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Certified Chiropractic Therapy Assistant Test Plan

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This test plan outlines of the competencies to be determined through the CTA examination demonstrating an examinee has the knowledge and skills required of a clinical Chiropractic Therapy Assistant working under the direction of a chiropractic physician. The CTA Examination for certification contains 100 scored items. Candidates are allowed 75 minutes for completion once initiating the examination.

Application of Clinical Chiropractic Therapy Assistant Principles (30%)

Examples of knowledge tested:

- Basic qualifications of a Chiropractic Therapy Assistant in both clinical and administrative roles
- Fundamentals of chiropractic, its safety and effectiveness, and approach to healthcare, along with the general education requirements and scope of practice for doctors of chiropractic
- How to perform common duties of a clinical chiropractic therapy assistant including conducting an initial patient case history, assisting patients in pain, and the CTA's role in fostering positive patient relations to provide optimal care throughout their treatment process
- Healthcare terminology, including chiropractic and medical terms, anatomical, diagnostic, and procedural terms, and related definitions and abbreviations
- Documentation and key components for effective recordkeeping, including common documentation methods and abbreviations; plus, elements of the patient file and special considerations, such as Medicare documentation guidelines
- Core understanding of professional boundaries and ethics with an overview of examination and treatment recommendations, risk management practices, proactive prevention and proper response to sexual harassment and other potentially unethical or illegal situations

Human Anatomy and Physiology for the Clinical Chiropractic Therapy Assistant (30%)

Examples of knowledge tested:

- Fundamental elements of the skeletal and muscular system including joints, ligaments, tendons
- Basic structure and function of the nervous system, as well as the components and function of the other major body systems and their interactions
- Importance of knowledge of human anatomy and physiology for the purpose of efficient and accurate communication with the chiropractic physician, as well as the patient
- Basic clinical understanding of the systems of the human body as they relate to function, as well as daily activities of living and therapeutic interventions

Patient Procedures, Safety and Protection (40%)

Examples of knowledge tested:

- General applications of common treatments which may be utilized in the chiropractic setting, including hands-on procedures, stretches, modalities, rehabilitation protocols, as well as a general understanding of various chiropractic techniques
 - How to administer various therapy techniques to patients, as well as an understanding of how those therapies work and how to relate that information to educate the patient
 - Common indications and contraindications of key therapy techniques used in the chiropractic setting and understand the healing phases to better prepare and educate patients on their path to recovery
 - Spinal rehabilitation fundamentals and their application in the clinical setting, including risk factors, contraindications, protocols and sets, and concepts of strengthening
 - Emergency procedures from first aid, AED, and CPR concepts to preparing the practice to be able to respond efficiently and appropriately react when an emergency occurs
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