

Content Area	Topic	Notes	Times Reviewed	Done? Check it off!!!
Example Area	Example Topic	Completed first half	HHH	☐
Outcome Measures	Readings - Folder 0: Functional Independence Measure (FIM)			☐
	Readings - Folder 0: Muscle origin insertion innervation			☐
	Readings - Folder 0: NPTEFF Dermatomes, Myotomes, Reflexes			☐
	Readings - Folder 0: NPTEFF Special Tests			☐
	Readings - Folder 0: NPTEFF UE and LE Nerves			☐
	Readings - Folder 0: NPTEFF Range of Motion Norms			☐
	Folder 10 - Bonus Folder - NPTEFF Quick 50 points			☐
	Folder 4 - Bonus Folder - NPTEFF Pediatric Scales			☐
	Folder 1 - NPTEFF Capsular Pattern.jpg			☐
	Folder 1 - NPTEFF Normal and Abnormal End feels.jpeg			☐
	Folder 1 - NPTEFF Open and close packed position .jpeg			☐
	Folder 10 - NPTEFF Important Scales & Outcome Measures.pdf			☐
	Folder 5 - Lab values.pdf			☐
	Folder 5 - NPTEFF lab values.pdf			☐
	Folder 8 - NPTEFF Capsular Pattern.jpg			☐
	Assignment 01. - Shoulder MSK Interventions			☐
	Assignment 02. - Elbow & Wrist MSK Interventions			☐
	Assignment 03. - Hip MSK Interventions			☐
	Assignment 04. - Upper Limb (30-question quiz)			☐
	Assignment 05. - Knee MSK Interventions			☐
	Assignment 06. - Ankle MSK Interventions			☐
	Assignment 07. - Lower Limb (30-question quiz)			☐
	Assignment 08. - Spine MSK Interventions			☐
	Assignment 09. - Gait (30-question quiz)			☐
	Folder 1 - Bonus Folder - NPTEFF Crossed Syndrome			☐
	Folder 1 - Bonus Folder - NPTEFF Line of Gravity (LOG)			☐
	Folder 1 - Bonus Folder - NPTEFF DD of Ligament Sprain			☐
	Folder 4 - Bonus Folder - NPTEFF Piriformis Syndrome			☐
	Folder 4 - Bonus Folder - NPTEFF Patellar Tendinitis & Osgood Schlatter Disease			☐
	Folder 6 - Bonus Folder - NPTEFF Pregnancy Changes			☐
	Folder 7 - Bonus Folder - NPTEFF Swayback Posture			☐
	Folder 8 - Bonus Folder - NPTEFF Shoulder Case Study Discussion Questions			☐
	Folder 9 - Bonus Folder - Differential diagnosis of muscle strain and tendinosis			☐
	Folder 1 - Common Musculoskeletal Conditions and PT Management(Focus study_ Adhesive Capsulitis) NPTEFF Book Chapter 3 Page 40 Table 11d.pdf			☐
	Folder 1 - MSK Basics NPTEFF Book Chapter 3 Page 43-45 Fig 11 .pdf			☐
	Folder 1 - NPTEFF Adhesive Capsulitis.pdf			☐
	Folder 1 - NPTEFF Mobilization- Joint Arthrokinematics.pdf			☐
	Folder 1 - NPTEFF Scalene, SCM, Trapezius, and Levator Scapulae stretch.jpeg			☐
	Folder 1 - NPTEFF Shoulder Joint DD.pdf			☐
	Folder 1 - Rehabilitation of common surgical procedures (focus study_ ACL) NPTEFF Book Chapter 4 Page 69 Table 17 and page 76-77.pdf			☐
	Folder 10 - Content MSK - Gait-Normal and Abnormal, Prosthetic Gait, Orthotic Gait NPTEFF Book Chapter 11 Page 359-361, Chapter 11 Page 363-366, Chapter 11 P			☐
	Folder 2 - Common Musculoskeletal Conditions (focus study_ Wrist conditions) NPTEFF Book Chapter 3 Page 40 Table 11d.pdf			☐
	Folder 2 - NPTEFF Elbow Joint DD.pdf			☐
