Physical Therapy

Event Category: Health Professions

Eligible Divisions: Secondary & Postsecondary / Collegiate	**Round One:** Online 50 Q test (60 minutes)	**Digital Upload:** NO
Solo Event: 1 competitor	**Round Two:** Skill(s) assessment	

Round 1 will take place during the SLC Online Testing Window
February 24th - March 2nd (8am-6pm)

- ✓ **Chapter advisors will coordinate testing time and location for the online testing session within the designated testing window.**
- ✓ **Chapter advisor must designate a proctor for the testing session that does not have content knowledge related to any HOSA event ensuring the integrity of the competitive events program.**

Event Summary

Physical therapy as a profession helps people improve movement, reduce pain, restore function, and enhance their quality of life through evidence-based care and education. This competitive event consists of two rounds. For SLC, Round One is an online, multiple-choice test and top-scoring competitors advance to Round Two for the skills assessment. This event aims to inspire HOSA members to learn more about the concepts and techniques of physical therapy.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations.
Dress Code	• **Round One:** The Chapter Advisor will determine the dress code requirements for all SLC online testing events. • **Round Two**: Attire appropriate to the occupational area. 26-27 HOSA Appendix D Dress Code FINAL .docx
Competitors Must Provide	• Laptop with internet access to the HOSA Online Testing System: https://testing.hosa.org/ • Photo ID for Round 2 • Gait belt (competitor may bring own OR use the one provided by HOSA) • Gown (PPE) • Gloves non latex (2 pairs) • Mask (with ties or elastic loops) HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Official References	The references below are used in the development of the test questions and skill rating sheets: APTA has provided additional resources to support competitors in competition preparation. • Simmers, L., Simmers-Narker, K. & Simmers-Kobelak, S, and Morris L. *DHO: Health Science*, Cengage Learning, Latest edition. • Pierson and Fairchild. *Principles and Techniques of Patient Care*. Elsevier, Latest edition. • Pagliarulo, Michael A. *Introduction to Physical Therapy*. Elsevier. Latest edition. • https://www.apta.org/PTMovesMe (skill videos are available near the end of the page) The following additional resource is available at HOSA Webinars**:** APTA - Physical Therapy Moves Me

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for detailed information.

ROUND ONE- Test

Test Instructions	The online test will consist of 50 multiple-choice items in a maximum of 60 minutes.
Online Test Plan	The test for Physical Therapy is: ● Profession of PT - 14% ● Legal and Ethical Considerations - 10% ● Physical Therapy for Musculoskeletal Conditions - 16% ● Physical Therapy for Neuromuscular Conditions - 16% ● Physical Therapy for Cardiopulmonary Conditions - 14% ● Physical Therapy for Integumentary Conditions - 14% ● Physical Therapy for Pediatrics and Older Adults - 16%
Sample Test Questions	1. Where are wounds caused by venous insufficiency most commonly found on the body? (Pagliarulo pp 219) A. Sacrum B. Elbow **C. Lower part of the leg** D. Iliac crest 2. What type of resistive exercise involves contracting a muscle without visible joint motion? (Fairchild pp 128) A. Active **B. Isometric** C. Passive **D.** Progressive 3. Which type of healthcare services includes the health science career pathway for physical therapy? (Simmers pp 52) A. Support B. Diagnostic C. Social **D. Therapeutic**

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ROUND TWO- Skills Assessment

1. The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two.

   Round Two finalists will be posted on the conference app and HOSA SLC website

2. Round Two is a selected skill(s) performance. The Round Two skills approved for this event are below. Video resources to support these skills are available at: https://www.apta.org/PTMovesMe.

Skill I: Ambulating with a Transfer (Gait) Belt	**5 minutes**
Skill II: Ambulating with a Standard Walker	**9 minutes**
Skill III: Ambulating with a Cane	**8 minutes**
Skill IV: Ambulating with Crutches	**7 minutes**
Skill V: Passive Range of Motion (One Side)	**10 minutes**
Skill VI: Cold Application with Ice Bag	**6 minutes**
Skill VII: Transfer from Supine to Sitting Position	**5 minutes**
Skill VIII: Donning & Removing Transmission-Based Isolation Garments	**5 minutes**

3. For all skills, body fluids will be simulated products.

4. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor. A sample scenario can be found here. Some scenarios may involve the combination of multiple skills. If the event rating sheets are combined, it is not necessary to repeat a task a second time. An example would be competitors would not need to identify the patient twice.

5. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed. The scenario is a secret topic for the skills to be performed. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per the GRRs.

6. Competitors must complete all skill steps listed in the guidelines, even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all skill steps as the scenario warrants. The competitors will simulate/verbalize the steps if the equipment is unavailable.)

7. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills, if the questions relate to the patient's condition and will be included in the scenario or judge script. **Judges <u>will not</u> respond to questions that are not included in the judge script**

8. Competitors must use all equipment correctly and safely. Judges will stop a student and not award points for a step if they see a competitor is about to cause a risk of harm or about to damage equipment or other supplies.

Final Scoring

1. The competitor must earn a score of 70% or higher on the combined skill(s) in Round Two-Skills Assessment in order to be recognized as an award winner at SLC.

2. The final rank is determined by adding the round one test score plus the round two skill score. In the event of a tie, the highest test score will be used to determine the final placement.

International Leadership Conference (ILC) qualifiers

Go to https://hosa.org/guidelines/ for specifics about this competitive event at ILC.

June 22-25, 2027, Pennsylvania Convention Center in Philadelphia, Pennsylvania

High School/Post-Secondary/Collegiate Seniors

Don't wait until you graduate to join the HOSA alumni network! Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member- a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

SC HOSA Scholarship

Application: https://www.schosa.org/students/scholarships/
Application Window Opens: December 1, 2026
Application Deadline: February 1, 2027

National HOSA Scholarship

Scholarship program has funding available for HOSA members who have an interest in various health careers! The application process begins January 1, 2027, and can be found here: https://hosa.org/scholarships/.

Physical Therapy

Skill I: Ambulating with a Transfer (Gait) Belt

Time: 5 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill I: Ambulating with a Transfer (Gait) Belt	Possible	Awarded
1.	Obtained instructions from the physical therapist (judge).	1 0	
2.	Assembled equipment.	1 0	
3.	Knocked on door or requested permission to enter from behind the curtain, and paused before entering.	1 0	
4.	Closed the door or screened the unit to provide privacy (if applicable).	1 0	
5.	Greeted patient and introduced self.	1 0	
6.	Identified patient.	2 0	
7.	Washed hands or used alcohol-based hand rub for hand hygiene.	2 0	
8.	Explained skill and obtained consent from patient.	2 0	
	Note to judge: If the patient is sitting in a chair and fully clothed, omit steps #9-10 and do not award the points.		
9.	Locked the bed and lowered the near siderail.	1 0	
10.	Assisted patient into a sitting position and put a robe on the patient if needed to cover bedclothes.	1 0	
11.	Checked to be sure the gait belt is the correct size, then positioned the belt around the patient's waist and on top of the clothing.	2 0	
12.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2 0	
13.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2 0	
14.	Put shoes or slippers with non-skid soles on the patient, or check that existing footwear is sufficient for preventing slipping	2 0	
15.	Made sure the patient's feet were on the floor and moved closer to side of the bed or edge of chair if not.	1 0	
16.	**Assist the Patient to Standing Position:** a. Faced the patient with a broad base of support and grasped the loops on the side of the belt or placed hands under the sides of the belt	2 0	

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	b. Asked the patient to stand by pushing against the bed or chair with their hands at a given signal.	**1 0**	
	c. Bent knees, gave the signal to stand and kept back straight and straightened knees as the patient stood.	**1 0**	
17.	Supported the patient in a standing position. Kept one hand on one side of the belt while moving the other hand to the loops or the back of the belt.	**2 0**	
18.	Moved the second hand from the side to the loops or the back of the belt while moving behind the patient.	**2 0**	
19.	**Ambulate the Patient:** a. Encouraged patient to walk slowly and use handrails if available.	**2 0**	
	b. Walked slightly behind the patient at all times and kept a firm, underhand grip on the belt or kept hands firmly in the loops.	**2 0**	
	c. If patient has a weak side, positioned self on weak side.	**2 0**	
	Note to Judge: If scenario calls for the patient to fall, evaluate item #20. If the patient does not fall, skip #20.		
20.	**If the patient started to fall:** a. Kept a firm grip on the belt	**2 0**	
	b. Used body to brace the patient, kept back straight, and gently eased the patient to the floor, taking care to protect the head.	**2 0**	
	c. Stayed with the patient and called for help.	**2 0**	
	d. Did not attempt to stand the patient up until help arrived.	**2 0**	
Note to Judge: If the patient falls, verbalized that help has arrived and that the patient has been examined by a physician and can be returned to bed/chair.			
21.	Assisted the patient back to the bed (or chair) after ambulating for the distance/time directed by the therapist (judge) or if fell - back to bed without ambulating directed distance.	**1 0**	
22.	Removed gait belt.	**1 0**	
23.	Elevated siderail (if indicated) and observed all checkpoints before leaving the patient. (bed)	**2 0**	
24.	Washed hands or used alcohol-based hand rub for hand hygiene	**2 0**	
25.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
26.	Reported skill and observations to physical therapist (judge).	**4 0**	
	Total Points- Skill I (Patient Fell- Bed) 70% Mastery for Skill I (Patient Fell- Bed)= 39.2	**56**	
	Total Points- Skill I (Patient Did NOT Fall- Bed) 70% Mastery for Skill I (Patient Did NOT Fall- Bed)= 33.6	**48**	
	Total Points- Skill I (Patient Fell- Chair) 70% Mastery for Skill I (Patient Fell- Chair)= 37.8	**54**	
	Total Points- Skill I (Patient Did NOT Fall- Chair) 70% Mastery for Skill I (Patient Did NOT Fall- Chair)= 32.2	**46**	

