

This Exam Outline was developed to help you prepare for the knowledge exam.

This Exam Outline is not meant to cover all aspects of the knowledge exam, but to guide your preparation for questions that may occur in the knowledge exam.

Review:

- Muscle grading
- Types of muscles, shape, location, uses
- Types of nerves, location, uses
- Normal joint flexion degrees
- Muscle testing techniques
- Stretching techniques and programs
- Cervical nerves and muscle enervation
- Spinal cord anatomy and physiology
- Cardiac anatomy and physiology, cardiac output components
- Deep tendon reflexes
- Common diagnoses prevention, causes, recognition, treatment, complications
 - Hip dislocation/fractures/ hip arthroplasty
 - Spinal stenosis
 - Amyotrophic lateral sclerosis
 - Guillain-Barre'
 - Multiple sclerosis
 - Syringomyelia
 - Ankle sprains
 - Adult-onset dystonia
 - benign paroxysmal positional vertigo
 - Proprioceptive neuromuscular facilitation (PNF)
 - Ankle sprains
 - Scoliosis, kyphosis, lordosis. Spondylolisthesis
 - Achilles tendonitis
 - Cervical spondylosis myelopathy
 - Foot drop
 - Parkinsonism
 - Osteoarthritis
 - Ataxia
- Definitions
 - Spurling maneuver
 - Gait deviation
 - neurodevelopmental technique (NDT)
 - medial bursa of the knee
 - goniometer
 - Berg Balance scale

- Timed up and Go
- Tinetti Falls Efficacy Scale
- Contracture
- Kyphosis
- Myositis
- Soft Tissue Trauma
- Aphasia
- Apraxia
- Dysarthria
- Dysphonia
- Shoulder extension strength
- Lateral epicondylitis
- Positive trendelenburg
- Terrible Triad
- Velocity-dependent resistance
- Scapular winging
- Torticollis
- Intervertebral disk lesion
- Flexion load injury
- Cryotherapy
- Common tests used to aid diagnosis
 - McMurray test
 - Apley grind test
 - Apley scarf test
 - Dynamic Gait
 - Four Step Square Test
 - Timed up and Go
 - Tinetti Falls Efficacy Scale
 - Anterior/Posterior drawer
 - Valgus stress
 - Foot slap following heel strike
 - Empty can test
 - Nerve conduction velocity
- Hydrotherapy initiation, management
- Moist/dry heat therapy
- Pressure injury prevention, recognition, staging, treatment
- Home mobility devices