

Student has 30 minutes to complete this exam - Proctor choose 3 of the treatment techniques listed below

0      1      2      3      3.5      4      5  
 unacceptable   poor      developing      acceptable      good      excellent

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Effleurage techniques       | <input type="checkbox"/> Golgi tendon organ techniques | <input type="checkbox"/> Diaphragmatic breathing         |
| <input type="checkbox"/> Stroking techniques         | <input type="checkbox"/> Muscle stripping techniques   | <input type="checkbox"/> Exercise/Rehab.                 |
| <input type="checkbox"/> Petrissage techniques       | <input type="checkbox"/> Vibration techniques          | <input type="checkbox"/> Stretching protocol             |
| <input type="checkbox"/> Percussive/Tapotement       | <input type="checkbox"/> MTAR                          | <input type="checkbox"/> PNF/MET                         |
| <input type="checkbox"/> Shaking/rocking techniques  | <input type="checkbox"/> Muscle approximation          | <input type="checkbox"/> Cold or Hot pack application    |
| <input type="checkbox"/> Muscle stripping techniques | <input type="checkbox"/> Pin & stretch                 | <input type="checkbox"/> Friction techniques             |
| <input type="checkbox"/> Trigger point release       | <input type="checkbox"/> ROODS                         | <input type="checkbox"/> Instrument Assisted STM (IASTM) |

**Technique 1 Passive** (patient relaxed): \_\_\_\_\_ /30

- Technique was indicated, CI, precautioned for stage of life/injury (\_\_\_\_/5)
- Safe limb handling & biomechanics (patient & therapist) (\_\_\_\_/5)
- Safe, effective methodology & time management (\_\_\_\_/5)
- Proper protocol was followed (\_\_\_\_/5)
- Checked in with patient about pressure, depth and comfort throughout (\_\_\_\_/5)
- Adapted technique based on verbal and non-verbal cues (\_\_\_\_/5)

**Technique 2 Active** (patient participates, active pin & stretch): \_\_\_\_\_ /30

- Technique was indicated, CI, precautioned for stage of life/injury (\_\_\_\_/5)
- Safe limb handling & biomechanics (patient & therapist) (\_\_\_\_/5)
- Safe, effective methodology & time management (\_\_\_\_/5)
- Proper protocol was followed (\_\_\_\_/5)
- Checked in with patient about pressure, depth and comfort throughout (\_\_\_\_/5)
- Adapted technique based on verbal and non-verbal cues (\_\_\_\_/5)

**Technique 3 Corrective** (MFTP, MET, joint mobs, IASTM): \_\_\_\_\_ /30

- Technique was indicated, CI, precautioned for stage of life/injury (\_\_\_\_/5)
- Safe limb handling & biomechanics (patient & therapist) (\_\_\_\_/5)
- Safe, effective methodology & time management (\_\_\_\_/5)
- Proper protocol was followed (\_\_\_\_/5)
- Checked in with patient about pressure, depth and comfort throughout (\_\_\_\_/5)
- Adapted technique based on verbal and non-verbal cues (\_\_\_\_/5)

**Overall** ..... /10

- Professional demeanor & confidence (\_\_\_\_/5)
- Lack of prompting & safe, effective application (\_\_\_\_/5)

Proctor: \_\_\_\_\_

Date: \_\_\_\_\_

Text reference: Evidence Informed Muscle Manual. Vizniak

Student has 30 minutes to complete this exam - grade \_\_\_/5 & comment if needed

0            1            2            3            3.5            4            5  
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**Patient interaction** ..... **\_\_\_/35**

- Treatment room is clean, organized, safe ( \_\_\_/5)
- Greet patient and inform them of evaluation process ( \_\_\_/5)
- Presented self and treatment room in a professional manner ( \_\_\_/5)
- Managed nervousness during evaluation process ( \_\_\_/5)
- Professional demeanor with instructor, staff and patient ( \_\_\_/5)
- Communication respected diversity ( \_\_\_/5)
- Maintained confidentiality (no discussion with patient name or identifying specifics) ( \_\_\_/5)

**Treatment Principles** ..... **\_\_\_/40**

- Proper hygiene/infection protocols (washed hands and arms) ( \_\_\_/5)
- Patient was always appropriately draped (clean and secure) ( \_\_\_/5)
- Established & maintained informed consent during assessment/tx ( \_\_\_/5)
- Selected appropriate techniques based on evidence ( \_\_\_/5)
- Considered Hx, precautions, CI's, comfort and patient's physical privacy ( \_\_\_/5)
- Modified technique based on emerging findings/patient feedback ( \_\_\_/5)
- Followed core massage principles
  - General to specific to general, superficial to deep to superficial ( \_\_\_/5)
  - Proximal to distal to proximal, peripheral to central ( \_\_\_/5)

**Overall** ..... **\_\_\_/25**

- Provided a comprehensive summary ( \_\_\_/5)
- Overall charting/recording performance ( \_\_\_/5)  
 Legible, clear enough for next clinician to clearly understand findings
- Confident and professional demeanor ( \_\_\_/5)
- Safe and effective application of technique ( \_\_\_/5)
- Lack of prompting ( \_\_\_/5)
- Time management ( \_\_\_/5)



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Proctor:

Date: