



# Orthotic and Prosthetic Technician Exam Candidate Self Assessment Checklist

Prior to sitting for the ABC Certified Orthotic or Prosthetic Technician exam, each candidate is required to complete a CAAHEP approved education program or complete two years of experience in the discipline they are seeking certification. The following self assessment tool gives you a guideline for what areas you should focus on and the amount of time you should be spending in each area to prepare for the exam.

## IMPORTANT INFORMATION

This checklist is for your use only and is not required as part of your application for the exam.

Use it as a tool to guide you through your work experience and to make sure that you are getting the type and amount of experience in each area that the profession expects.

## DOMAINS OF PRACTICE

Certified Orthotic and Prosthetic Technicians (CTO's) and (CTP's) report that they spend their professional time divided between seven areas of responsibility called **Domains of Practice**. As you obtain the two years experience requirement to take the ABC CTO or CTP exam, you should gain experience in each domain and arrange your time to approximately meet these percentages. Use the following chart to write in the percentage of time you spend in each domain.

Each domain is broken down into specific tasks. Reference the ABC *Technician Book of Rules and Candidate Guide* for the specific tasks associated with each domain and identify the domains in which you should spend more or less time.

DOMAIN	Recommended % of Time	Self-Assessment— % of My Time in These Domains
<b>Initiation of Treatment Plan</b> Review patient information to determine the technical requirements for the orthotic/prosthetic intervention and consult with the treating clinician, as needed, to confirm treatment objectives	6%	_____%
<b>Biomechanics</b> Verify that the static alignment of the orthosis/prosthesis is appropriate and confirm that the orthosis/prosthesis functions as required	8%	_____%
<b>Implementation of Treatment Plan</b> Assist clinician, based on work setting, in obtaining model, measurements or scan, review assessment of fit of orthosis/prosthesis, make necessary adjustments or modifications to accomplish treatment goals	4%	_____%
<b>Materials, Componentry and Design</b> Determine orthosis/prosthesis design requirements and verify that materials, componentry and design are consistent with established treatment plan including confirmation of structural integrity of device	18%	_____%
<b>Fabrication</b> Consult with clinician about fabrication requirements and perform modifications of model/image, fabricate/assemble orthosis/prosthesis, assure device meets manufacturers' guidelines and document fabrication process	46%	_____%

DOMAIN	Recommended % of Time	Self-Assessment—% of My Time in These Domains
<b>Follow-Up</b> Make modifications, adjustments or repairs of orthosis/prosthesis, as directed by the treating clinician	8%	____%
<b>Facility Management</b> Maintain a safe and professional work environment including performing and documenting machine and equipment maintenance and calibration	6%	____%
<b>Professional Responsibility</b> Follow patient care guidelines and procedures, adhere to applicable laws and regulations and participate in continuing professional development	4%	____%

## ORTHOTIC AND PROSTHETIC TECHNICIAN KNOWLEDGE AND SKILL STATEMENTS—SELF ASSESSMENT

The knowledge and skills required of an ABC Certified Orthotic and/or Prosthetic Technician (CTO, CTP, CTPO) in the provision of orthotic or prosthetic care are listed below. Use the rating scale as a self-assessment to determine your strengths and weaknesses and to identify those knowledge or skills on which you should spend more time during your two years of experience.

