

MSK Practical Exam

Candidate has 20 minutes to complete this section.

5 = excellent ability; 4 = fair ability, , 3 = minimal ability to perform task, 2 = developing (needs revision); 1 = poor skill, 0 = unable to perform

1	(/5)
□ Palpate• state and palpate correct origin	& insertion of muscle
 state correct actions and nerve 	
location of muscle belly, fiber di	
□ Muscle Test (break test)	·
 □ Length Assessment □ Stretch muscle 	(/1)
□ Strengthen exercise	(/1) (/1)
□ Strengthen exercise	(/ 1)
2	(
2 □ Palpate	(/3) (/1)
 state and palpate correct origin 	& insertion of muscle
state correct actions and nerve	
 location of muscle belly, fiber di 	rection, palpate whole muscle
☐ Muscle Test (break test)	,
□ Length Assessment	(/1)
□ Stretch muscle	(/1)
□ Strengthen exercise	(/1)
ROM Assessment (choose 1 R	ом) (/10)
ROM Assessment (choose 1 R ¬ AROM (intro, bilateral): ¬ PROM (with end play):	OM)(/10)
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions):	OM)(/10)
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Give a list of structures str	OM)(/10)
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Give a list of structures str Bone, Muscle,	ectched or compressed (5): Lig, □ Nerve, □ Vessel
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Bone, Muscle, Bone, Bone Biomechanics & communic	etched or compressed (5): Lig, □ Nerve, □ Vessel
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Give a list of structures str Bone, Muscle, Biomechanics & communic Superficial - deep - superfic	retched or compressed (5): Lig, □ Nerve, □ Vessel
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Bone, Muscle, Bone, Bone Biomechanics & communic	retched or compressed (5): Lig, □ Nerve, □ Vessel
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Give a list of structures str Bone, Muscle, Biomechanics & communic Superficial - deep - superfice Home care and follow-up vi	retched or compressed (5): Lig, □ Nerve, □ Vessel
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Bone, Muscle, Bone, Muscle, Biomechanics & communic Superficial - deep - superfice Home care and follow-up vi	retched or compressed (5): Lig, □ Nerve, □ Vessel
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Bone, Muscle, Bone, Muscle, Biomechanics & communic Superficial - deep - superfic Home care and follow-up vi	retched or compressed (5): Lig, □ Nerve, □ Vessel
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ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Give a list of structures str Bone, Muscle, Biomechanics & communic Superficial - deep - superfice Home care and follow-up vi	retched or compressed (5): Lig, □ Nerve, □ Vessel
ROM Assessment (choose 1 R AROM (intro, bilateral): PROM (with end play): RROM (correct instructions): Give a list of structures str Bone, Muscle, Biomechanics & communic Superficial - deep - superfic Home care and follow-up vi	retched or compressed (5): Lig, □ Nerve, □ Vessel
□ PROM (with end play): □ RROM (correct instructions): □ Give a list of structures str □ Bone, □ Muscle, □ 10 min sample treatment □ Biomechanics & communic □ Superficial - deep - superfice □ Home care and follow-up vice List of structures below palpate □ Bone, □ Muscle, □ Lig Overall Impression	retched or compressed (5): Lig, □ Nerve, □ Vessel

Student: Total: /100% Student #:: Muscles Ligaments Joint capsule (any joint) Comments · Abductor Pollicis L. · Adductor Long. & B. · Nuchal ligament Adductor Magnus Supraspinous · Biceps Brachii Acromioclavicular Biceps Femoris Coracoacromial Brachialis Coracoclavicular Brachioradialis Trapezoid Coracobrachialis Conoid Deltoid Coracohumeral · Erector Spinae Costoclavicular • Exten. Carpi Radialis B. • Glenohumeral • Extensor Dig. Longus Ulnar collateral Extensor Digitorum · Dorsal Radiocarpal • Extensor Hallucis L. · Transverse Carpal · Extensor Indicis Collateral Ligaments Extensor Pollicis Brevis
 Inguinal ligament · Extensor Pollicis L. Patellar (infrapatellar) · External Oblique · Medial (tibial) collateral · Fibularis Brevis or · Lateral (fibular) Longus collateral Fibularis Tertius Anterolateral lig (ALL) · Flexor Carpi Radialis • Proximal Tib-Fib · Flexor Carpi Ulnaris · Anterior talofibular Flexor Digitorum L. Calcaneofibular · Flex. Dig. Profund or S. Posterior talofibular Flexor Hallucis Longus · Deltoid ligament Flexor Pollicis Longus · Spring (plantar Gastrocnemius calcaneonavicular) · Gluteus Maximus · Gluteus Medius or min Nerve pathways Gracilis · Brachial plexus Iliopsoas Musculocute. Infraspinatus Axillary · Latissimus Dorsi Radial · Levator Scapulae Median · Longus Cervicis (colli) • Ulnar Masseter Obturator · Palmaris Longus Femoral Pectineus · Sciatic (tibial, fibular) · Pectoralis Major Dermatomes · Pectoralis Minor • Piriformis Artery/Vein pathways • Pronator Teres · Head & Neck · Psoas Major Upper Extremity · Quadratus Femoris Lower Extremity · Quadratus Lumborum · Rectus Abdominis Other · 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