

Resident: _____ Date: _____ Evaluator: _____

Resident OMT Grading Rubric

For Muscle Energy Techniques only.		Dx _____
/3	1. Personally assumes correct position for dysfunction stated.	
/3	2. Positions patient correctly at patient's initial barrier(announces/explains any technique deviations).	
/3	3. Holds position for 3-5 seconds against resistance.	
/3	4. Appears to take patient to the barrier or stated barrier.	
/3	5. Applies the appropriate amount and direction of force against the patient's force.	
/3	6. Repeats technique 3-5 times.	
/3	7. Exerts a final stretch at the end of treatment.	
/3	8. Reassesses treated area in neutral.	
/3	9. Appears practiced and controlled in performance of technique	
/4	10. Communicates explanation of the biomechanics of the specific somatic dysfunction being treating.	
/4	11. Communicates understanding of the treatment model of this technique.	
Muscle Energy Final Score:		/35

For HVLA Technique only.		Dx _____
/3	1. Personally assumes correct position for dysfunction stated.	
/4	2. Positions patient correctly (announcing and explaining any deviations in technique).	
/4	3. Appears to take patient to the barrier or stated barrier in all planes of motion.	
/4	4. Resident does not overloading the tissues or causing patient guarding.	
/4	5. Resident delivers the correct quantity and vector of force.	
/4	8. Reassesses treated area in neutral.	
/4	9. Appears practiced and controlled in performance of technique	
/4	10. Communicates explanation of the biomechanics of the specific somatic dysfunction being treating.	
/4	11. Communicates understanding of the treatment model of this technique.	
HVLA final score:		/35

For Myofascial Release Technique only.		Tx _____
/4	1. Personally assumes correct position for dysfunction stated.	
/4	2. Positions patient correctly.	
/3	3. Appears to apply the correct vector of force in all planes of motion: either into the position of ease (indirect) or into the barrier (direct).	
/4	4. Appears to apply the correct amount of force.	
/4	5. Treats for appropriate amount of time given the dysfunction (30 seconds).	
/4	6. Reassesses treated area in neutral.	
/4	7. Appears practiced and controlled in performance of technique	
/4	8. Communicates explanation of the biomechanics of the specific somatic dysfunction being treating.	
/4	9. Communicates understanding of the treatment model of this technique.	
Myofascial Release final score:		35

Resident: _____ Date: _____ Evaluator: _____

Resident OMT Grading Rubric

For Counterstrain Techniques only.		Dx _____
/4	1. Assesses for tenderness & finds an appropriate tenderpoint (Labels it a 10/10 & patient must verbalize).	
/3	2. Personally assumes correct position for dysfunction stated before beginning technique.	
/4	3. Positions patient correctly to start the treatment (announcing/explaining any deviations in technique).	
/3	4. Reassesses for tenderness after repositioning.	
/4	5. Finger palpating tenderpoint never moves during technique.	
/3	6. Holds the treatment position for the full 90 seconds.	
/3	7. Slowly returns patient to neutral & re-assesses area in neutral for resolution of the tender point.	
/3	8. Appears practiced and controlled in performance of technique.	
/4	9. Communicates explanation of the biomechanics of the specific somatic dysfunction being treating.	
/4	10. Communicates understanding of the treatment model of this technique.	

Counterstrain Final Score: _____ /35

Lymphatic Technique only.		Tx _____
/3	1. Personally assumes correct position for dysfunction stated.	
/4	2. Positions patient correctly.	
/4	3. Appears to apply the correct amount of force.	
/4	4. Appears to have correct vector of force.	
/4	5. Treats in the appropriate sequence given the technique.	
/4	6. Treats for appropriate amount of time given the dysfunction.	
/4	7. Appears practiced and controlled in performance of technique.	
/4	8. Communicates explanation of the biomechanics of the specific somatic dysfunction being treating.	
/4	9. Communicates understanding of the treatment model of this technique.	

Lymphatic final score: _____ /35

For FPR Technique only.		Dx _____
/3	1. Personally assumes correct position for dysfunction stated before beginning technique.	
/3	2. Positions patient correctly to start the treatment (announces/explains any deviations in technique).	
/4	3. Appears to apply the appropriate amount of force.	
/4	4. Appears to have the correct vector of force.	
/4	5. Applies force for at least 3-5 seconds.	
/3	6. Slowly returns the patient to neutral position.	
/3	7. Reassesses treated area after performance of the technique.	
/3	8. Appears practiced and controlled in performance of technique.	
/4	9. Communicates explanation of the biomechanics of the specific somatic dysfunction being treating.	
/4	10. Communicates understanding of the treatment model of this technique.	

FPR Final Score: _____ /35