Advanced Placement Self-Assessment

The following document will help you determine whether you’re a good candidate for the Vicars School Advanced Placement Program. Advanced Placement students challenge the equivalent of our first-year final exam and gain direct entry into a second-year class. This self-assessment is designed to give you a good idea of what is covered in the first year at Vicars, and to gauge your own level of understanding of those concepts and skills. Please answer all the questions honestly.

A. Massage Skills

Goal: To fully understand and feel confident performing the following massage techniques.

Please assess yourself according to the following criteria.

Skill and Comprehension scale

|  |  |
| --- | --- |
| 1 | I have little or no understanding of the concept or technique. |
| 2 | I have some understanding of the concept or technique. |
| 3 | I completely understand the concept or technique. |

Application scale

|  |  |
| --- | --- |
| 1 | I do not use or apply this concept or technique in my massage practice. |
| 2 | I sometimes use or apply this concept or technique in my massage practice. |
| 3 | I often or always apply this concept or technique in my massage practice. |

|  |  |  |
| --- | --- | --- |
| Concept | Skill and Comprehension | Application |
| Effleurage Techniques |  |  |
| Stroking Techniques |  |  |
| Petrissage Techniques |  |  |
| Skin Rolling Techniques |  |  |
| Vibration Techniques |  |  |
| Rocking and Shaking Techniques |  |  |
| Friction Techniques |  |  |
| Muscle Stripping Techniques |  |  |
| Muscle Approximation Techniques |  |  |
| Origin/ Insertion Techniques |  |  |
| Golgi Tendon Organ Techniques |  |  |
| Lymphatic Drainage Techniques |  |  |
| Myofascial Techniques |  |  |
| Diaphragmatic Breathing |  |  |
| Trigger Point Techniques |  |  |

B. Musculoskeletal Anatomy

Goal: To be able to palpate the following accurately.

Please check those you are capable of demonstrating.

|  |  |  |
| --- | --- | --- |
| * acromioclavicular joint
 | * greater tubercle of humerus
 | * sesamoid bones of 1st MTP
 |
| * coracoid process
 | * inferior angle of scapula
 | * external occipital protuberance
 |
| * spine of scapula
 | * sternoclavicular joint
 | * lesser tubercle of the humerus
 |
| * lateral epicondyle of humerus
 | * medial border of scapula
 | * acromion
 |
| * superior angle of scapula
 | * infraglenoid tubercle
 | * supraglenoid tubercle
 |
| * infraspinous fossa
 | * supraspinous fossa
 | * subscapular fossa
 |
| * clavicle
 | * intertubercular (bicipital) groove
 | * lateral border of the scapula
 |
| * lesser tubercle of the humerus
 | * hook of hamate
 | * olecranon process
 |
| * pisiform
 | * head of radius
 | * Lister’s tubercle
 |
| * lateral epicondyle
 | * olecranon fossa
 | * styloid process of ulna
 |
| * head of ulna
 | * lateral supracondylar ridge of humerus
 | * medial supracondylar ridge of humerus
 |
| * medial epicondyle of humerus
 | * 5th metacarpal
 | * styloid process of radius
 |
| * shaft of 1st proximal phalange
 | * scaphoid
 | * lunate
 |
| * triquetrum
 | * pisiform
 | * trapezium
 |
| * trapezoid
 | * capitate
 | * hamate
 |
| * spinous process of C-1
 | * jugular notch
 | * xiphoid process
 |
| * 1st rib
 | * TVP of cervical vertebrae
 | * manubrium
 |
| * deltoid tuberosity
 | * spinous process of C-7
 | * spinous process of T-12
 |
| * iliac crest
 | * costal cartilage of ribs
 | * lamina groove
 |
| * body of sternum
 | * 12th rib
 | * spinous process of T-7
 |
| * anterior superior iliac spine
 | * ischial tuberosity
 | * gluteal tuberosity
 |
| * pubic crest
 | * greater trochanter
 | * sacroiliac joint
 |
| * iliac fossa
 | * posterior superior iliac spine
 | * anterior inferior iliac spine
 |
| * sacrum
 | * coccyx
 | * patella
 |
| * head of fibula
 | * adductor tubercle
 | * navicular tubercle
 |
| * lateral malleoli
 | * medial malleoli
 | * peroneal trochlea
 |
| * tibial tuberosity
 | * tibial plateau
 | * medial epicondyle of femur
 |
| * tuberosity of 5th metatarsal
 | * sustentaculum tali
 | * shaft of tibia
 |
| * pes anserinus tendon
 | * lateral epicondyle of femur
 | * calcaneus
 |
| * occiput
 | * parietal bone
 | * zygomatic arch
 |
| * sphenoid bone
 | * mandible
 | * external occipital protuberance
 |
| * temporal bone
 | * styloid process
 | * nasal bone
 |
| * ramus of mandible
 | * condyle of mandible
 | * coronoid process of mandible
 |
| * superior nuchal line
 | * mastoid process
 | * frontal bone
 |
| * maxilla
 | * angle of mandible
 | * hyoid bone
 |
| * talus
 | * navicular
 | * cuneiforms
 |
| * cuboid
 | * femur
 | * humerus
 |
| * radius
 | * ulna
 | * tibia
 |
| * fibula
 | * trachea
 | * external auditory meatus
 |
| * phalanges
 | * metacarpals
 | * metatarsals
 |
| * lamina groove of vertebrae
 | * ethmoid bone
 | * lacrimal bone
 |

Goal: To feel confident verbalizing and palpating the origin, insertion, actions, and fibre direction of the following.

Please check those you are capable of demonstrating.

|  |  |  |
| --- | --- | --- |
| * deltoid
 | * flexor carpi ulnaris
 | * pectineus
 |
| * trapezius
 | * flexor digitorum superficialis
 | * gracilis
 |
| * latissimus dorsi
 | * flexor digitorum profundus
 | * tensor fasciae latae
 |
| * teres major
 | * pronator teres
 | * iliotibial tract
 |
| * supraspinatus
 | * pronator quadratus
 | * sartorius
 |
| * infraspinatus
 | * supinator
 | * piriformis
 |
| * teres minor
 | * splenius capitis
 | * psoas major
 |
| * subscapularis
 | * splenius cervicis
 | * iliacus
 |
| * rhomboid major
 | * quadratus lumborum
 | * gastrocnemius
 |
| * rhomboid minor
 | * rectus abdominis
 | * soleus
 |
| * levator scapula
 | * external oblique
 | * plantaris
 |
| * serratus anterior
 | * internal oblique
 | * popliteus
 |
| * pectoralis major
 | * transverse abdominis
 | * peroneus longus and brevis
 |
| * pectoralis minor
 | * diaphragm
 |  |
| * subclavius
 | * serratus posterior superior
 | * tibialis anterior
 |
| * biceps brachii
 | * serratus posterior inferior
 | * extensor digitorum longus
 |
| * triceps brachii
 | * rectus femoris
 | * extensor hallucis longus
 |
| * coracobrachialis
 | * vastus medialis
 | * tibialis posterior
 |
| * brachialis
 | * vastus lateralis
 | * flexor digitorum longus
 |
| * brachioradialis
 | * vastus intermedius
 | * flexor hallucis longus
 |
| * extensor carpi radialis longus
 | * biceps femoris
 | * sternocleidomastoid
 |
| * extensor carpi radialis brevis
 | * semitendinosus
 | * anterior scalene
 |
| * extensor carpi ulnaris
 | * semimembranosus
 | * middle scalene
 |
| * extensor digitorum
 | * gluteus maximus
 | * posterior scalene
 |
| * anconeus
 | * gluteus medius
 | * masseter
 |
| * extensor indicis
 | * gluteus minimus
 | * temporalis
 |
| * flexors of wrist and hand
 | * adductor magnus
 | * platysma
 |
| * flexor carpi radialis
 | * adductor longus
 | * occipitofrontalis
 |
| * palmaris longus
 | * adductor brevis
 | * medial and lateral pterygoids
 |

Goal: To feel confident indicating the general location and actions of the following.

Please check those you are capable of demonstrating.

|  |  |  |
| --- | --- | --- |
| * opponens pollicis
 | * oblique capitis superior
 | * lumbricals
 |
| * adductor pollicis
 | * oblique capitis inferior
 | * geniohyoid
 |
| * abductor pollicis brevis
 | * external intercostals
 | * mylohyoid
 |
| * flexor pollicis brevis
 | * internal intercostals
 | * stylohyoid
 |
| * abductor pollicis longus
 | * intertransversarii
 | * digastrics
 |
| * extensor pollicis longus & brevis
 | * interspinalis
 | * sternohyoid
 |
| * flexor pollicis longus
 | * quadratus femoris
 | * sternothyroid
 |
| * lumbricals
 | * obturator internus
 | * thyrohyoid
 |
| * palmar interossei
 | * obturator externus
 | * omohyoid
 |
| * dorsal interossei
 | * gemellus superior
 | * longus capitis
 |
| * hypothenar eminence
 | * gemellus inferior
 | * longus collli
 |
| * abductor digiti minimi
 | * extensor digitorum brevis
 |  |
| * flexor digiti minimi brevis
 | * flexor digitorum brevis
 |  |
| * opponens digiti minimi
 | * abductor hallucis
 |  |
| * spinalis
 | * abductor digiti minimi
 |  |
| * longissimus
 | * extensor hallucis brevis
 |  |
| * Iliocostalis
 | * flexor hallucis brevis
 |  |
| * multifidi
 | * adductor hallucis
 |  |
| * rotatores
 | * flexor digiti minimi
 |  |
| * semispinalis capitis
 | * plantar interossei
 |  |
| * rectus capitis posterior major
 | * dorsal interossei
 |
| * rectus capitis posterior minor
 |  |
|  |  |