	Folder 2 - NPTEFF Hand & Wrist Deformities.pdf			☐

Musculoskeletal	Folder 2 - NPTEFF Thoracic Outlet syndrome.pdf	☐
	Folder 4 - Common Musculoskeltal Conditions (Focus topic_ Skeletal and Soft Tissue Conditions and Lower Extremity Conditions) NPTEFF Book Chapter 3 Page 40-4	☐
	Folder 4 - NPTEFF Ankle Joint DD.docx.pdf	☐
	Folder 4 - NPTEFF Ankle Sprain Grading.jpg	☐
	Folder 4 - NPTEFF Knee Joint DD.pdf	☐
	Folder 4 - NPTEFF Paget disease .pdf	☐
	Folder 4 - Ottawa Ankle rule.jpeg	☐
	Folder 4 - Phases of Normal Gait NPTEFF Book Chapter 11 Page 359-361.pdf	☐
	Folder 5 - Abnormal Gait NPTEFF Book Chapter 11 Page 363-367.pdf	☐
	Folder 6 - Aquatic Therapy NPTEFF.pdf	☐
	Folder 6 - NPTEFF Plevic Floor.pdf	☐
	Folder 6 - Pregnancy NPTEFF Book Chapter 9 Page 278-282.pdf	☐
	Folder 7 - Scoliosis + Scheuermann Disease + Postural Deformities + Lumbar- D_D of Spondylolisthesis, Spondylolysis, Stenosis NPTEFF Book Chapter 4 Page 74 an	☐
	Folder 7 - NPTEFF Rehab Protocols.pdf	☐
	Folder 7 - NPTEFF TMJ.pdf	☐
	Folder 7 - Tendon Injuries Repair Protocol NPTEFF Book Chapter 3 Page 40-41 Table 11d , Page 69.pdf	☐
	Folder 7 - THA,_ACL,_TKA,_Achilles_tendon_repair_NPTEFF_Book_Chapter_4_Page.pdf	☐
	Folder 8 - Content MSK - Nerve Mobilization_ULTT & LLTT, Thoracic Outlet Syndrome, Upper Limb Special Tests NPTEFF Book Chapter 3 Page 37-39, Chapter 3 Page :	☐
	Folder 8 - Content MSK Basics.pdf	☐
	Folder 8 - NPTEFF Crossed Syndrome.pdf	☐
	Folder 8 - NPTEFF Plevic Floor.pdf	☐
	Folder 9 - Aquatic Therapy NPTEFF.pdf	☐
	Folder 9 - Content MSK - Surgical Rehab- ACL Repair. Rotator Cuff Repair. TKA and THA. Achilles Tendon Repair. Spinal Mobilization NPTEFF Book Chapter 4 Page 69	☐
	Folder 9 - Content_MSK+Pediatrics,_Lower_limb_Special_Tests_NPTEFF.pdf	☐
	Video Recordings - 02. NPTEFF MSK Basics.pdf	☐
	Video Recordings - 03. NPTEFF MSK Basics Examination and Intervention April 2026.pdf	☐
	Video Recordings - 11. NPTEFF Normal Gait April 2026.pdf	☐
	Video Recordings - 12. NPTEFF Abnormal Gait April 2026.pdf	☐
	Video Recordings - 15. NPTEFF Bonus Class MSK April 2026.pdf	☐
	Folder 3 - Bonus Folder - Myasthenia gravis	☐
	Video Recordings - 28. NPTEFF MSK Advanced DD and Interventions April 2026.pdf	☐
	Folder 3 - Bonus Folder - Encephalitis	☐
	Folder 3 - Bonus Folder - Myasthenia gravis	☐
	Folder 3 - Bonus Folder - ALS NPTEFF	☐
	Folder 5 - Bonus Folder - Prosthetic Gait	☐
	Folder 5 - Bonus Folder - Types of Prosthetic Foot	☐
	Folder 6 - Bonus Folder - NPTEFF Referred Pain	☐
	Folder 8 - Bonus Folder - NPTEFF Polymyalgia Rheumatica (PMR)	☐
	Folder 8 - Bonus Folder - NPTEFF Alzheimer_s disease	☐
	Folder 9 - Bonus Folder - Fibromyalgia vs Myofascial Pain Syndrome	☐
	Folder 1 - NPTEFF Nerve Injury classification.pdf	☐
	Folder 1 - Peripheral Nerve Disorders NPTEFF Book Chapter 6 Page 130-131.pdf	☐
	Folder 1 - Upper and Lower Limb Tension Tests NPTEFF Book Chapter 3 Page 37-39.pdf	☐
