Level 2A Clinical Proficiencies

These proficiencies are to be completed by students in the fall semester of their second year. The proficiencies are primarily based on the knowledge obtained in KIN 342 Clinical Examination of Athletic Injuries Lower Body and KIN 343 Clinical Examination of Athletic Injuries Upper Body, in addition to the students’ previous coursework.

A demonstration of the student’s decision-making and critical thinking abilities is paramount. It is important that the student demonstrate an overall ability to apply the skills and knowledge associated with each clinical proficiency and listed requirement, not just perform a series of psychomotor skills. Successful completion of the clinical proficiency requires the student to perform, at the minimum, the items listed under “Requirements”. Students should be prepared to answer questions from the ACI, who may challenge the student’s knowledge by questioning the student’s purpose and reasoning for doing things and/or ask the student to explain and/or demonstrate what would be done to address a specific situation.

Clinical Proficiency 2A1: Orthopedic Clinical Examination and Diagnosis
Demonstrate a musculoskeletal assessment of upper extremity, lower extremity, head/face, and spine (including the ribs) for the purpose of identifying (a) common acquired or congenital risk factors that would predispose the patient to injury and (b) a musculoskeletal injury. This will include identification and recommendations for the correction of acquired or congenital risk factors for injury. At the conclusion of the assessment, the student will diagnose the patient's condition and determine and apply immediate treatment and/or referral in the management of the condition. Effective lines of communication should be established to elicit and convey information about the patient's status. While maintaining patient confidentiality, all aspects of the assessment should be documented using standardized record-keeping methods. (DI-CP1:4th edition)

Requirements:
In order to complete this proficiency, the student will perform the following:

A thorough clinical examination of a patient suffering from an injury to the body regions listed below. Upon completion of the assessment, the student will make an accurate diagnosis and implement an appropriate course of action.

2A1.1 – neck/cervical spine
2A1.2 – shoulder complex
2A1.3 – elbow
2A1.4 – wrist
2A1.5 – hand and/or fingers
2A1.6 – hip and/or pelvis
2A1.7 – lumbar spine
2A1.8 – thoracic spine
2A1.9 – trunk/torso and rib cage
2A1.10 – thigh
2A1.11 – knee
2A1.12 – lower leg
2A1.13 – ankle
2A1.14 – foot and/or toes
2A1.15 – For at least two of the injuries evaluated for proficiencies 2A1.1 – 2A1.14 above, the student will design and implement a comprehensive treatment plan that emphasizes the use of standard first aid procedures and therapeutic modalities, in order to progress the patient through to full recovery or discharge.

2A1.16 – A thorough, head to toe clinical examination to identify postural deviations and conditions considered to be common risk factors for injury

2A1.17 – a neurological screening examination for the upper extremities including assessment of dermatomes, myotomes, and deep tendon reflexes

2A1.18 – a neurological screening examination for the lower extremities including assessment of dermatomes, myotomes, and deep tendon reflexes

2A1.19 – assessing for normal circulation in the upper extremities

2A1.20 – assessing for normal circulation in the lower extremities

NOTE: for proficiencies 2A1.21 – 2A1.30, the student must perform each of the tasks correctly in order to complete the proficiency. If the student performs one or more of the tasks incorrectly, the student must be re-tested on different tasks, at another time by the same ACI.

2A1.21 – meet with an ACI who will randomly select five injuries that occur to the upper extremity. The student will perform at least one special test associated with each of the conditions. The student will also explain what constitutes a positive test.

2A1.22 – meet with an ACI who will randomly select five injuries that occur to the lower extremity. The student will perform at least one special test associated with each of the conditions. The student will also explain what constitutes a positive test.

2A1.23 – meet with an ACI who will randomly select five anatomical structures of the upper extremity. The student will correctly locate and palpate each structure.

2A1.24 – meet with an ACI who will randomly select five anatomical structures of the lower extremity. The student will correctly locate and palpate each structure.

2A1.25 – meet with an ACI who will randomly select five anatomical structures of the spine and/or trunk. The student will correctly locate and palpate each structure.

2A1.26 – meet with an ACI who will randomly select five upper extremity muscles. The student will correctly perform a manual muscle test for each muscle.

2A1.27 – meet with an ACI who will randomly select five lower extremity muscles. The student will correctly perform a manual muscle test for each muscle.
2A1.28 – meet with an ACI who will randomly select five trunk muscles. The student will correctly perform a manual muscle test for each muscle.

2A1.29 – meet with an ACI who will randomly select a range of motion for two different lower extremity joints. The student will correctly perform a goniometric assessment for each motion.

2A1.30 – meet with an ACI who will randomly select a range of motion for two different upper extremity joints. The student will correctly perform a goniometric assessment for each motion.