





UE Exercise Protocol Skill Check– 40 Points



Critical Safety Elements are noted in **BOLD**. These are **PASS/FAIL**. Failure to complete critical safety elements during formal assessment will result in a **zero grade and the skill check must be successfully repeated in order to pass the course.**

Peer Check Reviewers: _____

Criterion – Peer Check	Exercise	Points
<input type="checkbox"/> Practice peer check activities with at least two (2) students prior to instructor review		/3 pts
<input type="checkbox"/> Correctly selects and explains acute/maximum protection phase exercise option	<input type="checkbox"/> Shoulder: <input type="checkbox"/> Elbow/Wrist:	/4 pts
<input type="checkbox"/> Correctly selects and explains sub-acute/moderate protection phase exercise option	<input type="checkbox"/> Shoulder or: <input type="checkbox"/> Elbow/Wrist:	/4 pts
<input type="checkbox"/> Correctly selects and explains function/minimal protection phase exercise option	<input type="checkbox"/> Shoulder or: <input type="checkbox"/> Elbow/Wrist:	/4 pts
 Exercise option is safe for any post-operative upper extremity joint condition.		P/ NP

Criterion - Instructor	Exercise / Sample Evidence	Points
<input type="checkbox"/>  Demonstrate proper body mechanics throughout the activity		P/ NP
<input type="checkbox"/>  Demonstrates understanding of contraindications post shoulder dislocation		P/ NP
<input type="checkbox"/>  Demonstrates understanding full-thickness rotator cuff repair precautions (WB, ADLs)		P/ NP
<input type="checkbox"/> Verbalize the clinical significance of Mid deltoid pain during ROM activities Anterior shoulder pain during ROM activities	1. 2.	/4 pts
<input type="checkbox"/> Verbalize two (2) exercise precautions after full thickness rotator cuff repair	1. 2.	/4 pts
<input type="checkbox"/> Correctly palpates the common extensor tendon at the elbow and instructs in activity modification to decrease strain during ADLs		/2 pts
<input type="checkbox"/> Correctly demonstrates exercises for 1. self-ROM in functional positions of the glenohumeral joint post soft tissue repair 2. closed chain exercise for scapular stabilization 3. open chain exercise for scapular and glenohumeral neuromuscular re-ed (prone) Correctly answers follow-up questions		/9 pts
<input type="checkbox"/> Verbalize what potential compensations you will monitor during exercise performance		/2 pts
<input type="checkbox"/> Verbalize what factors will influence progression and modification		/2 pts
<input type="checkbox"/> Verbalize what factors would result in communication with the PT		/2 pts
Rating (circle one)		V+ / V / V- Repeat

V+ or V indicates safe and effective treatment 😊

V- indicates omissions, ineffective Rx, below appropriate level 😞

Repeat indicates unsafe and/or ineffective Rx 😞

Examiner Comments: