

## **SOT CRANIAL EXAM STUDY GUIDE**

This guide is designed to help candidates develop a successful study programme in preparation for challenging the SOT Cranial exam. It is not an exhaustive or definitive list.

- Cranial Anatomy
  - Bones
  - Sutures
  - Landmarks
  - Foramina and their contents
  - Muscles
    - Attachments
    - Actions
  - Vascular structures and what they supply
  - Dural membranes and their attachments
- Cranial Physiology
  - CSF production
  - Primary respiratory mechanism
  - Cranial range of motion
  - Reciprocity patterns within the skull and rest of body
- Facial diagnosis in relation to distortion patterns
- Sutural technique
- Category I intra oral cranial adjustments
- TMJ
  - Assessments
  - Corrections
- All Cranial specific adjustments
- All Cranial non-specifics
- Paediatric Cranial
  - Include normal physiology. Such as when fontanelles close, when sutures start to form, how long the system takes to develop etc.

For each adjustment or technique, candidate must know

- Indications
- Contraindications
- Physiology of the adjustment
- Expectations of adjustment – how do you know if it is working, how do you know it is completed
- What reactions do you watch for?
- Be able to discuss where in a treatment programme you would use it and why
- When describing a technique, don't give bare minimum of detail. i.e. not just contact here and push that way...give more detail so contact here, push this way until you can feel this. Then do this etc.

There may be different versions or variations of some techniques in different manuals. It is helpful to be able to reference these and maybe discuss the differences for extra marks

Get used to vocalising the techniques so the examiners can allocate marks. It is obvious when a candidate uses the techniques but you must use the correct language to get the marks.