	Folder 10 - Content Neuro - D_D, Parkinson_s Disease, GBS, ALS, MS , Myasthenia Gravis NPTEFF Book Chapter 6 Page 138-140, Chapter 6 Page 135-137, Chapter 6,	☐
	Folder 10 - Content Neuro - TBI- GCS_RLA, Sensory Organization Test_ CTSIB, Vestibular Disorders NPTEFF Book Chapter 6 Page 154-156, Chapter 6 Page 134, 156-1	☐
	Folder 10 - NPTEFF Adult Neuro Conditions DD.pdf	☐

Neuromuscular	Folder 10 - NPTEFF PNF Summary.pdf	☐
	Folder 2 - NPTEFF Cerebellar & Basal Ganglia Pathology .pdf	☐
	Folder 2 - NPTEFF SNS vs PNS.jpg	☐
	Folder 2 - UMN & LMN Lesions & Difference between CNS Disorders NPTEFF Book Chapter 6 Page 126-127 Table 29 & 30.pdf	☐
	Folder 3 - Multiple Sclerosis NPTEFF Book Chapter 6 Page 135-137.pdf	☐
	Folder 3 - NPTEFF Adult Neuro Conditions DD.pdf	☐
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	Folder 3 - SCI NPTEFF Book Chapter 6 Page 144-148.pdf	☐
	Folder 3 - Tethered Spinal Cord.jpeg	☐
	Folder 4 - NPTEFF CRPS.pdf	☐
	Folder 4 - NPTEFF CVA syndromes .pdf	☐
	Folder 4 - NPTEFF Pediatric Reflexes.pdf	☐
	Folder 4 - NPTEFF Perceptual Disorders.pdf	☐
	Folder 4 - Parkinson_s Disease NPTEFF Book Chapter 6 Page 138-140.pdf	☐
	Folder 4 - Spinal Reflexes and Pediatric Conditions NPTEFF Book Chapter 6 Page 153-154,337-347.pdf	☐
	Folder 4 - Stroke NPTEFF Book Chapter 6 Page 148-151.pdf	☐
	Folder 4 - TBI and GCS Scale NPTEFF Book Chapter 6 Page 154-156.pdf	☐
	Folder 5 - NPTEFF Diabetic Neuropathy.pdf	☐
	Folder 5 - Prosthesis and Gait NPTEFF Book Chapter 11 Page 367-372.pdf	☐
	Folder 6 - Cerebellar Disorders & Motor Learning NPTEFF Book Chapter 6 Page 134 and Chapter 10 Page 326-330.pdf	☐
	Folder 6 - Motor Learning Stages.jpeg	☐
	Folder 7 - Motor Learning Stages NPTEFF Book Chapter 10 Page 326-330.pdf	☐
	Folder 7 - NPTEFF Pediatric Reflexes.pdf	☐
	Folder 7 - Pediatrics Conditions NPTEFF Book Chapter 10 Page 338-346.pdf	☐
	Folder 7 - Sensory Organization Test (CTSIB) Chapter Page 156-157.pdf	☐
	Folder 8 - Content_Neuro_UMN_LMN_Lesions,_Cerebellar_&_Basal_Ganglia_Disorders.pdf	☐
	Folder 8 - NPTEFF CRPS.pdf	☐
	Folder 8 - NPTEFF SCI Chart.pdf	☐
	Folder 9 - Content Neuro - Motor Control, Stages of Learning, Stroke. NPTEFF Book Chapter 10 Page 326-330,Chapter 6 Page 148-151. .pdf	☐
	Folder 9 - NPTEFF CVA syndromes .pdf	☐
	Folder 9 - NPTEFF Pediatric Reflexes.pdf	☐
	Video Recordings - 04. NPTEFF Neuro Basic Examination April 2026.pdf	☐
	Video Recordings - 13. NPTEFF Prosthetics and Orthotics Gait April 2026.pdf	☐
	Video Recordings - 14. NPTEFF Neuro DD and Intervention April 2026.pdf	☐
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	Video Recordings - 19. NPTEFF Bonus Class Neuro April 2026.pdf	☐
	Video Recordings - 22. NPTEFF SCI April 2026.pdf	☐
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Folder 10 - Bonus Folder - NPTEFF Pharmacology Summary		☐
Folder 10 - Bonus Folder - NPTEFF Pharmacology Notes		☐
Folder 4 - Bonus Folder - NPTEFF Osteogenesis Imperfecta		☐
