

Joint Mobilization Practical Exam

Student has 15 minutes to complete this exam

Candidate: _____

/100

grade ___/5 & comment if issue

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

Proctor: _____

Intro statement, explain procedure & consent... ___/5

- Provides list of relative or absolute CIs (see page 30) (___/5)

Functional Movement..... ___/10

- Start with functional motion (___/5)
- Bilateral comparison (___/5)

AROM ___/10

- Bilateral comp. & list of tissue activated & stretched (___/5)
- Logical progression, most painful movements last (___/5)

PROM ___/20

- Permission to palpate & detailed exam of region (___/5)
(list structures below hand - muscle, ligament, nerve, bone, vessel)
- Good limb handling & biomechanics (___/5)
- Bilateral comparison painful movements last (___/5)
- End-feel identified (___/5)

Mobilization #1 ___/20

- Safe limb handling/biomechanics (patient & clinician) (___/5)
- Names & uses appropriate contacts (___/5)
- Tissue pull (slack) and vectors effective (___/5)
- Controlled mobilization technique application (___/5)

Mobilization #2 ___/20

- Safe limb handling/biomechanics (patient & clinician) (___/5)
- Names & uses appropriate contacts (___/5)
- Tissue pull (slack) and vectors effective (___/5)
- Controlled mobilization technique application (___/5)

Overall ___/15

- Confidence in procedure & explanation of process (___/5)
- Effective, safe, professional demeanor (___/5)
- Lack of prompting, good flow & time management (___/5)

Extremity

- PA or AP glides
- ML or LM glide
- IS or SI glide
- Rotational mobs
- Distraction

- shoulder
- elbow
- wrist & hand
- hip
- knee
- ankle/foot

Spinal

- SI
 - PI ilium
 - AS ilium
 - Counter-nut sacrum
 - Nutated sacrum

- L-spine
 - push pull
 - mammillary push
 - spinous push
 - nutated sacrum

- T-spine
 - prone extension
 - supine extension
 - prone rot./side bend

- Costal
 - prone costal
 - supine costal

- C-spine
 - index pillar
 - thumb pillar
 - occipital