correct stretch of muscle post TPPR	/2
Resets proprioceptors with AROM &/ OR RROM	/2
Utilizes pain scale, check in for pt. feedback during Tx	/2

Ice & Stretch

Explain technique & gain consent for treatment	/2
Correct position for ice & stretch – pt. & therapist	/2
Introduces ice to adjacent area	/2
Applies ice to correct area of TrP referral pattern & direction	/4
Correct stretch applied	/4
Correct timing of stretch (30/ 30/ 50 hold, x3)	/2
Utilizes pain scale, check in for pt. feedback during Tx	/2

/18

Additional treatment components: Deduct 1 mark for any prompting

Performs appropriate assessment	/4
Explain pain scale before starting treatment	/2
Provides appropriate home care advice	/4

/10

4) GENERAL PROFESSIONALISM & PRESENTATION

Appropriate conduct with client (handling, support, communication)	/2
Appropriate and confidence draping	/2
Appropriate hygiene and professional attire	/2
Appropriate and professional attitude & conduct with examiner	/2
Appropriate biomechanics	/2

/10