

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

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|--|--|--|
| <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

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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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