**Rate your knowledge of or skill with these items by circling the appropriate number on the following scale.**

**1 is no knowledge or skill, 5 is full knowledge or skill.**

**None 1-----2-----3-----4-----5 Full**

Knowledge of musculoskeletal anatomy, including upper limb, lower limb, spinal 1-----2-----3-----4-----5	Knowledge of material safety procedures and standards (e.g., OSHA, MSDS) 1-----2-----3-----4-----5
Knowledge of anatomical landmarks (surface anatomy) 1-----2-----3-----4-----5	Knowledge of universal precautions, including sterile techniques and infection control 1-----2-----3-----4-----5
Knowledge of normal human locomotion 1-----2-----3-----4-----5	Knowledge of ethical standards regarding proper patient management, including ABC <i>Code of Professional Responsibility</i> 1-----2-----3-----4-----5
Knowledge of pathological gait 1-----2-----3-----4-----5	Knowledge of scope of practice related to orthotic/prosthetic credentials 1-----2-----3-----4-----5
Knowledge of tissue characteristics/management 1-----2-----3-----4-----5	Knowledge of boundaries of the scope of practice 1-----2-----3-----4-----5
Knowledge of volumetric control 1-----2-----3-----4-----5	Knowledge of orthotic/prosthetic design (e.g., trimlines) 1-----2-----3-----4-----5
Knowledge of planes of motion 1-----2-----3-----4-----5	Knowledge of orthotic/prosthetic fitting criteria 1-----2-----3-----4-----5
Knowledge of biomechanics 1-----2-----3-----4-----5	Knowledge of impression-taking techniques, materials, devices, and equipment 1-----2-----3-----4-----5
Knowledge of pathologies (e.g., muscular, neurologic, skeletal, vascular) 1-----2-----3-----4-----5	Knowledge of rectification/modification procedures as they relate to specific orthotic/prosthetic designs 1-----2-----3-----4-----5
Knowledge of medical terminology 1-----2-----3-----4-----5	Knowledge of measurement tools and techniques 1-----2-----3-----4-----5
Knowledge of procedures to record data 1-----2-----3-----4-----5	Knowledge of orthotic/prosthetic forms (e.g., assessment, orthometry, measurement, evaluation, outcomes) 1-----2-----3-----4-----5
Knowledge of policies and procedures regarding privileged information 1-----2-----3-----4-----5	

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Knowledge of materials science  
1-----2-----3-----4-----5

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Knowledge of componentry  
1-----2-----3-----4-----5

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Knowledge of alignment devices and techniques  
1-----2-----3-----4-----5

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Knowledge of hand and power tools  
1-----2-----3-----4-----5

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Knowledge of mechanics (e.g., levers and force systems)  
1-----2-----3-----4-----5

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Knowledge of care and maintenance of orthoses/prostheses  
1-----2-----3-----4-----5

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Knowledge of computer-aided design and manufacturing (CAD/CAM)  
1-----2-----3-----4-----5

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Knowledge of item warranty and warranty limitations  
1-----2-----3-----4-----5

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Knowledge of loss control (e.g., risk management, inventory control)  
1-----2-----3-----4-----5

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Knowledge of the psychology of the disabled  
1-----2-----3-----4-----5

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Knowledge of federal and state rules, regulations, and guidelines (e.g., FDA, ADA, HIPPA)  
1-----2-----3-----4-----5

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Knowledge of ABC Facility Accreditation Standards  
1-----2-----3-----4-----5

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Skill in identifying gross surface anatomy  
1-----2-----3-----4-----5

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Skill in interpretation of physical findings (e.g., recognizing skin pressures, dermatological conditions)  
1-----2-----3-----4-----5

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Skill in analysis of orthotic/prosthetic gait/motion  
1-----2-----3-----4-----5

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Skill in impression-taking/measuring for orthoses/prostheses  
1-----2-----3-----4-----5

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Skill in using mechanical measuring devices  
1-----2-----3-----4-----5

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Skill in using computer-based measuring devices  
1-----2-----3-----4-----5

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Skill in patient model modification  
1-----2-----3-----4-----5

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Skill in delineating a tracing  
1-----2-----3-----4-----5

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Skill in orthotic/prosthetic fabrication  
1-----2-----3-----4-----5

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Skill in use of safety equipment  
1-----2-----3-----4-----5

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Skill in using hand and power tools  
1-----2-----3-----4-----5

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Skill in use of materials and components  
1-----2-----3-----4-----5

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Skill in use of alignment devices  
1-----2-----3-----4-----5

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Skill in aesthetic finishing  
1-----2-----3-----4-----5

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Skill in evaluating function of an orthosis/prosthesis  
1-----2-----3-----4-----5

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Skill in adjusting and modifying orthoses/prostheses  
1-----2-----3-----4-----5

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Skill in maintaining and repairing orthoses/prostheses  
1-----2-----3-----4-----5

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Skill in restoring optimal function of orthoses/prostheses  
1-----2-----3-----4-----5

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Skill in documenting  
1-----2-----3-----4-----5

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**RESOURCES**  
[www.abcop.org](http://www.abcop.org)

- *ABC Scope of Practice*
- *ABC Technician Book of Rules & Candidate Guide*
- *ABC Code of Professional Responsibility*
- *Practice Analysis of ABC Credentialed Orthotic and Prosthetic Technicians*



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This self assessment checklist is developed from the *Practice Analysis of ABC Credentialed Orthotic and Prosthetic Technicians*, which is also used to develop credentialing exam content as well as guidance for educational programs.

