



Clinic Exit Exam Manipulation

Student has 7 minutes to complete this portion of the exam + ~5 min for feedback

Student: _____

Proctor: _____ Date: _____

1. Contraindications - Ask candidate to give a list of relative or absolute contraindications - Pass or Fail

	Misc.	Arthro	Osteo	Neuro	Vascular
Relative	<input type="checkbox"/> Mild sprain/strain <input type="checkbox"/> Recent spinal trauma <input type="checkbox"/> Prior 'bad experience' with manip.	<input type="checkbox"/> Inflammatory arthritis (RA) <input type="checkbox"/> Ankylosing spondylitis <input type="checkbox"/> Atlanto-occipital OA	<input type="checkbox"/> Hypermobility (mild instability) <input type="checkbox"/> Benign bone tumor <input type="checkbox"/> Demineralization (osteopenia, osteoporosis, long-term steroid use) <input type="checkbox"/> Spondylolisthesis (lumbar) <input type="checkbox"/> Scheurmann's disease	<input type="checkbox"/> Neurologic deficits (disc herniation, osteophytes) <input type="checkbox"/> Lack of peripheral sensation	<input type="checkbox"/> Calcified abdominal aneurysm <input type="checkbox"/> Anticoagulant therapy
Absolute	<input type="checkbox"/> Lack of consent <input type="checkbox"/> Intoxication or drug influence <input type="checkbox"/> Recent surgery	<input type="checkbox"/> Atlantoaxial instability (Down's, Marfan's) <input type="checkbox"/> Dislocation	<input type="checkbox"/> Congenital malformation (posterior arch aplasia) <input type="checkbox"/> Bone destruction (cancer, avascular necrosis, osteomyelitis, fracture, severe osteoporosis)	<input type="checkbox"/> Cauda equina syndrome <input type="checkbox"/> Recent TIAs or Stroke	<input type="checkbox"/> Aneurysm <input type="checkbox"/> VBI signs & symptoms (5D's And 3 Ns)

Dizziness, Drop attacks (loss of consciousness), Diplopia (or other visual disturbances) Dysarthria, Dysphagia, Ataxia, Nausea, Nystagmus, Numbness

2. Manipulation - Ask candidate to asses and perform a given set-up & simulated thrust for each region of the spine (15) Proctor can ask candidate to asses and simulate treatment of what they find or give specific listing set-ups

Region	Static/Motion Eval. (give listings)	Patient & doctor position	Contact & tissue pull/slack	Confidence & Explanation	Thrust (end-range, vector, speed, control)	Total
SI joint or Lumbar Spine	0 0.5 1 Comments: Options: <input type="checkbox"/> PI ilium, <input type="checkbox"/> AS ilium, <input type="checkbox"/> Sacral nutation push (AI sacrum), <input type="checkbox"/> Sacral counter-nutation push (PS sacrum) <input type="checkbox"/> Lumbar push-pull, <input type="checkbox"/> Hypothenar mammillary push, <input type="checkbox"/> Hypothenar SP push	0 0.5 1	0 0.5 1	0 0.5 1	0 0.5 1	/5
Thoracic Spine or Ribs	0 0.5 1 Comments: Options: <input type="checkbox"/> Prone unilateral hypothenar push, <input type="checkbox"/> Supine extension, <input type="checkbox"/> Cross bilateral hypothenar/thenar push, <input type="checkbox"/> CT Junction <input type="checkbox"/> Hypothenar costal push, <input type="checkbox"/> Supine costal	0 0.5 1	0 0.5 1	0 0.5 1	0 0.5 1	/5
Cervical Spine or Occiput	0 0.5 1 Comments: Options: <input type="checkbox"/> index pillar push, <input type="checkbox"/> thumb pillar push, <input type="checkbox"/> occipital, C1 lateral or rotational	0 0.5 1	0 0.5 1	0 0.5 1	0 0.5 1	/5

0 = inability to perform task; 0.5 partial ability to perform task; 1 acceptable ability to perform task

Feedback: (ask if it can be given together or they request it separately)

- Start with 'what do you think needs improvement?' - student self assessment

total:

/15

Signature: _____



Clinic Exit Exam Ortho

The candidate has 7 minutes to complete this section of the exam.

0 = inability to perform task; 0.5 partial ability to perform task; 1 acceptable ability to perform task

Proctor: _____

Region: C-spine, T-spine, L-spine & SI, shoulder, elbow, wrist & hand, hip, knee, ankle foot

History: give findings associated with 1 condition(____/3)

- Define Condition** (circle on list): _____ (1)
- Hx-SSx:** _____ (1)
- DDx:** _____ (1)

Inspect/Palp: 2 structures (introduction, consent, bilateral)..(____/1)

- _____ (1/2), _____ (1/2)

Motion: perform 1 ROM assessment (tissues list).....(____/1)

- AROM** (intro statement): _____
- PROM** (with end play): _____
- RROM** (correct instructions): _____

Neurovascular: perform 1 exam for region.....(____/1)

- Muscle test, DTR, sensation, temp, cap refill, pulse

Referral:(____/1)

- 2 areas/conditions that can refer to region

Special tests: perform 3 special ortho tests.....(____/3)

evaluate position, contacts, ability, effectiveness & explanation/rationale

- regional: _____ (1)
- regional: _____ (1)
- any test: _____ (1)