Goal: To feel confident performing active, passive, and resisted movements of the following joints.

Please check those you are capable of demonstrating.

|  |  |
| --- | --- |
| * glenohumeral joint
 | * cervical vertebrae
 |
| * talocrural joint
 | * humeroulnar joint
 |
| * radioulnar joint
 | * radiocarpal joint
 |
| * tibiofemoral joint
 | * spine and thorax
 |
| * acetabulofemoral joint
 |  |

Goal: To feel confident indicating the location of the following pulse points.

Please check those you are capable of demonstrating.

|  |  |
| --- | --- |
| * common carotid
 | * radial
 |
| * ulnar
 | * brachial
 |
| * dorsalis pedis
 | * posterior tibial
 |
| * femoral
 | * temporal
 |
| * ulnar
 | * facial
 |

Goal: To feel confident indicating the pathways of the following nerves and the muscles that they innervate.

Please check those you are capable of demonstrating.

* median
* ulnar
* radial
* sciatic nerve
* tibial division of the sciatic nerve
* peroneal division of the sciatic nerve
* femoral nerve
* obturator nerve

C. Orthopedic Assessment

Goal: To feel confident performing the following steps of an assessment.

Please assess yourself according to the following criteria.

Skill and Comprehension scale

|  |  |
| --- | --- |
| 1 | I have little or no understanding of the concept or technique. |
| 2 | I have some understanding of the concept or technique. |
| 3 | I completely understand the concept or technique.. |

Application scale

|  |  |
| --- | --- |
| 1 | I do not or seldom use or apply this concept or technique in my massage practice. |
| 2 | I sometimes use or apply this concept or technique in my massage practice. |
| 3 | I often or always apply this concept or technique in my massage practice. |

|  |  |  |
| --- | --- | --- |
| Concept | Skill and Comprehension | Application |
| I feel confident performing an interview. |  |  |
| I feel confident performing postural observation. |  |  |
| I feel confident performing palpation for temperature, texture, tenderness, and tone. |  |  |
| I feel confident performing gait assessment. |  |  |
| I feel confident performing range of motion testing (active, passive, resisted). |  |  |
| I feel confident performing dermatome, myotome, and deep tendon reflex testing. |  |  |
| I recognize conditions requiring urgent medical attention. |  |  |
| I recognize conditions requiring non-urgent medical attention and advise accordingly. |  |  |
| I interpret my findings and formulate a clinical impression. |  |  |
| I refer clients to other healthcare professionals when appropriate. |  |  |
| I select treatment modalities and techniques based on indications, contraindications, precautions, and the client’s stage of life. |  |  |
| I formulate an individualized treatment plan based on my assessment findings. |  |  |
| I reassess the client regularly and adapt my treatment plan as needed. |  |  |
| I have a current understanding of pain science and can begin to differentiate between nociceptive pain and neuropathic pain, specific pain and nonspecific pain. |  |  |

D. Hydrotherapy

Goal: To fully understand and feel confident performing the following techniques.

Please assess yourself according to the following criteria.

Skill and Comprehension scale

|  |  |
| --- | --- |
| 1 | I have little or no understanding of the concept or technique. |
| 2 | I have some understanding of the concept or technique. |
| 3 | I completely understand the concept or technique. |

Application scale

|  |  |
| --- | --- |
| 1 | I seldom or do not use or apply this concept or technique in my massage practice. |
| 2 | I sometimes use or apply this concept or technique in my massage practice. |
| 3 | I often or always apply this concept or technique in my massage practice. |

|  |  |  |
| --- | --- | --- |
| Concept | Skill and Comprehension | Application |
| Heat Pack Treatments |  |  |
| Cold Pack Treatments |  |  |
| Ice Massage Treatments |  |  |
| Contrast Treatments |  |  |

E. Therapeutic Relationship (Ethics)

Goal: To fully understand and apply appropriate standards consistent with the massage therapy profession.