Folder 5 - Bonus Folder - NPTEFF Other Wound Types With Answers (1)		☐
Folder 5 - Bonus Folder - NPTEFF Other Wound Types with Questions (1)		☐
Folder 5 - Bonus Folder - NPTEFF Pictures of Pressure Ulcers and Other Wound Types		☐
Folder 5 - Bonus Folder - NPTEFF Pressure Ulcer Answers (1)		☐
Folder 5 - Bonus Folder - NPTEFF Pressure Ulcers with Questions (1)		☐

Other Systems	Folder 6 - Bonus Folder - Heat Exhaustion and Stroke	☐
	Folder 6 - Bonus Folder - Dehydration FF	☐
	Folder 6 - Bonus Folder - NPTEFF Systemic lupus erythematosus (SLE)	☐
	Folder 7 - Bonus Folder - NPTE Final Frontier Drugs	☐
	Folder 7 - Bonus Folder - NPTEFF Age Related Problems	☐
	Folder 7 - Bonus Folder - APGAR Score	☐
	Folder 10 - Content Other Systems - Modalities Slides, Lab Values, Wheelchair, GERD NPTEFF Book Chapter 5 Page 99-103, Chapter 12 Page 402-403,Chapter 10 Pa	☐
	Folder 10 - Content Other Systems - Respiratory and Metabolic- Acidosis and Alkalosis, Drugs Slides, Pressure Ulcer, Burns, NDNQI Readings (Wound Types) NPTEFI	☐
	Folder 10 - NPTEFF Pressure Ulcers & ABI-Additional Notes.pdf	☐
	Folder 3 - Edema_pitting scale.jpeg	☐
	Folder 3 - Lymphedema NPTEFF Book Chapter 8 Page 225-228.pdf	☐
	Folder 5 - Burns NPTEFF Book Chapter 8 Page 242-245.pdf	☐
	Folder 5 - Debridement indicaions and contraindications.jpeg	☐
	Folder 5 - Drainage types.jpeg	☐
	Folder 5 - Endocrine and Metabolic disorders Chapter 9 Page 257-268 (1).pdf	☐
	Folder 5 - NPTEFF Endocrine System and Electrolyte imbalances - Hypo & Hyper.pdf	☐
	Folder 5 - NPTEFF Pressure Ulcers & ABI-Additional Notes.pdf	☐
	Folder 5 - Wound Healing and Ulcers NPTEFF Book Chapter 8 Page 245-247.pdf	☐
	Folder 5 - Wound healing stages FF .pdf	☐
	Folder 6 - Cancer NPTEFF Book Chapter 9 Page 302-309.pdf	☐
	Folder 6 - GI Signs and Symptoms & GU system Urinary Incontinence and UTI NPTEFF Book Chapter 9 Page 271-274, 283-286.pdf	☐
	Folder 6 - NPTEFF Urinary tract infection.jpeg	☐
	Folder 7 - Drugs NPTEFF Book Chapter 9 Page 312-314.pdf	☐
	Folder 8 - Content Other Systems- UTI, Incontinence, Prostate Cancer, RA & OA NPTEFF Book Chapter 3 Page 41 Table 11d, Chapter 9 Page 271-273, 275-276.pdf	☐
	Folder 8 - NPTEFF Urinary tract infection.jpeg	☐
	Folder 9 - Content_Other_Systems_Pregnancy,_Diabetes,_Aquatic_Therapy,_Thyroid .pdf	☐
	Video Recordings - 07PT. NPTEFF Integumentary April 2026.pdf	☐
	Video Recordings - 08PT. NPTEFF PT Lymphatic System April 2026.pdf	☐
	Video Recordings - 18. NPTEFF Other Systems 1 April 2026.pdf	☐
	Video Recordings - 20. NPTEFF Other Systems 2 April 2026.pdf	☐
	Video Recordings - 24. NPTEFF Pediatrics April 2026.pdf	☐
	Video Recordings - 27. NPTEFF Bonus Class OS NS April 2026.pdf	☐
	Video Recordings - 31. NPTEFF System Interactions April 2026.pdf	☐
	Video Recordings - 33. NPTEFF Pharmacology April 2026.pdf	☐
Non-systems	Folder 6 - Bonus Folder - HIPAA	☐
	Folder 8 - Bonus Folder - Parametric vs Non-parametric	☐
