

# PACIFIC NORTHWEST PILATES

— PORTLAND OREGON —

## Example Exam Answer Sheet

### Video Segment #1

Identify what the student did well.

- The student was very thorough in their introduction, asking appropriate questions, and establishing a good rapport with the client.
- Overall, the student had very clear findings and palpated correctly.
- The student talked through what she was doing well enough, so the proctor had a good idea that she knew what she was looking for.
- What else did you notice?

Identify where and how the student can improve.

- The student can add more clarity when answering the second question of 'Are the head, thorax, and pelvic aligned in relation to each other?'
- The student can add a more detailed description of why she is coming to certain findings. (ex- Why does she see the knees are bow legged?)
- The student missed looking at the humeri.
- What else did you notice?

Extra Clarifications:

- The plumb line should be lined up with the anterior part of the lateral malleolus. It is too high in this video. The proctor will be the one to set up correctly.
- You do not need to palpate the ankle joint. Just examine the angle of the ankle joint created by the front of the shin and the lateral border of the foot.
- You only need to check the spine once, after the first examining the first side of the body.
- You do not need to look at the head from the back view.

## Video Segment #2:

Identify what the student did well.

- The student was pleasant with the client and always had the client moving and doing something to remain engaged.
- The student used anatomical cues, and also more general cues, which gave a great variety for the client.
- Ab prep was taught very thoroughly, with a variety of cues, correct breath pattern, and at a good pace.
- What else did you notice?

Identify where and how the student can improve.

- In general, the student could have given more robust explanations in the breathing principle.
- The student also could have slowed down a bit and done another exercise for all of the principles to make sure the client had a full understanding before moving on. They did the minimum.
- See extra clarifications section for more detail.
- What else did you notice?

Extra Clarifications:

- For breathing, the student could have had a more thorough explanation about the transversus abdominis and pelvic floor and how it stabilizes the spine in neutral.
- The student forgot to mention that the breath pattern helps relaxation and helps avoid unnecessary tension in the neck and shoulders.
- For pelvic placement, the student could have done another test to make sure the student fully understand the principle. They did imprint and release, but adding leg lifts would have been helpful.
- For scapular movement and stabilization, the student forgot to mention that the scapulae should lie flat on the rib cage and it should glide without any winging or tipping.
- For head and cervical spine, the student could have said the first point more clearly. (The cervical spine should hold its natural curve and the skull should be balanced directly above the shoulders in sitting or standing.)