Physical Therapy

Skill II: Ambulating with a Standard Walker

Time: 9 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill II: Ambulating with a Standard Walker	Possible	Awarded
1.	Obtained instructions from physical therapist (judge-to include distance/time for ambulation).	1 0	
2.	Assembled equipment.	1 0	
3.	Checked walker to assure rubber suction cups are secure on all needed legs, no rough or damaged edges on hand rests.	2 0	
4.	Knocked on door or requested permission to enter from behind the curtain and paused before entering.	1 0	
5.	Greeted patient and introduced self.	1 0	
6.	Identified patient.	2 0	
7.	Washed hands or used alcohol-based hand rub for hand hygiene.	2 0	
8.	Explained skill and obtained consent from the patient	2 0	
9.	Checked to be sure the gait belt is the correct size, then positioned the belt around the patient's waist and on top of the clothing.	2 0	
10.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2 0	
11.	Put shoes or slippers with non-skid soles on the patient, or check that existing footwear is sufficient for preventing slipping.	2 0	
12.	Assisted to the edge of the bed, ensured patient's feet were on the floor.	2 0	
13.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2 0	
14.	Used an underhand grasp on the belt and assisted the patient to a standing position.	2 0	
15.	Position the walker correctly and asked patient to grasp the hand rests securely.	1 0	
16.	Height of the Walker: a. Verified that the hand rests are level with the radial styloid process of relaxed arm.	1 0	

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	b. Verified the elbows are flexed at 25- to 30-degree angles.	**1 0**	
	c. If the height of the walker needs adjustment, notified the physical therapist (judge).	**2 0**	
Note to judge: Adjust the walker, if required.			
17.	Started with the walker in position with patient standing "inside" the walker.	**1 0**	
18.	Provided verbal directions for mobility task and/or demonstration: a. Instructed the patient to lift the walker and place it forward so that the back legs of the walker are even with the patient's toes.	**1 0**	
	b. Informed patient to ensure all four legs are firmly on the floor before advancing.	**1 0**	
Skill II: Continued...		**Possible**	**Awarded**
	c. Instructed the patient to avoid sliding the walker to prevent falls.	**2 0**	
	d. Instructed the patient to transfer their weight forward slightly to walker.	**1 0**	
	e. Instructed the patient to use the walker for support and to walk "into" the walker. Do not shuffle feet.	**1 0**	
19.	Walked to the side and slightly behind the patient on the weak side.	**2 0**	
20.	Was alert and ready to or caught the patient if any signs of falling.	**2 0**	
21.	Assisted the patient back to the chair after ambulating for the distance/time directed by the physical therapist (judge).	**1 0**	
22.	Removed gait belt and replaced equipment.	**2 0**	
23.	Washed hands or used alcohol-based hand rub for hand hygiene	**2 0**	
24,	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
25.	Reported skill and observations to the physical therapist (judge).	**4 0**	
	Total Points- Skill II: 70% Mastery for Skill II: 35.7	**51**	

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Physical Therapy

Skill III: Ambulating with a Cane

Time: 8 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill III: Ambulating with a Cane	Possible	Awarded
1.	Obtained instructions from physical therapist (judge) and ascertained which gait the physical therapist (judge) taught the patient.	1 0	
2.	Assembled equipment.	1 0	
3.	Checked cane to assure the bottom has a rubber suction tip.	2 0	
4.	Knocked on door or requested permission to enter from behind the curtain and paused before entering.	1 0	
5.	Greeted patient and introduced self.	1 0	
6.	Identified patient.	2 0	
7.	Washed hands or used alcohol-based hand rub for hand hygiene.	2 0	
8.	Explained skill and obtained consent from the patient.	2 0	
9.	Put shoes or slippers with non-skid soles on the patient or check that existing footwear is sufficient for preventing slipping.	2 0	
10.	Assisted to the edge of the bed, and ensured patient's feet are on the floor.	2 0	
11.	Checked to be sure the gait belt is the correct size, then positioned the belt around the patient's waist and on top of the clothing.	2 0	
12.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2 0	
13.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2 0	
14.	Used an underhanded grasp on the belt to help patient to standing position.	2 0	
15.	Instructed patient to bear their weight on the unaffected leg.	2 0	
16.	Checked the height off the cane: a. Positioned cane on the unaffected side approximately 6-8 inches from the foot.	1 0	
	b. Verified that the top of the cane is level with the radial styloid process of the relaxed arm.	1 0	

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	c. Verified that the patient's elbow is flexed at a 25-to 30-degree angle.	**1**	**0**	
	d. If the height of the cane needs adjustment, notified the physical therapist (judge).	**2**	**0**	
	****Note to judge: Adjust the cane, if required.*** ****For step 16, evaluate competitor on ONE of the following two gaits as designated in the event scenario.***			
17.	**Three Point Gait:** a. Balanced the body weight on the strong or unaffected foot.	**1**	**0**	
	b. Moved the cane forward approximately 12- 18 inches.	**1**	**0**	
	c. Instructed patient to then move the weak or affected leg forward.	**1**	**0**	
	d. Instructed patient to then transfer the weight to the affected leg and cane.	**1**	**0**	
	e. Instructed patient to bring the unaffected leg forward.	**1**	**0**	
	OR			
	Two Point Gait: a. Instructed patient to balance weight or the strong or unaffected foot.	**1**	**0**	
	b. Instructed patient to then move the cane and the weak or affected leg forward at the same time.	**1**	**0**	
	c. Informed patient to keep cane fairly close to body to avoid leaning.	**1**	**0**	
	d. Instructed patient to then transfer body weight forward to the cane.	**1**	**0**	
	e. Instructed patient to then move the strong or unaffected, leg forward.	**1**	**0**	
18.	Walked to the side and slightly behind the patient on the weak side.	**2**	**0**	
19.	Was alert and, ready to or, caught the patient if any signs of falling.	**2**	**0**	
20.	Assisted the patient back to the chair after ambulating for the distance/time directed by the physical therapist (judge or scenario).	**1**	**0**	
21.	Removed gait belt and replaced equipment.	**2**	**0**	
22.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2**	**0**	
23.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
24.	Reported skill and observations to the physical therapist (judge).	**4**	**0**	
	TOTAL POINTS -- SKILL III 70% Mastery for Skill III = 35.7	**51**		

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Physical Therapy

Skill IV: Ambulating with Crutches

Time: 7 minutes

Competitor #:_____ **Division:** _____SS _____PS/C **Judge's Signature:**_____

	Skill IV: Ambulating with Crutches	Possible		Awarded
1.	Obtained instructions from physical therapist (judge) and ascertained which gait the physical therapist (judge) taught the patient.	1	0	
2.	Assembled equipment.	1	0	
3.	Checked crutches to assure the rubber suction tips on the bottom ends are not worn down or torn and the axillary bars and hand rests are covered with padding.	2	0	
4.	Knocked on door or requested permission to enter from behind the curtain and paused before entering.	1	0	
5.	Greeted patient and introduced self.	1	0	
6.	Identified patient.	2	0	
7.	Washed hands or used alcohol-based hand rub for hand hygiene.	2	0	
8.	Explained skill and obtained consent from the patient.	2	0	
9.	Put shoes or slippers with non-skid soles on the patient or check that existing footwear is sufficient for preventing slipping.	2	0	
10.	Assisted to the edge of the bed, ensured patient's feet were on the floor.	2	0	
11.	Checked to be sure the gait belt is the correct size, then positioned the belt around the patient's waist and on top of the clothing.	2	0	
12.	Positioned the buckle or clasp so that it is slightly off center in the front, smooth and free of wrinkles.	2	0	
13.	Tightened the belt so that it fits snugly, secured the clasp or buckle, and placed fingers under the belt to make sure it is not too tight.	2	0	
14.	Provided verbal directions for mobility task and/or demonstration: a. Instructed patient to not move crutches too far forward at one time and to avoid resting weight on axillary rest.	4	0	
15.	Checked the fit of the crutches: a. Positioned the crutches 4-6 inches in front of the patient's feet.	1	0	
	b. Moved the crutches 2-4 inches to the sides of the feet.	1	0	

