

PRACTICAL EXAM STATION EQUIPMENT LIST

Updated June 9th, 2023

CLINICAL SETTING STATIONS:

STATION #1 – REHABILITATION

- Stability/Balance pad (15.5" x 12.75")
- Inflatable balance disc (14" diameter)
- Physioball (65cm diameter)
- Rocker board
- Wobble board
- Yoga blocks (1 pair)
- Aerobic Step platform (27" x 11", adjustable height 4"/6"/8")
- Flat bench
- Resistance bands (multiple resistance levels)
- Soft weight set – 1lb, 2lb, 3lb
- Dumbbells/Kettlebells (adjustable to any weight)
- Tape to mark lay out for drills (squares, stars, ladders, etc)
- Stopwatch or timer to time exercises
- Towels
- 2 Sliders (Carpet or hardwood)
- Yoga Mat

STATION #2 – INJURY MANAGEMENT (UPPER OR LOWER EXTREMITY)

- Reflex Hammer
- Sticks/Swabs
- Tuning Fork

STATION #3 – SPECIAL POPULATIONS (PEDIATRICS, GERIATRICS, PPE, DIABETIC ATHLETE, PREGNANT ATHLETE, ULTRA ATHLETE, ETC...)

- Stethoscope
- Blood Pressure Cuff with Sphygmomanometer
- Tuning Fork
- PinWheel
- Cotton Swabs

SIDELINE SETTING STATIONS:

STATION #1 – EMERGENCY MANAGEMENT – HEAD TRAUMA

- Reflex Hammer
- Sticks/Swabs
- Tuning Fork
- Penlight
- BP Cuff with sphygmomanometer
- Stethoscope
- Pencil
- SCAT6

STATION #2 – EMERGENCY MANAGEMENT – SPINAL TRAUMA

- Reflex Hammer
- Sticks/Swabs
- Tuning Fork
- Penlight
- BP Cuff with sphygmomanometer
- Stethoscope
- Backboard with straps and blocks
- Cervical Collars
- Splint set
- Splint Wrap
- Oxygen tank with valve & mask
- Airways (nasopharyngeal & oropharyngeal)

STATION #3 – INJURY MANAGEMENT (UPPER OR LOWER EXTREMITY WITH ANKLE TAPING)

- Reflex Hammer
- Sticks/Swabs
- Tuning Fork
- Pre Wrap
- 1 ½ inch white tape
- Foam Squares
- Skin lube
- Tape Scissors/Shark