

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:

- Exam techniques
- Types of muscles, shape, location, uses
- Fall risks, identification, treatment
- Common exercises/stretchers and repetitions
- Muscle fatigue identification and treatment
- Muscle identification and uses
- Factors contributing to chronic inflammation and pain
- Mobilization techniques and grading
- Heat/cold therapy indications, contraindications, uses
- Alignment components
- Common diagnoses prevention, causes, recognition, treatment, complications, discharge instructions and equipment
 - Adhesions
 - Hip dislocation/fractures/ hip arthroplasty
- Definitions
 - Microstreaming/microscale eddying
 - Plyometric Landing position
 - Contractures
 - Aerobic conditioning
 - Strength training
 - Hypomobility of soft tissue
 - Cryotherapy