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	c. Ensured there is a 11/2 - 2 inch gap or 2 to 3 finger widths gap between the axilla and the axillary bar.	**1**	**0**	
	d. Ensured each elbow is flexed at a 25^0 to 30^0 angle.	**1**	**0**	
	e. If any adjustments needed, notified physical therapist (judge) who will make the necessary adjustments.	**1**	**0**	
	Note to judge: Adjust crutches as necessary. ***For step 15, evaluate competitor on ONE of the following 3 gaits as designated in the event scenario.***			
16.	Assisted patient with the required gait: **FOUR-POINT GAIT:** a. Instructed patient to move right crutch forward.	**1**	**0**	
	b. Instructed patient to move left foot forward.	**1**	**0**	
	c. Instructed patient to move left crutch forward.	**1**	**0**	
	d. Instructed patient to move right foot forward.	**1**	**0**	
	OR			
	THREE-POINT GAIT: a. Instructed patient to advance both crutches.	**1**	**0**	
	b. Instructed patient to advance the weak or affected leg.	**1**	**0**	
	c. Instructed patient to transfer body weight forward to the crutches.	**1**	**0**	
	d. Instructed patient to advance the unaffected or strong leg forward.	**1**	**0**	
	OR			
	TWO-POINT GAIT: a. Instructed patient to move the right foot and left crutch forward at the same time.	**2**	**0**	
	b. Instructed patient to move the left foot and right crutch forward at the same time.	**2**	**0**	
17.	Used an underhand grasp on the belt and assisted the patient to a standing position.	**2**	**0**	
18.	Reminded the patient to bear their weight on the unaffected leg and positioned the crutches on the stronger or uninvolved side of the patient.	**4**	**0**	
19.	Reminded patient of gait sequence (including not advancing crutches too far forward or leaning on axillary rests) and/or corrected incorrect technique throughout session.	**2**	**0**	
20.	Walked to the side and slightly behind the patient on the weak side.	**2**	**0**	
21.	Was alert and ready to or caught the patient if any signs of falling.	**2**	**0**	
22.	Assisted the patient back to the chair after ambulating for the distance/time directed by the physical therapist (judge or scenario).	**1**	**0**	

23.	Removed gait belt and replaced equipment.	**2** **0**	
24.	Washed hands or used alcohol-based hand rub for hand hygiene.	**2** **0**	
25.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2** **0**	
26.	Reported skill and observations to physical therapist (judge).	**4** **0**	
	TOTAL POINTS – SKILL IV: 70% Mastery for Skill IV: 42.7	**58**	

Physical Therapy

Skill V: Passive Range of Motion (One Side)

Time: 10 minutes

Competitor #:_____ **Division:** _____SS_____PS/C **Judge's Signature:**_____

Note: *This skill may occur in a hospital bed or outpatient PT clinic. Appropriate steps in a hospital setting may not be done in an outpatient clinic. The skill steps performed should be adjusted to fit the setting and scenario. The competitor will perform full range of motion unless the patient complains of pain.*

	Skill V: Passive Range of Motion (One Side)	Possible	Awarded
1.	Obtained instructions from physical therapist (judge) to include the number of repetitions for each movement and any specific instructions regarding joints for range of motion (3-5 repetitions).	**1 0**	
3.	Knocked on door or requested permission to enter from behind the curtain, closed the door or screened the unit to provide privacy (if applicable).	**1 0**	
4.	Greeted patient and introduced self.	**1 0**	
5.	Identified patient.	**2 0**	
6.	Washed hands or used alcohol-based hand rub for hand hygiene.	**2 0**	
7.	Explained skill to patient and obtained consent from patient.	**2 0**	
8.	Locked wheels of bed or mat table to prevent movement (if appropriate).	**2 0**	
9.	Elevated the bed to a comfortable working height (if appropriate).	**2 0**	
10.	Lowered the siderail on the side where you are working (if appropriate).	**1 0**	
11.	Positioned patient in supine position in good body alignment.	**2 0**	
12.	Draped patient using existing bed linen or bath blanket.	**1 0**	
13.	Exercised the correct body side as indicated in the scenario.	**4 0**	
14.	**Exercised the shoulder joint:** <u>Abduction/Adduction</u> a. Grasped the wrist and elbow.	**1 0**	
	b. Abducted the shoulder by moving the extremity away from the trunk.	**1 0**	
	c. Adducted the shoulder by returning to the patient's side.	**1 0**	
	<u>Flexion/Extension</u> d. Patient supine with shoulder at the edge of the support surface.	**1 0**	
	e. For left shoulder – grasped left wrist with left hand and grasped elbow with the right hand. Alternated for right shoulder.	**1 0**	
	f. Flexed the shoulder by raising arm above the head.	**1 0**	
	g. Extended the shoulder by bringing the arm back down to the side from above the head.	**1 0**	

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15.	**Exercised the elbow joint:** Flexion/Extension a. Supported the patient's arm by placing one hand on the elbow and the other hand on the wrist.	**1**	**0**	
	b. Flexed the elbow by bending the forearm and hand up toward the shoulder.	**1**	**0**	
Skill V: Continued...		**Possible**		**Awarded**
	c. Extended the elbow by moving the forearm and hand down to the side or straightening the arm.	**1**	**0**	
	Supination/ Pronation d. Pronated by turning the forearm and hand so that the palm of the hand is facing down.	**1**	**0**	
	e. Supinated by turning the forearm and hand so that the palm of the hand is facing up	**1**	**0**	
16.	**Exercised the wrist:** Flexion/Extension a. Grasped patient's hand over palmar & dorsal surfaces with one hand and supported and stabilized forearm with the other hand.	**1**	**0**	
	b. Flexed the wrist by bending the hand down toward the forearm.	**1**	**0**	
	c. Extended the wrist by straightening the hand.	**1**	**0**	
	Ulnar/Radial/Deviation d. Deviated the wrist in an ulnar direction by moving the hand toward the little finger side.	**1**	**0**	
	e. Deviated the wrist in a radial direction by moving the hand toward the thumb side.	**1**	**0**	
17.	**Exercised the fingers and thumb:** Flexion/Extension a. Supported the patient's hand by placing one hand at the wrist.	**1**	**0**	
	b. Flexed the thumb and fingers by bending them toward the palm.	**1**	**0**	
	c. Extended the thumb and fingers by straightening them.	**1**	**0**	
	Abduction/Adduction d. Abducted the thumb and fingers by spreading them apart.	**1**	**0**	
	e. Adducted the thumb and fingers by moving them together.	**1**	**0**	
	Opposition/Circumduction f. Performed opposition by touching the thumb to the tip of each finger.	**1**	**0**	
	g. Circumducted the thumb by moving it in a circular motion.	**1**	**0**	
18.	**Exercised the hip:** Abduction/Adduction a. Supported the patient's leg by placing one hand under the knee and the other hand under the ankle.	**1**	**0**	
	b. Abducted the hip by moving the entire leg out to the side.	**1**	**0**	
	c. Adducted the hip by moving the entire leg back toward the body.	**1**	**0**	
	Flexion/Extension d. Flexed the hip by bending the knee and moving the thigh up toward the abdomen.	**1**	**0**	
	e. Extended the hip by straightening the knee and moving the leg away from the abdomen.	**1**	**0**	
	Medial/Lateral Rotation f. With one hand grasped distal area of thigh proximal to the knee and the other hand grasped proximally to the ankle to roll the extremity inward and outward.	**1**	**0**	