Please assess yourself according to the following criteria.

Comprehension scale

|  |  |
| --- | --- |
| 1 | I have little or no understanding of the concept. |
| 2 | I have some understanding of the concept. |
| 3 | I completely understand the concept.  |

Application scale

|  |  |
| --- | --- |
| 1 | I seldom or never apply appropriate standards consistent with the massage profession. |
| 2 | I sometimes apply appropriate standards consistent with the massage profession. |
| 3 | I always apply appropriate standards consistent with the massage profession. |

|  |  |  |
| --- | --- | --- |
| Concept | Comprehension | Application |
| Informed Consent for Treatment |  |  |
| Informed Consent for Orthopedic Assessment |  |  |
| Therapeutic Relationship |  |  |
| Professionalism |  |  |
| Boundaries and Types of Boundaries |  |  |
| Transference and Countertransference |  |  |
| Boundary Management |  |  |
| Dual Relationships |  |  |
| Sexual Misconduct |  |  |

F. Remedial Exercise

Goal: To fully understand and feel confident performing the following exercise techniques.

Please assess yourself according to the following criteria.

Skill and Comprehension scale

|  |  |
| --- | --- |
| 1 | I have little or no understanding of the concept or technique. |
| 2 | I have some understanding of the concept or technique. |
| 3 | I completely understand the concept or technique. |

Application scale

|  |  |
| --- | --- |
| 1 | I do not use or apply this concept or technique in my massage practice. |
| 2 | I sometimes use or apply this concept or technique in my massage practice. |
| 3 | I often or always apply this concept or technique in my massage practice. |

|  |  |  |
| --- | --- | --- |
| Concept | Skill and Comprehension | Application |
| Stretching Exercises |  |  |
| Range of Motion Exercises |  |  |
| Strengthening Exercises |  |  |
| Cardiovascular Exercises |  |  |
| Proprioception Exercises: active inhibition, PNF, muscle energy |  |  |
| Activities of Daily Living Exercises: movement  |  |  |

G. Medical Terminology

Goal: To fully understand and feel confident using medical terminology to communicate with healthcare professionals and understand clients’ medical conditions.

Please assess yourself according to the following criteria.

Skill and Comprehension scale

|  |  |
| --- | --- |
| 1 | I have little or no understanding of the concept or technique. |
| 2 | I have some understanding of the concept or technique. |
| 3 | I completely understand the concept or technique. |

Application scale

|  |  |
| --- | --- |
| 1 | I do not use or apply this concept or technique in my massage practice. |
| 2 | I sometimes use or apply this concept or technique in my massage practice. |
| 3 | I often or always apply this concept or technique in my massage practice. |

|  |  |  |
| --- | --- | --- |
| Concept | Skill and Comprehension | Application |
| Prefixes |  |  |
| Suffixes |  |  |
| Common Root Words |  |  |

H. Research

Goal: To confidently use research for evidence-informed treatment planning.

Please assess yourself according to the following criteria.

Skill and Comprehension scale

|  |  |
| --- | --- |
| 1 | I have little or no understanding of the concept or technique |
| 2 | I have some understanding of the concept or technique |
| 3 | I completely understand the concept or technique |

Application scale

|  |  |
| --- | --- |
| 1 | I do not use or apply this concept or technique in my massage practice |
| 2 | I sometimes use or apply this concept or technique in my massage practice |
| 3 | I often or always apply this concept or technique in my massage practice |

|  |  |  |
| --- | --- | --- |
| Concept | Skill and Comprehension | Application |
| Research Literacy |  |  |
| Hierarchy of Evidence (Types of evidence from weak to strong) |  |  |

I. Biomechanics and Movement

Goal: To fully understand the essentials of movement, including connective tissue, joints, nerves, nerve pathways, biomechanics, posture, and gait.

Please assess yourself according to the following criteria.

Skill and Comprehension scale

|  |  |
| --- | --- |
| 1 | I have little or no understanding of the concept or technique |
| 2 | I have some understanding of the concept or technique |
| 3 | I completely understand the concept or technique |

Application scale

|  |  |
| --- | --- |
| 1 | I do not use or apply this concept or technique in my massage practice |
| 2 | I sometimes use or apply this concept or technique in my massage practice |
| 3 | I often or always apply this concept or technique in my massage practice |

|  |  |  |
| --- | --- | --- |
| Concept | Skill and Comprehension | Application |
| Properties of connective tissue, joints, nerves |  |  |
| Knowledge of nerve pathways |  |  |
| Knowledge of biomechanics as it relates to posture and gait |  |  |