Basic understanding: (choose 2).....(____/2)

- List 5 factors that improve or slow healing** (prognostic indicators)?
- Give 3 parts of a diagnosis & example?** (stage, severity, pathoanatomy)
- Postural eval. plumb line falls through _____?** (ant, lat. or post)
- Give an example of 2 end-play types** (soft tissue stretch or approx, myospasm, empty, bone on bone, ligamentous, boggy)
- Normal ROM _____ degrees?** or **gait cycle demonstration?**
- Define the terms **sensitivity and specificity**
- Give the 7 principles of medicine?** (do no harm, healing power of nature, treat the cause, doctor as teacher, treat whole person, prevention, follow evidence)
- What is the therapeutic order?** (rule of 9, progress least to most invasive)

Treatment options: (____/1)

Overall impression:.....(____/2)

- Lack of prompting & confidence**
- Professionalism** (skill, contact, limb support, communication, permission, hygiene)

total: **/15**

Student:

Shoulder

- AC sprain
- Bicipital tendinopathy
- Brachial neuritis
- Calcific tendinopathy
- Frozen shoulder
- Glenohumeral instability
- Glenoid labral tear
- GH dislocation
- Supraspinatus imping.
- Reflex symp. dystrophy
- Subscap. tendinopathy
- Supraspinatus tendonitis
- Thoracic outlet syn.

Elbow

- Elbow osteochondritis
- Lateral epicondylitis
- Medial epicondylitis
- Olecranon bursitis
- Toddler's elbow

Wrist

- Carpal instability
- Carpal tunnel syndrome
- de Quervain's
- Dupuytren contracture
- Ganglion cyst
- Lunate dislocation
- Scaphoid fracture
- Skier's Thumb (UCL)
- Triangular fibrocarr. tear
- Wrist sprain

Hip & thigh

- Acetabular labral tear
- Avascular necrosis hip
- Femoral/Inguinal hernia
- Groin strain
- Hamstring strain
- Hip DJD
- Legg-Calve-Perthes
- Myositis ossificans
- Slipped femoral epiphysis
- Snapping hip
- Transient hip synovitis

Knee

- ACL Sprain or PCL Sprain
- Chondromalacia patellae
- Iliotibial band syndrome
- MCL Sprain or LCL Sprain
- Meniscus tear
- Osgood Schlatter's
- Osteochondritis dissecans
- Patella dislocation
- Tibial stress fracture

Leg, Ankle & Foot

- Achilles tendonitis
- Compartment syndrome
- Deep vein thrombosis
- Inversion ankle sprain
- Metatarsal stress Fx
- Morton's neuroma
- Over pronation syndrome
- Plantar fasciitis
- Varicose veins

Lumbar & Sacroiliac

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

Thoracic & Costal

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

Cervical & TMJ

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

C-Spine

- Brachial stretch test
- Cervical compression test
- Cervical distraction test
- Foraminal compression
- Jull's (supine neck flexion)
- Shoulder depression test
- Soto-Hall test (Brudinski)
- Swivel chair test
- Transverse lig. stress test
- Vertebral Artery test (VBI)

Shoulder

- Apley's Scratch test
- Clunk, Crank, Bicep load
- Drop arm test (Codman's)
- GH apprehension test
- Hawkins-Kennedy
- Lippmans test
- Neer's or Speed's
- O'Brien's
- Roos' test (EAST)
- Yergason's test

- Noble's compression
- Ober's test (modified)
- Ortolani click (pediatric)
- Patrick's test
- Piriformis test
- Scouring test (Quadrant)
- SI joint play (AS & PI)
- Thomas test
- Trendelenburg test
- Yeoman's test

T-Spine

- Adam's sign
- Adson's
- Dural Slump
- Halstead's (rev. Adson)
- Scapular approximation
- Wright's hyperabduction

Elbow

- Cozen's test
- Mill's test
- Pronator teres test
- Tinel's aelbow
- Valgus stress test
- Varus stress test

L-Spine

- Bechterew's (seated SLR)
- Belt test (SI vs lumbar)
- Braggard's test
- Burns Bench test
- Hoover test (malingering)
- Kemp's (Quadrant)
- Kernig's
- Lindner's test
- Milgram test (leg lift test)
- Minor's Sign
- Murphy's punch (kidney)
- Straight leg raise (Laseque)
- Valsalva

Wrist & Hand

- Allen test or cap refill test
- Finkelstein's test
- Froments Sign
- Load test for TFCC
- Phalen's test
- Reverse Phalen's test
- Tinel's (median & ulnar)

Hip & SI

- Allis/Skyline view
- Gaenslen
- Leg length discrepancy
- Nachlas/Ely's/Hibb's test

Knee

- Anterior/posterior drawer
- Apley's comp./dist. test
- Apprehension test
- Bounce home test
- Clark's test
- Disco/Thessaly Test
- Lachman's test
- McMurray's test
- Patellar apprehension
- Patellar grind test
- Valgus/Varus stress test

Ankle & Foot

- Anterior/Posterior drawer
- Dorsiflexion test
- Homan's sign
- Metatarsal squeeze test
- Talar tilt test
- Thompson's Squeeze test
- Tibial Torsion test
- Tinel's (peroneal nerves)
- Supple vs rigid flat foot
- Arch height evaluation

Signature: