

## IPE Practical Skill Check – Example Questions

### Upper Quadrant Spinal

#### 1. Demonstrate the passive anterior translation stability test at C3/C4.

Domain	Not Demonstrated	Needs Development	Emerging	Proficient	Exemplary
Safety/Comfort/Communication					
Planning & Execution					
Effectiveness					

Meets Expectations  
Does Not Meet Expectations

#### 2. Demonstrate combined passive mobility testing (PPIVMs) of the OA joints.

Domain	Not Demonstrated	Needs Development	Emerging	Proficient	Exemplary
Safety/Comfort/Communication					
Planning & Execution					
Effectiveness					

Meets Expectations  
Does Not Meet Expectations

#### 3. Demonstrate a passive mobilization to restore extension/left side flexion/left rotation at C7/T1.

Domain	Not Demonstrated	Needs Development	Emerging	Proficient	Exemplary
Safety/Comfort/Communication					
Planning & Execution					
Effectiveness					

Meets Expectations  
Does Not Meet Expectations

## Upper Quadrant Peripheral

1. Demonstrate a passive accessory mobilization to restore external rotation in neutral of the right glenohumeral joint with a restriction of 30°.

Domain	Not Demonstrated	Needs Development	Emerging	Proficient	Exemplary
Safety/Comfort/Communication					
Planning & Execution					
Effectiveness					

Meets Expectations  
Does Not Meet Expectations

2. What clinical history features would increase the probability of scapholunate instability? Demonstrate a test you would perform to confirm this.

Domain	Not Demonstrated	Needs Development	Emerging	Proficient	Exemplary
Safety/Comfort/Communication					
Planning & Execution					
Effectiveness					

Meets Expectations  
Does Not Meet Expectations

3. Demonstrate a distraction manipulation of the left radioscaphoid joint.

Domain	Not Demonstrated	Needs Development	Emerging	Proficient	Exemplary
Safety/Comfort/Communication					
Planning & Execution					
Effectiveness					

Meets Expectations  
Does Not Meet Expectations

## Manipulations (Peripheral and Spinal)

Peripheral	Spinal
Radiohumeral distraction Radioscaphoid distraction Dorsal/ventral thrust lunate on radius (dynamic) Ulnohumeral distraction Lateral thrust ulna on humerus Anteromedial thrust of radius on ulna at the superior radioulnar joint Posterolateral thrust of radius on ulna at the superior radioulnar joint Mill's manipulation elbow Distraction manipulations – radiocarpal, ulnocarpal, mid carpal, metacarpal, phalangeal Dorsal/volar thrust of capitate on lunate, scaphoid on radius Ulnar disc manipulation	Seated thoracic axial traction Mid cervical traction CV (O/A) distraction Thoracic distraction, bilateral flexion/extension (supine roll down)

## Example of an Exercise Prescription Question

Your client presents with a reactive tendinopathy of the rotator cuff on the right with a downwardly rotated and anteriorly tilted scapula. Teach your client how to perform isometric external rotation correctly and outline the dosage.

Domain	Not Demonstrated	Needs Development	Emerging	Proficient	Exemplary
<b>Critical Reasoning, Exercise Selection and Dosage</b>					
<b>Communication and Teaching</b>					
<b>Client Monitoring and Safety</b>					

Meets Expectations  
Does Not Meet Expectations