



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.**

PNF Diagonals

<p>Safety (P/NP)</p>	<p><input type="checkbox"/> washes hands before and after patient contact</p> <p><input type="checkbox"/> uses good body mechanics during the activity</p> <p><input type="checkbox"/> ALL chosen components of treatment within PTA scope of practice, plan of care, and follow contraindications/precautions</p> <p><input type="checkbox"/> monitors and modifies or discontinues the intervention based on the patient response</p>
<p>Communication (2 pts each)</p>	<p><input type="checkbox"/> Introduce self as SPTA</p> <p><input type="checkbox"/> Explain the procedure to the patient using appropriate language</p> <p><input type="checkbox"/> Informed consent to proceed</p> <p><input type="checkbox"/> Commands to patient simple and facilitating</p>
<p>Skill Performance (1 pt each)</p> <p>D1 Flex S: Flex, AD, ER E/Fa: Flex, Sup W: Flex, RD</p> <p>D1 Ext S: Ext, ABD, IR E/Fa: Ext, Pron W: Ext, UD</p> <p>D2 Flex S: Flex, ABD, ER E/Fa: Flex, Sup W: RD, Ext</p> <p>D2 Ext S: Ext, ADD, IR E/Fa: Ext, Pron W: UD, Flex (can maintain elbow extension)</p>	<p>PNF Diagonal Pattern</p> <p><input type="checkbox"/> Proper hand placement</p> <p><input type="checkbox"/> Lumbrical grip</p> <p><input type="checkbox"/> Actively demonstrates and passively takes patient through motion first</p> <p><input type="checkbox"/> Distal segment comes in first and contact maintained</p> <p><input type="checkbox"/> Rotation comes in at 50% of the motion</p> <p><input type="checkbox"/> Proper components (motions) performed at each joint, verbalized</p> <p><input type="checkbox"/> Resistance smooth in correct direction maintained through entire motion</p> <p><input type="checkbox"/> Maximal resistance maintained through entire motion</p> <p><input type="checkbox"/> Slow reversal (smooth, quick stretch, timing)</p> <p>PNF Stretch/Facilitation Technique</p> <p><input type="checkbox"/> Proper patient positioning</p> <p><input type="checkbox"/> Appropriate patient contact/hand placement</p> <p><input type="checkbox"/> Correct direction of resistance/joint movement (agonist/antagonist)</p> <p><input type="checkbox"/> Multiple repetitions for maximal results</p>
<p>Knowledge (4 pts)</p>	<p><input type="checkbox"/> Correct PNF diagonal pattern instructed</p> <p><input type="checkbox"/> Appropriate PNF stretch technique chosen</p>
<p>Problem Solving (3 pts)</p>	<p><input type="checkbox"/> Clinical Scenario – what muscle group weakness or functional activity would this diagonal pattern address or enhance?</p>
<p>Documentation (4 pts)</p>	<p><input type="checkbox"/> Accurately document treatment performed (PNF diagonal and stretch) including, side, joint, diagonal/stretch, PNF technique, repetitions</p>

Notes: