

APC Written Assessment Topic Master Checklist

A comprehensive topic roadmap for MyExamPrep's topic-wise, subject-wise and full-length mock preparation.

How to use this checklist

Use this as the master content map for building the MyExamPrep question bank and mock tests. Topics can be tested individually, combined into subject-wise mocks, and integrated into full-length case-based simulations.

1. MUSCULOSKELETAL

Spine

☐ Low back pain	☐ Neck pain
☐ Thoracic spine	☐ Radiculopathy
☐ Spinal stenosis	☐ Spondylosis
☐ Spondylolisthesis	☐ Scoliosis
☐ Cervical myelopathy	☐ Cauda equina
☐ Spinal fractures	☐ Serious pathology & red flags

Shoulder

☐ Rotator cuff tendinopathy	☐ Rotator cuff tears
☐ Subacromial pain	☐ Adhesive capsulitis
☐ Shoulder instability	☐ Dislocation
☐ AC joint injuries	☐ Shoulder fractures
☐ Glenohumeral OA	

Elbow

☐ Lateral epicondylalgia	☐ Medial epicondylalgia
☐ Elbow instability	☐ Dislocation
☐ Fractures	☐ Ulnar nerve conditions

Wrist & Hand

☐ Carpal tunnel syndrome	☐ De Quervain's
☐ TFCC injuries	☐ Wrist fractures
☐ Scaphoid injuries	☐ Trigger finger

☐ Hand OA	☐ Peripheral nerve injuries
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Hip

☐ Hip OA	☐ Greater trochanteric pain syndrome
☐ Hip impingement	☐ Labral pathology
☐ Hip fractures	☐ Developmental hip dysplasia
☐ Groin pain	

Knee

☐ ACL injury	☐ PCL injury
☐ MCL/LCL injury	☐ Meniscal injuries
☐ Patellofemoral pain	☐ Patellar tendinopathy
☐ Knee OA	☐ Knee replacement rehabilitation
☐ Patellar dislocation	☐ Fractures

Ankle & Foot

☐ Ankle sprain	☐ Achilles tendinopathy
☐ Achilles rupture	☐ Plantar fasciopathy
☐ Syndesmosis injury	☐ Ankle fractures
☐ Stress fractures	☐ Flat feet
☐ Foot/ankle OA	

General MSK

☐ Fractures	☐ Dislocations
☐ Soft-tissue injuries	☐ Tendinopathy
☐ Muscle strains	☐ Ligament injuries
☐ OA	☐ Rheumatoid arthritis
☐ Ankylosing spondylitis	☐ Osteoporosis
☐ Inflammatory conditions	☐ Peripheral nerve injuries
☐ Post-operative rehabilitation	☐ Sports injuries
☐ Load management	☐ Return to sport
☐ Pain science	☐ Chronic pain

2. NEUROLOGY

Central Neurology

☐ Stroke	☐ TIA
☐ Traumatic brain injury	☐ Acquired brain injury
☐ Parkinson's disease	☐ Multiple sclerosis

☐ Cerebellar disorders	☐ Brain tumours
☐ Dementia	☐ Ataxia

Spinal Cord

☐ Spinal cord injury	☐ Complete vs incomplete SCI
☐ ASIA classification	☐ Neurogenic bladder/bowel
☐ Pressure injuries	☐ Autonomic dysreflexia
☐ Orthostatic hypotension	☐ Respiratory complications
☐ Transfers and mobility	

Peripheral Neurology

☐ Peripheral neuropathy	☐ Guillain-Barré syndrome
☐ Peripheral nerve injuries	☐ Motor neuron disease
☐ ALS	☐ Muscular dystrophy

Paediatric Neurology

☐ Cerebral palsy	☐ Developmental delay
☐ Spina bifida	☐ Neuromuscular conditions
☐ Developmental milestones	

Neurorehabilitation

☐ Tone/spasticity	☐ Strength
☐ Balance	☐ Coordination
☐ Gait	☐ Transfers
☐ Mobility	☐ Falls
☐ Functional independence	☐ Rehabilitation goals
☐ Assistive devices	☐ Community reintegration

3. CARDIORESPIRATORY

Respiratory

☐ COPD	☐ Asthma
☐ Pneumonia	☐ Bronchiectasis
☐ Cystic fibrosis	☐ Pulmonary fibrosis
☐ Pulmonary oedema	☐ Pleural effusion
☐ Pneumothorax	☐ ARDS
☐ Tuberculosis	☐ Respiratory failure

Acute Respiratory Care

☐ Oxygen therapy	☐ Respiratory assessment
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☐ Airway clearance	☐ Secretion management
☐ Positioning	☐ Breathing exercises
☐ Chest physiotherapy	☐ Early mobilisation
☐ Monitoring deterioration	

Cardiac

☐ Myocardial infarction	☐ Heart failure
☐ Ischaemic heart disease	☐ Cardiac surgery
☐ Cardiac rehabilitation	☐ Peripheral arterial disease
☐ Cardiovascular risk factors	☐ Exercise prescription

Post-operative

☐ Abdominal surgery	☐ Thoracic surgery
☐ Cardiac surgery	☐ Orthopaedic surgery
☐ ICU physiotherapy	☐ Early mobilisation
☐ Post-operative complications	

4. PAEDIATRICS

Paediatric Topics

☐ Developmental milestones	☐ Developmental delay
☐ Cerebral palsy	☐ Spina bifida
☐ Muscular dystrophy	☐ Paediatric respiratory conditions
☐ Paediatric MSK conditions	☐ Congenital conditions
☐ Birth injuries	☐ Torticollis
☐ Developmental hip dysplasia	☐ Family-centred care
☐ School/community rehabilitation	

5. GERONTOLOGY

Older Adult Topics

☐ Falls	☐ Frailty
☐ Sarcopenia	☐ Osteoporosis
☐ Osteoarthritis	☐ Dementia
☐ Parkinson's	☐ Balance
☐ Gait	☐ Functional decline
☐ Mobility aids	☐ Falls prevention
☐ Exercise prescription	☐ Community rehabilitation
☐ Functional independence	

6. WOMEN'S / GENDER HEALTH

Gender Health Topics

☐ Pregnancy	☐ Postpartum rehabilitation
☐ Pelvic floor basics	☐ Urinary incontinence
☐ Pelvic pain	☐ Diastasis recti
☐ Exercise during pregnancy	☐ Postnatal return to exercise
☐ Menstrual health considerations	☐ Menopause
☐ Gender-sensitive physiotherapy practice	

7. ASSESSMENT & CLINICAL REASONING

Clinical Reasoning Topics

☐ Subjective assessment	☐ Objective assessment
☐ Differential diagnosis	☐ Clinical hypothesis
☐ Red flags	☐ Yellow flags
☐ Screening	☐ Referral
☐ Investigations	☐ Imaging interpretation
☐ Treatment planning	☐ Goal setting
☐ Prognosis	☐ Reassessment
☐ Treatment progression	☐ Discharge planning
☐ Outcome measures	

8. EXERCISE PRESCRIPTION

Exercise Topics

☐ FITT principle	☐ Strength training
☐ Aerobic training	☐ Flexibility
☐ Balance training	☐ Neuromuscular training
☐ Exercise progression/regression	☐ Exercise contraindications
☐ Exercise precautions	☐ Exercise testing
☐ Vital-sign monitoring	☐ Return-to-sport conditioning
☐ Older-adult exercise	☐ Paediatric exercise
☐ Chronic disease exercise	

9. PAIN & REHABILITATION

Pain & Rehab Topics

☐ Acute pain	☐ Persistent pain
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☐ Nociceptive pain	☐ Neuropathic pain
☐ Nociplastic pain	☐ Pain education
☐ Fear avoidance	☐ Central sensitisation
☐ Graded exposure	☐ Graded activity
☐ Self-management	☐ Behavioural factors
☐ Psychosocial factors	☐ Functional rehabilitation

10. EVIDENCE-BASED PRACTICE

EBP & Research Topics

☐ Evidence hierarchy	☐ RCTs
☐ Systematic reviews	☐ Meta-analysis
☐ Cohort studies	☐ Case-control studies
☐ Diagnostic studies	☐ Clinical guidelines
☐ Validity	☐ Reliability
☐ Sensitivity	☐ Specificity
☐ Likelihood ratios	☐ PPV/NPV
☐ MCID	☐ Statistical vs clinical significance
☐ Risk ratios	☐ Odds ratios
☐ Confidence intervals	☐ P-values
☐ Bias	☐ Critical appraisal

11. PROFESSIONAL PRACTICE

Ethics

☐ Consent	☐ Capacity
☐ Confidentiality	☐ Privacy
☐ Professional boundaries	☐ Conflict of interest
☐ Ethical decision-making	

Legal & Professional

☐ Scope of practice	☐ Professional responsibility
☐ Documentation	☐ Record keeping
☐ Communication	☐ Referral
☐ Escalation	☐ Delegation
☐ Supervision	

Safety

☐ Infection control	☐ Manual handling
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☐ Falls risk	☐ Clinical risk
☐ Incident reporting	☐ Deteriorating patient
☐ Workplace safety	

Australian Practice

☐ Multidisciplinary team	☐ Handover
☐ Cultural safety	☐ Health literacy
☐ Shared decision-making	☐ Patient-centred care
☐ Rural/remote practice	☐ Telehealth
☐ Community practice	☐ Private practice

12. CLINICAL SETTINGS

Settings

☐ Acute hospital	☐ ICU
☐ Emergency department	☐ Inpatient rehabilitation
☐ Outpatient rehabilitation	☐ Community
☐ Private practice	☐ Aged care
☐ Paediatric services	☐ Sports settings
☐ Rural/remote practice	☐ Telehealth
☐ Home-based rehabilitation	

13. How to Convert the Topic List Into Mock Tests

TOPIC-WISE	Individual topics	Example: ACL injury, stroke, COPD, consent, sensitivity/specificity
SUBJECT-WISE	Major subjects	MSK • Neurology • Cardiorespiratory • Professional Practice
10 FULL-LENGTH	Integrated exam simulation	Mixed clinical cases across all major clinical areas, lifespan, settings and professional practice

Every Topic Should Be Tested Through Clinical Reasoning

• Assessment
• Diagnosis / differential diagnosis
• Red flags and safety
• Appropriate investigations
• Management planning
• Intervention selection
• Progression / regression
• Outcome measures
• Patient education
• Referral / escalation
• Professional and ethical decision-making

MyExamPrep goal: Move candidates from knowing the topic → recognising the presentation → reasoning through the case → choosing the safest and most appropriate answer.