

NAME: _____

Palpations:

COMMENTS

1. _____ 0 1 3

0 = not in the correct area

1 = close to indicated structure

3 = perfect execution of palpation

Range of Motion Testing:

2. _____

Hand Placement	0	1	2	3
Active, Passive, Resistive, Break	0	1	2	3
Verbal Instructions	0	1	2	

Hand Placement: the examiner uses the correct hand placement to properly stabilize the proximal segment and resist motion during resistive ROM & break test

Active ROM, Passive ROM (overstretch), Resistive ROM & Break test: all components are tested in the correct order without prompting

Verbal Instructions: the examiner uses easy-to-understand language to elicit the desired motion. Terminology should be spoken to the patient in language that a layperson could understand (do not use anatomical terminology).

Special Tests:

3. _____

Patient and Examiner Position	0	1	2	3
Proper Force and Direction	0	1	2	3
Verbalizes Actions/Instructions	0	1	2	
Identifies Test/Structure Name	0	1		

Patient & Examiner Position: the patient & examiner should be placed in the correct position for the special test. Both positions should accommodate the proper stress for the test and a safe position for the examiner (should not have to reach across the table).

Proper Force & Direction: the force & direction should be isolated to test the desired structure. The force should also cancel out any accessory motion of soft tissue and test the desired structure to the maximal end-range.

Verbalize Actions & Instructions: the examiner should speak to the patient to get them properly positioned and relaxed for the test. The examiner should also briefly explain what they are doing for the special test (stabilization, force, taking up slack, etc).

Identifies Test/Structure Name: the examiner should state what test is being performed if they are asked to test a specific structure OR state what structure is being tested if they are asked to perform a specific test.

Ex: “Please perform a test for the Iliotibial Band” OR “Please perform Ober’s Test”.