

| | 5-4 | 3-2 | 1-0 |
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| Exercise Selection | Proper exercise selection for the phase of treatment and time frame of healing process. | Exercise selection will not necessarily help nor hurt the patient during this time frame of healing process. | Not the correct Exercise selection for this time frame of healing process. |
| Exercise Parameters (Sets, Reps, Time, etc.) | Parameters are appropriate and will optimize the healing process. | Parameters will not necessarily help nor hurt the patient during this time frame of healing process. | The parameters chosen are not appropriate and will not aid in the healing process. |
| Exercise Progression | Proper progression of exercises that increases range of motion and resistance advancing the patient to a full activity | Progression of exercises will minimally increase range of motion, resistance and could elongate the patients return to full activity | Progression of exercises do not increase range of motion, resistance and do not help the patient return to full activity in a timely manner |
| Theory | Proper theory applied with the therapeutic exercises chosen. | Correct theory, but incorrect therapeutic exercises chosen or parameters provided | Incorrect theory, therapeutic exercises and parameters. |
| Explanation | Good Explanation of selected therapeutic exercises and parameter selected. | Fair explanation of selected therapeutic exercises and parameters. | Poor explanation of selected therapeutic exercises and parameters. |
| Creativity/added information | Good level of creativity of added information and items that help accentuate the healing process and the use of the therapeutic exercises | Fair level of creativity of added information and items that help accentuate the healing process and the use of the therapeutic exercises | Poor level of creativity of added information and items that help accentuate the healing process and the use of the therapeutic exercises |