**RECOMMENDED DEVICE LIST FOR WORK EXPERIENCE**

We've broken down the devices on which certified orthotic and prosthetic technicians report they typically spend their time. Use this as a guideline as you work on your two year experience requirement. Use the following chart to write in the amount of time you spend on each device and identify those devices on which you should spend more or less time.

**CERTIFIED ORTHOTIC TECHNICIAN DEVICE LIST**

	<b>Recommended % of Time</b>	<b>Self Assessment % of My Time</b>
<b>1. Lower Extremity</b>	74.2%	_____%
Shoe modifications	6.1%	_____%
FO	7.3%	_____%
SMO (supra malleolar orthosis)	4.2%	_____%
AFO (leather gauntlet)	3.3%	_____%
AFO (metal)	4.7%	_____%
AFO (plastic)	26.2%	_____%
AFO (composite)	1.8%	_____%
KO	2.4%	_____%
KAFO (metal)	3.9%	_____%
KAFO (plastic)	8.4%	_____%
KAFO (composite)	1.0%	_____%
KAFO (stance control)	1.3%	_____%
HO	0.6%	_____%
HKAFO	1.9%	_____%
Other	1.1%	_____%
<b>2. Spinal</b>	11.8%	_____%
LSO (metal)	0.2%	_____%
LSO (thermoplastic)	3.1%	_____%
TLSO (metal)	0.6%	_____%
TLSO (thermoplastic)	5.9%	_____%
CTO	0.6%	_____%
CO	0.5%	_____%
Other	0.9%	_____%
<b>3. Scoliosis</b>	5.9%	_____%
TLSO	4.9%	_____%
CTLSO (Milwaukee)	0.5%	_____%
Other	0.5%	_____%
<b>4. Upper Extremity</b>	5.3%	_____%
HO	0.3%	_____%
WHO	2.7%	_____%
EWHO	0.8%	_____%
EO	1.1%	_____%
Other	0.4%	_____%
<b>5. Other</b>	2.8%	_____%
Dynamic contracture orthosis	1.6%	_____%
Protective face mask	0.4%	_____%
Cranial molding orthosis	0.8%	_____%

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 guidance for educational  
 programs.**

**CERTIFIED PROSTHETIC TECHNICIAN DEVICE LIST**

	<b>Recommended % of Time</b>	<b>Self Assessment % of My Time</b>
<b>Partial foot</b>	3.8%	____%
Silicone	0.8%	____%
Leather	0.3%	____%
Composite	1.6%	____%
Thermoplastic	1.1%	____%
<b>Symes</b>	7.6%	____%
Expandable wall	0.5%	____%
Removable window	2.7%	____%
Removable insert or liner	4.4%	____%
<b>Transtibial</b>	47%	____%
Exoskeletal	4.6%	____%
Endoskeletal	18.9%	____%
Thermoplastic	2.8%	____%
Laminated	11.6%	____%
Combination (flexible inner socket, rigid frame)	9.1%	____%
<b>Transfemoral</b>	30.5%	____%
Exoskeletal	2.1%	____%
Endoskeletal	12.5%	____%
Thermoplastic	1.3%	____%
Laminated	4.2%	____%
Combination (flexible inner socket, rigid frame)	9.0%	____%
Knee Disarticulation	0.7%	____%
Hip disarticulation	0.7%	____%
<b>Transradial</b>	5.3%	____%
Myoelectric	1.7%	____%
Body-powered	3.6%	____%
<b>Transhumeral</b>	4.1%	____%
Myoelectric	0.6%	____%
Body-powered	2.3%	____%
Hybrid (body-powered elbow, myoelectric hand)	0.5%	____%
Shoulder Disarticulation	0.7%	____%
<b>Other (e.g. PFFD, Rotationplasty)</b>	1.7%	____%