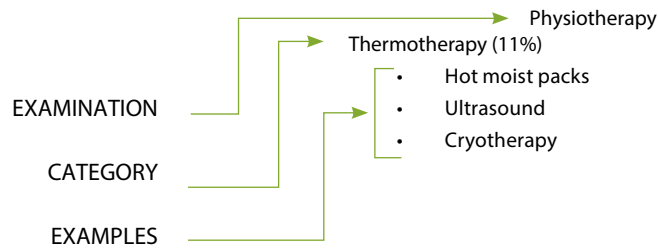


NBCE PHYSIOTHERAPY TEST PLAN AND WEIGHTINGS

The test plan is the blueprint from which each NBCE examination is constructed. The diagram below illustrates that Thermotherapy is one of the Physiotherapy categories and that approximately thirteen percent of the test questions deal with that category.

TEST PLAN EXAMPLE



PHYSIOTHERAPY TEST PLAN

In the test plan that follows, the weightings (the emphasis devoted to each category) appear as a percentage beside each category. The test plan also reflects examples within each category.

Thermotherapy (11%)

- Hot moist packs
- Ultrasound
- Cryotherapy

Electrotherapy (11%)

- Interferential current
- High voltage therapy
- Electrical muscle stimulation
- TENS
- Microcurrent

Mechanotherapy (10%)

- Cervical/lumbar traction
- Massage, vibration and trigger point therapy
- Bracing/orthotics
- Taping

Phototherapy (5%)

- Cold laser
- Ultraviolet

Functional Assessment (10%)

- Gait
- Movement patterns
- Muscle imbalances

Exercise Physiology (7%)

- Neurobiology of training and conditioning
- Biochemistry of training and conditioning

Endurance Training (6%)

- Aerobic capacity and adaption
- Cardiovascular rehabilitation

Muscle Rehabilitation (10%)

- Stretching techniques
- Strengthening protocols

Neuromuscular Rehabilitation (12%)

- Balance and alignment
- Coordinated movement patterns
- Core/spine stabilization

Disorder-specific Rehabilitation (18%)

- Spine and pelvis
- Upper extremities
- Lower extremities

END PHYSIOTHERAPY TEST PLAN

Updated effective 2017