



Spinal 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: TMJ, C-spine, T-spine/ribs, L-spine, Sacroiliac/pelvis

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

Cervical & TMJ

- Cervical radiculopathy
- Burner/Stinger
- Cervical facet syndrome
- Sprain/strain (whiplash)
- Cervical DJD
- Cervicogenic headache
- Migraine headache
- Cluster headache
- Pathologic headache
- Stroke or TIA
- Benign positional vertigo
- TMJ syndrome

T-spine & Ribs

- Scoliosis
- Scheuermann's disease
- Compression fracture
- Postural syndrome
- Herpes Zoster (shingles)
- Vertebral subluxation
- Rib subluxation

Lumbar & Sacroiliac

- Pelvic instability
- Leg length inequality
- Piriformis syndrome
- Ankylosing spondylitis
- Lumbar disc herniation
- Lumbar facet syndrome
- Lumbar sprain/strain
- Lumbar spondylolisthesis
- Lumbar DJD
- Abdominal aneurysm

Special Tests

C-Spine

- Cervical distraction test
- Cervical compression test
- Brachial stretch test
- Transverse lig. stress test
- Alar ligament stress test
- Kernig's (Dural Slump)
- Foraminal compression
- Soto-Hall test (Brudinski)
- Shoulder depression test
- Vertebral Artery test (VBI)

T-Spine

- Adam's sign
- Dural slump
- Scapular approximation
- Adson's or Reverse Adson
- Roo's (EAST) test
- Costoclavicular maneuver
- Wright's hyperabduction

L-Spine

- Kernig's (Dural Slump)
- SLR (Laseque)
- Braggard's test
- Bechterew's (seat SLR)
- Belt test (SI vs lumbar)
- Burns Bench test (maling)
- Kemp's (Quadrant)
- Schober's test
- Hoover test (malingering)
- Milgram test (leg lift test)
- Minor's Sign
- Valsalva
- Murphy's punch (kidney)

Total: /25 x 4 =

%