19.	**Exercised the knee:** Flexion/Extension a. Supported the patient's leg by placing one hand under the knee and the other hand under the ankle.	**1**	**0**	
	b. Flexed the knee by bending the lower leg back toward the thigh.	**1**	**0**	
	c. Extended the knee by straightening the leg.	**1**	**0**	
Skill V: Continued...		**Possible**		**Awarded**
20.	**Exercised the ankle:** Dorsiflexion/Plantar Flexion a. Supported the patient's foot by placing one hand under the foot and the other hand behind the ankle.	**1**	**0**	
	b. Dorsiflexed the ankle by moving the toes and foot up toward the knee.	**1**	**0**	
	c. Plantar flexed the ankle by moving the toes and foot down away from the knee.	**1**	**0**	
	Invert/Evert Ankle d. Inverted the foot by gently turning it inward.	**1**	**0**	
	e. Everted the foot by gently turning it outward	**1**	**0**	
21.	**Exercised the toes:** Abduction/Adduction a. Rested the patient's leg and foot on the bed for support.	**1**	**0**	
	b. Abducted the toes by separating them or moving them away from each other.	**1**	**0**	
	c. Adducted the toes by moving them together.	**1**	**0**	
	Flexion/Extension d. Flexed the toes by bending them down toward the bottom of the foot.	**1**	**0**	
	e. Extended the toes by straightening them.	**1**	**0**	
22.	Made effort to ensure consistent draping to protect patient modesty during ROM exercise (though still allowing for visualization of the limb).	**1**	**0**	
23.	Checked in with patient during exercise to ensure comfort.	**2**	**0**	
24.	Used proper body mechanics while administering all ROM exercises.	**2**	**0**	
25.	Straightened the top bed linens and removed the bath blanket (if appropriate).	**1**	**0**	
26.	Elevated the siderail (if appropriate).	**2**	**0**	
27.	Washed hands or used alcohol-based hand-rub for hand hygiene.	**2**	**0**	
28.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
29.	Verbalized to judge what action would be taken if patient complained of pain, exhibited profuse perspiration or difficulty breathing- [competitor would stop the exercise and report to the physical therapist (judge)].	**4**	**0**	
30.	Reported treatment and observations to physical therapist (judge).	**2**	**0**	
	TOTAL POINTS -- SKILL V 70% Mastery for Skill V= 57.4	**82**		

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for detailed information.

Physical Therapy

Skill VI: Cold Pack Application with Ice Bag

Time: 6 minutes

Competitor #:_____ **Division:** _____SS_____PS/C **Judge's Signature:**_____

	Skill VI: Cold Pack Application with Ice Bag	Possible		Awarded
1.	Obtained instructions from physical therapist (judge).	**1**	**0**	
2.	Assembled equipment.	**1**	**0**	
3.	Greeted patient and introduced self.	**1**	**0**	
4.	Identified patient.	**2**	**0**	
5.	Washed hands or used alcohol-based hand rub for hand hygiene.	**2**	**0**	
6.	Explained skill to patient and obtained consent.	**2**	**0**	
7.	Applied gloves if area to be treated has any drainage.	**2**	**0**	
8.	Provided for privacy (if appropriate).	**1**	**0**	
	Judge Note: evaluate competitor using either the ice bag OR disposable ice pack, per the scenario.			
9.	Assisted patient with ice bag: a. Filled the ice bag with water to check for leaks. Empty if no leaks present.	**1**	**0**	
	b. Used a scoop to fill the bag half full.	**1**	**0**	
	c. Placed the bag on a flat surface to expel all air, then sealed the bag.	**1**	**0**	
	d. Wiped the outside of the bag dry.	**1**	**0**	
	OR			
10.	Assisted patient with disposable ice pack: a. Activated the chemicals in the cold pack by squeezing the pack or striking it against a solid surface.	**2**	**0**	
11.	Placed a cover on the pack or wrapped the ice pack/cold pack in a towel and taped the towel in place.	**2**	**0**	
12.	Placed the ice bag/pack on the correct area as indicated in the scenario.	**4**	**0**	
13.	Assured patient is comfortable and ice bag/pack is positioned correctly.	**2**	**0**	
14.	Verbalized would recheck every 5-7 minutes for uncharacteristic changes in hue compared to untreated regions or complaints indicating poor tolerance to ice application.	**2**	**0**	
	****Judge states, "ice application has been in place for the ordered time".***			
15.	Removed the ice bag/pack, noting the condition of the skin and patient reaction to the skill.	**2**	**0**	
16.	Cleaned and/or replaced equipment used. Discarded disposables and placed linen in hamper (if appropriate).	**2**	**0**	
17.	Washed hands or used alcohol-based hand rub for hand hygiene.	**2**	**0**	
18.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**	
19.	Reported skill and observations to the physical therapist (judge).	**4**	**0**	

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TOTAL POINTS -- SKILL VI 70% Mastery for Skill VI = 25.2	**36**	

