MSK Practical Exam

prohealthsys

Candidate has 20 minutes to complete this section.

0 1 2 3 3.5 4 5

unacceptable poor developing **acceptable** good excellent

Student:

Student #::

Total: /100%

Comments

Muscle Evaluation ..... (___/10)

1. _____ (____/5)

□ **Palpate** (____/1)
- state and palpate correct origin & insertion of muscle
- state correct actions and nerve
- location of muscle belly, fiber direction, palpate whole muscle

□ **Muscle Test (break test)** (____/1)
□ **Length Assessment** (____/1)
□ **Stretch muscle** (____/1)
□ **Strengthen exercise** (____/1)

2. _____ (____/5)

□ **Palpate** (____/1)
- state and palpate correct origin & insertion of muscle
- state correct actions and nerve
- location of muscle belly, fiber direction, palpate whole muscle

□ **Muscle Test (break test)** (____/1)
□ **Length Assessment** (____/1)
□ **Stretch muscle** (____/1)
□ **Strengthen exercise** (____/1)

Bone landmark or ligament palpation ..... (___/5)

- Palpate whole bony landmark, outline with finger or hand

Nerve/artery pathway or dermatome..... (___/5)

ROM Assessment (choose 1 ROM) ..... (___/10)

□ **AROM** (intro, bilateral): _____
□ **PROM** (with end play): _____
□ **RROM** (correct instructions): _____
□ **Give a list of structures stretched or compressed (5):**
□ Bone, □ Muscle, □ Lig, □ Nerve, □ Vessel

10 min sample treatment ..... (___/10)

□ Biomechanics & communication, □ General to specific
□ Superficial - deep - superficial, □ Peripheral to central
□ Home care and follow-up visit

List of structures below palpating hand ..... (___/5)

□ Bone, □ Muscle, □ Ligament, □ Nerve, □ Vessel

Overall Impression .....(____/5)

□ Lack of prompting
□ Confidence
□ Professionalism (skilled, confident hands, skin to skin contact, limb support, communication, permission, hygiene)

Proctor: _____ **total** _____/50

Muscles

- Abductor Pollicis L.
- Adductor Long. & B.
- Adductor Magnus
- Biceps Brachii
- Biceps Femoris
- Brachialis
- Brachioradialis
- Coracobrachialis
- Deltoid
- Erector Spinae
- Exten. Carpi Radialis B.
- Exten. Carpi Radialis L.
- Extensor Carpi Ulnaris
- Extensor Dig. Longus
- Extensor Digitorum
- Extensor Hallucis L.
- Extensor Indicis
- Extensor Pollicis Brevis
- Extensor Pollicis L.
- External Oblique
- Fibularis Brevis or Longus
- Fibularis Tertius
- Flexor Carpi Radialis
- Flexor Carpi Ulnaris
- Flexor Digitorum L.
- Flex. Dig. Profund or S.
- Flexor Hallucis Longus
- Flexor Pollicis Longus
- Gastrocnemius
- Gluteus Maximus
- Gluteus Medius or min
- Gracilis
- Iliopsoas
- Infraspinatus
- Latissimus Dorsi
- Levator Scapulae
- Longus Cervicis (colli)
- Masseter
- Palmaris Longus
- Pectineus
- Pectoralis Major
- Pectoralis Minor
- Piriformis
- Pronator Teres
- Psoas Major
- Quadratus Femoris
- Quadratus Lumborum
- Rectus Abdominis
- Rectus Femoris
- Rhomboid Maj. & Minor
- Scalenes
- Semimembranosus
- Semitendinosus
- Serratus Anterior
- Soleus
- Splenius Cap. & Cerv.
- Sternocleidomastoid
- Suboccipital Muscles
- Subscapularis
- Supraspinatus
- Temporalis
- TFL
- Teres Major or Minor
- Tibialis Anterior
- Tibialis Posterior
- Trapezius
- Triceps Brachii
- Vastus Lat. or Medialis

Ligaments

- Joint capsule (any joint)
- Nuchal ligament
- Supraspinous
- Acromioclavicular
- Coracoacromial
- Coracoclavicular
  - Trapezoid
  - Conoid
- Coracohumeral
- Costoclavicular
- Glenohumeral
- Annular
- Radial collateral
- Ulnar collateral
- Dorsal Radiocarpal
- Transverse Carpal
- Collateral Ligaments
- Inguinal ligament
- Patellar (infrapatellar)
- Medial (tibial) collateral
- Lateral (fibular) collateral
- Anterolateral lig (ALL)
- Proximal Tib-Fib
- Anterior talofibular
- Calcaneofibular
- Posterior talofibular
- Deltoid ligament
- Spring (plantar calcaneonavicular)

Nerve pathways

- Brachial plexus
- Musculocute.
- Axillary
- Radial
- Median
- Ulnar
- Obturator
- Femoral
- Sciatic (tibial, fibular)
- Dermatomes

Artery/Vein pathways

- Head & Neck
- Upper Extremity
- Lower Extremity

Other

Text reference:
Evidence Informed Muscle Manual.

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