

E. COMPETENCE AND CONFIDENCE IN LEVEL 1-3 CONDITIONS

Competence and confidence in assessing and treating each condition is determined in conversation with a Senior Physiotherapist. When both you and the Senior Physiotherapist agree, you can check off the condition.

LEVEL 1 CONDITIONS

CONDITION	COMPETENT & CONFIDENT	DATE	SIGN
Typical Lx disc			
Ankle sprain/#			
Lx muscle hyperactivity			
Facet arthropathy (old, degenerative)			
SIJ			
Sciatica			
Piriformis syndrome			
Calf, hamstring, quad, add. Mm. strain			
Tendinopathy: achilles, patellar, gluteal			
Tendinopathy: tennis/golfers elbow			
Wry neck			
Postural dysfunction			
Thoracic outlet syndrome			
Costochondritis			
AC joint disruption			
Headache: TT, CG, Migraine			
Rotator cuff			
Subacromial impingement/bursitis			
Meniscus			
Tennis & golfer's elbow			
De Quarvain's Tenosynovitis			
Plantar fascia			
Shin splints			
Osgood Schlatters			
Severs			
Metatarsal stress #			
Osteoarthritis			
Red flags			

LEVEL 2 CONDITIONS

CONDITION	COMP. & CONF.	DATE	SIGN
Internal Lx disc			
Falls			
Vertigo: BPPV, menieres, labrynthitis			
Fibromyalgia			
Multiple sclerosis			
Parkinson's			
Diabetes			
Facet arthropathy (young, reactive, stress, #)			
Shoulder instability/hypermobility			
Pubic symphysis			
Adductor tendinopathy			
Paediatric hip: SUFE, Perthes, dysplasia, irritable hip			
Avulsion # of ASIS/AIS/traction apophysitis			
Tendinopathy: peroneal, tibialis posterior, bicep			
ACL: complete, incomplete			

LEVEL 3 CONDITIONS

CONDITION	COMP. & CONF.	DATE	SIGN
Central sensitisation			
CRPS: Type I & II			
Stroke			
Shoulder dislocation			
Whiplash			
Polymyalgia rheumatica			
Crohn's			
Rheumatoid arthritis			
Scheurmann's			
Ankylosing spondylitis			
Psoriatic arthritis			
Septic arthritis			
Reactive arthritis			
POTS			
Ehler's Danlos			
Lymphoedema			
Intercostal muscle strain & rib #			