



BSc Hons Physiotherapy  
MSc Physiotherapy Pre-Registration

## **Practice Education Modules**

**Assessment of  
Physiotherapy Techniques**

**Record Book**

Name: \_\_\_\_\_

Studies Advisor: \_\_\_\_\_

Intake: \_\_\_\_\_



## **Introduction**

The assessment of physiotherapy techniques is an integral part of the process of assessment in practice education modules from Year 2 through to Year 4.

The emphasis of the assessment is on the safe and effective application of the technique, however it is also important that the student can explain the theory underpinning the technique and justify its selection in the appropriate context.

Specific areas of practice have been identified in the table in order to reflect current practice and to ensure the student develops competence in a range of skills. Within these areas there is scope for flexibility of choice of technique appropriate to the context in which it is being used.

Any other techniques observed may be noted in the section for this purpose, but do not form part of the assessment.

## **Method of Assessment**

1. The technique will be assessed during practice education modules. The overall standard will be assessed using the learning outcomes appropriate to the year of study.
2. The standard achieved should be at the level of basic competence.
3. Achievement of a satisfactory standard will be noted by signing and dating the appropriate section. Where required, the specific technique assessed must be identified. The practice educator will normally assess the technique in an appropriate context in the clinical situation.

## **Assessment Regulations**

1. The student is required at the beginning of the module to discuss with the practice educator any techniques that may be possible to be assessed on that placement.
2. The student is required to pass all sections.
3. Techniques completed successfully should be recorded in this record book and also on the front page of the Practice Assessment Form by the practice educator.
4. A student who fails to complete all sections by the end of Week 12, Semester B, Year 4, may require undertaking additional clinical placements.
5. It is the student's responsibility to maintain/enhance their level of competence following completion of a technique.

## Physiotherapeutic Techniques

### Guidance Information for Practice Educators and Students

Student should be able to choose, justify and implement the selection of the techniques, using appropriate theoretical knowledge e.g. anatomy, physiology, pathology, biomechanics, physics, behavioural science, evaluation of practice.

The following check list should be used:

- Effective communication and explanation/gaining consent
- Starting position and preparation
- Students working posture
- Equipment check (if appropriate)
- Accuracy
- Safety
- Effectiveness of technique
- Modification and progression
- Overall efficiency of procedure
- Appropriate documentation of technique in patient record

To satisfactorily pass the technique assessment the student **must** pass **both** the **theory** and **practical** components of the assessment as indicated above.

**Students must explain the theory underpinning the technique chosen and provide justification for its selection.**

<b>PHYSIOTHERAPY TECHNIQUES</b> All techniques should be completed unless otherwise stated.	<b>Satisfactory Standard Achieved (Signature)</b>	<b>Date</b>
1 Prophylactic re-education of posture and movement 1.1 Back or neck 1.2 Advice and education	1.1 1.2	
2 Prescribe and demonstrate techniques to maintain or improve each of the following: 2.1 Muscle strength/ Endurance 2.2 Joint range of motion	2.1 2.2	
3 Analysis and re-education of gait pattern in two different client groups. Please identify client group. 3.1 _____ 3.2 _____	3.1 3.2	
4 Neuro-rehabilitation: With respect to two functional activities: identify and analyse patient problems and apply rehabilitation methods 4.1 _____ 4.2 _____	4.1 4.2	

**Students must explain the theory underpinning the technique chosen and provide justification for its selection.**

<p>5 Postural alignment and balance re-education</p>		
<p>6 Fit, instruct and demonstrate the use of two mobility aids. This includes a demonstration of an awareness of moving &amp; handling and safety issues. Please identify mobility aids:</p> <p>6.1 _____</p> <p>6.2 _____</p>	<p>6.1</p> <p>6.2</p>	
<p>7 Construction and/or application of <b>two</b> of the following:</p> <p>7.1 Strapping</p> <p>7.2 Splint</p> <p>7.3 Collar</p> <p>7.4 Other orthotic device</p> <p>7.5 Prosthesis</p> <p>7.6 Temporary prosthesis</p>	<p>7.1</p> <p>7.2</p> <p>7.3</p> <p>7.4</p> <p>7.5</p> <p>7.6</p>	
<p>8 Choose an appropriate physiotherapy technique to facilitate air entry. Please identify the technique.</p> <p>_____</p>		

**Students must explain the theory underpinning the technique chosen and provide justification for its selection.**

<p>9 Choose a technique to aid removal of secretions that is appropriate to your patient. Please identify the technique.</p> <p>_____</p>		
<p>10 Auscultation</p>		
<p>11 Prescribe and implement exercise / physical activity to improve/ maintain aerobic fitness of individuals or groups.</p>		
<p>12 Passive physiological movements applied to:</p> <p>Peripheral joints</p> <p>12.1 An upper limb joint</p> <p>12.2 A lower limb joint</p> <p>Spine, e.g. rotations (<b>one</b> of the following)</p> <p>12.3 The lumbar spine</p> <p>12.4 The cervical spine</p>	<p>12.1</p> <p>12.2</p> <p>12.3</p> <p>12.4</p>	

**Students must explain the theory underpinning the technique chosen and provide justification for its selection.**

<p><b>PHYSIOTHERAPY TECHNIQUES</b></p> <p>All techniques should be completed unless otherwise stated.</p>	<p><b>Satisfactory Standard Achieved (Signature)</b></p>	<p><b>Date</b></p>
<p>13 Passive accessory movements applied to:-</p> <p>Peripheral joints:</p> <p>13.1 One upper limb joint</p> <p>13.2 One lower limb joint</p> <p>Spine (<b>two</b> of the following)</p> <p>13.3 The lumbar spine</p> <p>13.4 The thoracic spine</p> <p>13.5 The cervical spine</p>	<p>13.1</p> <p>13.2</p> <p>13.3</p> <p>13.4</p> <p>13.5</p>	
<p>14 Soft tissue mobilisation techniques; <b>one</b> of the following:-</p> <p>14.1 Massage</p> <p>14.2 Frictions</p>	<p>14.1</p> <p>14.2</p>	
<p>15 Choose a method of superficial heating or cooling. Please identify the method.</p> <p>_____</p>		



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<p>16 Electrotherapy - Apply two of the following:</p> <p>16.1 High frequency current (SWD continuous or pulsed). Please identify method: _____</p> <p>16.2 Therapeutic ultrasound</p> <p>16.3 Method of Electrical Nerve Stimulation. Please identify method: _____</p>		
<p>17 Moving and handling Assess patient's moving and handling requirements to enable safe transfer/treatment using one of the following</p> <p>17.1 Hoist</p> <p>17.2 Sit-Stand hoist</p> <p>17.3 Other M&amp;H equipment. Please identify below. _____</p>	<p>17.1</p> <p>17.2</p> <p>17.3</p>	

**This list does not cover all possible techniques. Any other techniques carried out during placement should be signed off on the space provided on the back page of this booklet.**

**Please refer to the clinical handbook Appendix 10A for further suggestions.**



**Any Other Techniques Observed:**

**Technique**

**Signature**

**Date**