	Folder 8 - Bonus Folder - Research Handwritten Team Notes	☐
	Folder 6 - AIDS and Standard Immunity Precautions NPTEFF Book Chapter 09 Page 295-299.pdf	☐
	Folder 6 - Ambulatory Aids & Gait Patterns, Wheelchair NPTEFF Book Chapter 10 Page 348-349.pdf	☐
	Folder 6 - Ankle Foot Orthoses (AFO) NPTEFF.pdf	☐
	Folder 6 - APTA COE.pdf	☐
	Folder 6 - SOAP notes.jpeg	☐
	Folder 6 - Telehealth In Physical Therapy FSBPT.pdf	☐
	Folder 6 - Types of Prevention FF .pdf	☐
	Folder 7 - Research NPTEFF Book Chapter 5 Page 92-95.pdf	☐
	Folder 7 - Therapeutic Modalities NPTEFF Book Chapter 5 Page 99-103.pdf	☐

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	Folder 9 - BLS Algorithm.pdf	☐
	Folder 9 - BLS Summary.pdf	☐
	Video Recordings - 09. NPTEFF Non-Systems 1 April 2026.pdf	☐
	Video Recordings - 10. NPTEFF Non-Systems 2 April 2026.pdf	☐
	Video Recordings - 17. NPTEFF Modalities April 2026.pdf	☐
	Video Recordings - 21PT. NPTEFF Research April 2026.pdf	☐
	Video Recordings - 32. NPTEFF Focus Topics and Exam Strategies April 2026.pdf	☐
Cardiopulmonary	Folder 2 - Bonus Folder - NPTEFF Pulse Sites	☐
	Folder 2 - Bonus Folder - Heart Auscultation	☐
	Folder 2 - Bonus Folder - Emphysema ve Chronic bronchitis	☐
	Folder 5 - Bonus Folder - NPTEFF Pulse sites	☐
	Folder 2 - Breathing Exercises NPTEFF Book Chapter 12 Page 399-400.pdf	☐
	Folder 2 - Cardio Examination NPTEFF Book Chapter 7 Page 173-178 .pdf	☐
	Folder 2 - Grading scale for pulse strength.jpeg	☐
	Folder 2 - Muscle of Respiration.jpeg	☐
	Folder 2 - NPTEFF Angina.jpg	☐
	Folder 2 - NPTEFF Carpal Palpation.pdf	☐
	Folder 2 - Right and Left Heart Failure.jpeg	☐
	Folder 3 - Lung Volumes and ABG NPTEFF Book Chapter 7 Page 200-203.pdf	☐
	Folder 3 - Pulmonary Examination NPTEFF Book Chapter 7 Page 204-208.pdf	☐
	Folder 5 - NPTEFF Peripheral Arterial Conditions.jpg	☐
	Folder 7 - Cardiac Rehab & Exercise Termination Criteria + Heart Transplant NPTEFF Book Chapter 12 Page 384, 389-393.pdf	☐
	Folder 7 - ECG NPTEFF Book Chapter 7 Page 180-186.pdf	☐
	Folder 7 - NPTEFF Postural Drainage.jpg	☐
	Folder 8 - Content Cardio - Heart Sounds_ Auscultation, ECG, & Exercise Tolerance Testing and Cardiac Rehabilitation. NPTEFF Book C.pdf	☐
	Folder 8 - Right and Left Heart Failure.jpeg	☐
	Folder 9 - Content Cardio-Pulmonary - Lung Volumes and Chronic Lung Diseases, Arterial, Venous, Diabetic Ulcers, Standard Precautions, AHA CPR Guidelines (BL	☐
	Folder 9 - Content Pulmonary - Respiratory Sounds- Normal & Abnormal, Breathing Exercises, Postural Drainage, RPE Scale, Lymphedema. NPTEFF Book Chapter 7 2	☐
	Video Recordings - 05. NPTEFF Cardio Examination April 2026.pdf	☐
	Video Recordings - 06. NPTEFF Pulmonary Examination April 2026.pdf	☐
	Video Recordings - 23. NPTEFF Bonus Class Cardio April 2026.pdf	☐
	Video Recordings - 25PT. NPTEFF Cardiopulmonary Interventions April 2026.pdf	☐
	Video Recordings - 30. NPTEFF Cardio Examination ECG April 2026.pdf	☐