Level 2B Clinical Proficiencies

These proficiencies are to be completed by students in the spring semester of their second year. The proficiencies are primarily based on the knowledge obtained in KIN 344 Therapeutic Exercise and Rehabilitation and KIN 119 Conditioning, in addition to the student’s 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 2B1: Risk Management and Injury Prevention
Plan, implement, evaluate, and modify a fitness program specific to the physical status of the patient. This will include instructing the patient in proper performance of the activities and the warning signs and symptoms of potential injury that may be sustained. Effective lines of communication shall be established to elicit and convey information about the patient’s status and the prescribed program. While maintaining patient confidentiality, all aspects of the fitness program shall be documented using standardized record-keeping methods. (RM-CP1:4th edition)

Requirements:
In order to complete this proficiency, the student will demonstrate the ability to:

2B1.1 – perform a needs analysis of the patient and his/her specific activity

2B1.2 – assess a patient’s physical fitness status (i.e. body composition, flexibility, muscular endurance, muscular strength, muscular power, aerobic capacity, anaerobic capacity, agility, speed, etc.)

2B1.3 – use the information obtained from the patient’s physical fitness assessment to plan, implement and/or modify a fitness program based on the needs of the patient for his/her specific activity.

2B1.4 – instruct the patient on how to correctly and safely perform, and/or demonstrate the proper performance of, the components of the fitness program

NOTE: for proficiencies 2B1.5 – 2B1.7, 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.

2B1.5 – meet with an ACI who will randomly select five upper extremity muscles. The student will correctly instruct or demonstrate a strengthening exercise for each muscle.
2B1.6 – meet with an ACI who will randomly select five lower extremity muscles. The student will correctly instruct or demonstrate a strengthening exercise for each muscle.

2B1.7 – meet with an ACI who will randomly select five trunk/core muscles. The student will correctly instruct or demonstrate a strengthening exercise for each muscle.

**Clinical Proficiency 2B2: Conditioning and Rehabilitation Exercises**

Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, application, and evidence-based design of a therapeutic exercise program for injuries to the upper extremity, lower extremity, trunk, and spine. The student will formulate a progressive rehabilitation plan and appropriately demonstrate and/or instruct the exercises and/or techniques to the patient. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed exercise(s). While maintaining patient confidentiality, all aspects of the exercise plan should be documented using standardized record-keeping methods. (EX-CP1:4th edition)

**Requirements:**
In order to complete this proficiency, the student will demonstrate the ability to (a) assess a patient to determine the extent of his/her dysfunction, (b) use the information from the patient’s assessment to plan, implement, and/or modify a thorough rehabilitation program based on the needs of the patient for his/her specific activity and (c) implement the program by instructing the patient on how to correctly and safely perform, and/or demonstrating the proper performance of, the components of the rehabilitation program for the following:

- **2B2.1** – an injury/condition involving the **upper extremity**
- **2B2.2** – an injury/condition involving the **lower extremity**
- **2B2.3** - an injury/condition involving the **spine**
- **2B2.4** - an injury/condition involving the **trunk**

**NOTE:** for proficiencies 2B2.10 – 2B2.16, 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.

- **2B2.5** – meet with an ACI who will randomly select five lower extremity muscles for which the student is to instruct or demonstrate a proper stretching technique
- **2B2.6** – meet with an ACI who will randomly select five upper extremity muscles for which the student is to instruct or demonstrate a proper stretching technique
- **2B2.7** – meet with an ACI who will randomly select five trunk muscles for which the student is to instruct or demonstrate a proper stretching
2B2.8 – meet with an ACI who will randomly select three range of motion restrictions for lower extremity joints. The student will correctly perform, or instruct the patient how to perform, (a) an active technique to address each restriction, (b) a passive technique to address each restriction, and (c) a joint mobilization technique to address each restriction.

2B2.9 – meet with an ACI who will randomly select three range of motion restrictions for upper extremity joints. The student will correctly perform, or instruct the patient how to perform, (a) an active technique to address each restriction, (b) a passive technique to address each restriction, and (c) a joint mobilization technique to address each restriction.

2B2.10 – meet with an ACI who will randomly select a joint for which the student will demonstrate and perform a PNF technique for strengthening the muscles around that joint.

2B2.11 – (a) perform an isokinetic test on a patient’s ankle, knee, or shoulder, (b) interpret the results, and (c) make appropriate recommendations for addressing any deficiencies.

**Clinical Proficiency 2B3: Psychosocial Intervention and Referral**

Demonstrate the ability to select and integrate appropriate motivational techniques into a patient's treatment or rehabilitation program. This includes, but is not limited to, verbal motivation, visualization, imagery, and/or desensitization. Effective lines of communication should be established to elicit and convey information about the techniques. While maintaining patient confidentiality, all aspects of the program should be documented using standardized record-keeping techniques. (PS-CP2:4th edition)

**Requirements:**
In order to complete this proficiency, the student will demonstrate the ability to:

2B3.1 – select and integrate appropriate motivational techniques into a patient’s treatment or rehabilitation program.