

SUBJECT NAME: Clinical Kinesiology Assessment

SUBJECT DESCRIPTION

The subject covers the theory and practical application of assessment methods and techniques used to quantify and qualify human function and performance in clinical (acute and chronic) population settings, including the effects of common medications. The emphasis is on the assessment of chronic diseases/conditions, orthopedic soft tissue injuries, and movement dysfunction in clinical care environments. The subject material provides the knowledge and skills required to competently assess a broad range of conditions, injuries and/or dysfunction to effectively guide client care decision making.

CONTENT COVERED

- Client safety, preliminary screening and risk classification/stratification
- Client health history and informed consent
- Inflammation and healing, including cellular changes, mechanisms of inflammation, acute and chronic inflammation and the healing process
- Health and fitness appraisal methodology
- Functional abilities assessment (lift, push, pull, carry, bend, reach, stoop, crawl, creep, standing, sitting, ambulation)
- Standardized test procedures for discrete physical parameters, including;
 - Anthropometry
 - Balance
 - Cardiorespiratory assessment
 - Flexibility and Range of Motion (ROM)
 - Fundamental movements (locomotor, non-locomotor, and manipulative movements)
 - Motor and sensory function (reflexes, hot, cold, vibration, sensitivity – including two-point discrimination)
 - Posture and Gait
 - Strength (manual muscle testing - MMT)
- Standardized test procedures and protocols for regional parameters, including;
 - Palpation techniques and landmarking
 - Trunk stability
 - Upper and lower extremity special tests (orthopaedic and neurologic screening)

KEY PERFORMANCE INDICATORS (KPIs)

1. Understands the processes to obtain the client's health history and informed consent.
2. Confirms the client's activities of daily living (ADLs), including vocational and recreational needs.
3. Understands and applies knowledge of client pre-screening and risk stratification for clinical populations, including absolute and relative contraindications.
4. Quantifies and qualifies a client's physical characteristics, with reference to health, safety, symptoms, and performance.
5. Predicts and interprets the clinical outcome of injury to specific structures.
6. Performs intake and interim assessments to determine the client's baseline, and change from baseline, including relevant anthropometric measurements, functional abilities, movement limitations, symptoms, response to prior treatment, environment, and potential risks and benefits of kinesiology interventions necessary for effective care plan development.
7. Determines and/or confirms the currency, accuracy, and relevance of client assessment data collected.
8. Understands and applies evidence-based guidelines, protocols, and policies when performing assessments.
9. Demonstrates competency in assessing physical and cardiorespiratory fitness in clinical populations.
10. Evaluates the pathological adaptations and responses to exercise and work inherent in chronic diseases and other pathologies.
11. Considers the physiological effects of common medications (drugs) on human movement and performance.
12. Monitors the client's health status, symptoms, and abilities during the assessment process and acts when needed to ensure client safety is maintained.
13. Identifies and applies knowledge of normal and abnormal test and diagnostic report results, such as ultra-sound, blood work, medical imaging, and quantitative assessment data in clinical decision making.