

HANDS-ON CHECKLIST

Check the skills that you are confident in performing

Exercise Thought recommends that physiotherapists become confident in performing the following techniques:

- Appropriately applying massage to clients
- PA PAIVMs Central & Unilateral for Assessment & Treatment: C-spine
- PA PAIVMs Central & Unilateral for Assessment & Treatment: T-spine
- PA PAIVMs Central & Unilateral for Assessment & Treatment: L-spine
- Identifying Cloward's sign
- Spurling's test for cervical radiculopathy
- ACL ligament test battery
- PCL ligament testing
- MCL & LCL ligament testing
- Meniscal test battery
- Knee: Flexion mobilisation
- Knee: extension mobilisation
- Shoulder: AROM & PROM Ax
- Shoulder: active-assisted scapular movement
- Shoulder: AC joint palpation
- Shoulder: manual muscle testing
- Shoulder: upper trapezius massage
- Shoulder: levator scapulae massage
- Shoulder: pectoralis minor massage
- Hip: AROM & PROM
- Hip: FADIR
- Hip: FABER
- Hip: gluteal massage/release
- Hip: Abductor release
- Hip: Adductor release
- Posterior thigh: hamstring strength testing
- Posterior thigh: neural tension tests
- Ankle: AROM & PROM
- Ankle: anterior draw
- Ankle: talar tilt
- Ankle: squeeze test
- Ankle: AP talocrural mobilisation
- Ankle: subtalar joint mobilisation
- Ankle: gastroc release

- Ankle: Soleus release
- Ankle: Peroneal release
- Ankle: foot intrinsics release
- Lumbar: QL & erectors release
- Lumbar: prescription & refinement of Mackenzie technique
- Special tests of the shoulder
- Special tests of the knee
- Special tests of the hip
- Special tests of the SIJ (Laslett cluster)
- Special tests of the Cx and Thx