

IPE Practical Skill Check – Example Questions

Lower Quadrant Spinal

1. Demonstrate the passive anterior translation stability test at L3/L4.

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

Overall Performance Meets Expectations Does Not Meet Expectations

2. Demonstrate combined flexion/left side flexion/right rotation passive mobility testing (PPIVMs) at L4/L5.

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

Overall Performance Meets Expectations Does Not Meet Expectations

3. Demonstrate a passive mobilization to restore extension/left side flexion/left rotation at T12/L1.

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

Overall Performance Meets Expectations Does Not Meet Expectations

Lower Quadrant Peripheral

1. Demonstrate a passive accessory mobilization to restore terminal extension of the right tibiofemoral joint.

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

Overall Performance Meets Expectations Does Not Meet Expectations

2. What clinical history features would increase the probability of gluteal tendinopathy. Demonstrate a test you would perform to confirm this.

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

Overall Performance Meets Expectations Does Not Meet Expectations

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

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

Overall Performance Meets Expectations Does Not Meet Expectations

Manipulations (Peripheral and Spinal)

| Peripheral | Spinal |
|---|---|
| Loose body manipulation – hip, knee, talocrural, subtalar Superior tibfib joint – anterior/posterior thrust Talocrural joint – distraction, anterior/posterior thrust, J-stroke Subtalar – osteokinematic flick for inversion/eversion, distraction, medial/lateral thrust Calcaneocuboid – distraction, dorsal/plantar thrust Talonavicular – distraction, dorsal/plantar thrust TMT distraction, dorsal/plantar thrust 1 st MTP distraction | Lumbar oblique gap Lumbar extension Supine SI gap SI inferior thrust |

Example of an Exercise Prescription Question

A 20-year-old recreational runner presents with a three-month history of anterior knee pain that worsens with running, going downstairs and prolonged sitting. On assessment they demonstrate pain during single-leg squat with femoral internal rotation and mild weakness of the hip abductors. Prescribe and teach one exercise to address their impairments.

| Domain | Not Demonstrated 0 | Needs Development 1 | Emerging 2 | Proficient 3 | Exemplary 4 |
|---|-----------------------|------------------------|---------------|-----------------|----------------|
| Clinical Reasoning, Exercise Selection and Dosage | | | | | |
| Communication and Teaching | | | | | |
| Client Monitoring and Safety | | | | | |

| | | |
|---------------------|---|---|
| Overall Performance | Meets Expectations <input type="checkbox"/> | Does Not Meet Expectations <input type="checkbox"/> |
|---------------------|---|---|