Physical Therapy

Skill VII: Transfer from Supine to Sitting Position

Time: 5 minutes

Competitor #:_____ **Division:** _____SS_____PS/C **Judge's Signature:**_____

	Skill VII: Transfer from Supine to Sitting Position	**Possible**	**Awarded**
1.	Obtained instructions from physical therapist (judge).	**1 0**	
2.	Assembled equipment.	**1 0**	
3.	Knocked on door or requested permission to enter from behind the curtain and paused before entering.	**1 0**	
4..	Greeted patient and introduced self.	**1 0**	
5.	Identified patient.	**2 0**	
6.	Washed hands or used alcohol-based hand rub for hand hygiene.	**2 0**	
7.	Explained skill and obtained consent from the patient.	**2 0**	
8.	Moved the patient close to the edge of the bed or mat (using the length of the patient's thigh as guide to where the patient's buttock should be)	**1 0**	
9.	Instructed the patient to look in the direction of the movement when rolling.	**1 0**	
10.	Rolled the patient to a side-lying position while the lower extremities are partially flexed.	**1 0**	
11.	Placed one arm under the patients bottom shoulder reaching towards scapula and the other behind the patient's bent knees.	**2 0**	
12.	Instructed the patient that during the lift on the count of 3 to push up with one or both upper extremities.	**1 0**	
13.	Positioned feet in an anteroposterior position to widen base of support and to avoid twisting back.	**2 0**	
14.	On the count of 3 elevated the trunk by lifting under the shoulders while moving the legs off the bed or mat.	**2 0**	
15.	Supported the patient's pelvis when placed in a sitting position.	**1 0**	
16.	Did not leave patient in a sitting position unattended or unsupported throughout skill.	**2 0**	
	****Judge states "skill completed".***		
17.	Washed hands or used alcohol-based hand rub for hand hygiene.	**2 0**	
18.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2 0**	
19.	Reported skill and observations to the physical therapist (judge).	**2 0**	
	TOTAL POINTS -- SKILL VII 70% Mastery for Skill VII = 20.3	**29**	

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Physical Therapy

Skill VIII: Donning & Removing Transmission-Based Isolation Garments

Time: 5 minutes

Competitor #:_____ **Division:** _____SS_____PS/C **Judge's Signature:**_____

	Skill VIII: Donning & Removing Transmission-Based Isolation Garments	**Possible**	**Awarded**
1.	Assembled equipment.	**1 0**	
2.	Verbalized "hands have been washed & jewelry removed".	**2 0**	
3.	**Donning Gown:** a. If sleeves are long rolled up above elbows before applying gown.	**2 0**	
	b. Lifted the gown by placing the hands inside the shoulders.	**2 0**	
	c. Worked arms into the sleeves of gown by gently twisting.	**2 0**	
	d. Placed hands inside the neckband and adjusted until in position and tied the bands at the back of the neck.	**2 0**	
	e. Reached behind and folded the edges of the gown so that uniform is completely covered and tied the waistband.	**2 0**	
4.	**Donning Mask:** a. Secured mask under the chin and covered mouth and nose.	**2 0**	
	b. Either placed elastic bands behind ears or tied mask securely behind head and neck by tying top ties first and bottom ties second.	**2 0**	
5.	**Donning Gloves**: Put gloves on and make sure gloves cover the top cuff of the gown.	**2 0**	
	**** Judge states, skill is completed, remove PPE.***		
6.	**Removing Gloves:** a. Removed first glove by grasping the outside of the cuff with the opposite gloved hand and placed the glove over the hand so it is inside out.	**2 0**	
	b. Removed the second glove by placing the bare hand inside the cuff and pulled glove off so it is inside out.	**2 0**	
	c. Placed the gloves in the infectious waste container.	**2 0**	
	d. Washed hands or used alcohol-based hand-rub for hand hygiene,	**2 0**	
7.	**Removing Gown:** a. Untied the waist ties and loosened the gown at the waist.	**2 0**	
	b. Untied the neck ties and loosened the gown at the shoulders handling only the inside of the gown.	**2 0**	
	c. Slipped the fingers of one hand inside the opposite cuff without touching the outside of gown and pulled the sleeve down over the hand	**2 0**	
	d. Used the gown-covered hand and pulled sleeve down over the opposite hand.	**2 0**	
	e. Eased arms and hands out of the gown, keeping the gown in front of the body and avoided outside of gown with hands.	**2 0**	
	f. With hands inside the gown, brought the shoulders together and turned so the gown is inside out.	**2 0**	
	g. Folded the gown in half and rolled together.	**2 0**	

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	h. Placed gown in infectious waste container.	2 0	
Skill VIII: Continued...		**Possible**	**Awarded**
8.	**Removing Mask:** a. Untied bottom ties first followed by the top ties or removed from behind ears.	2 0	
	b. Held mask by top ties only and dropped into infectious waste container.	2 0	
9.	Washed hands or used alcohol-based hand-rub for hand hygiene.	2 0	
	TOTAL POINTS -- SKILL VIII 70% Mastery for Skill VIII = 34.3	**49**	

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