



# Physical Therapist

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Midterm



# Overview

- Physical Therapy is a form of manual therapy that uses various exercises and techniques to improve the motor functions of patients.
- A physical therapist is the person who administers these exercises for the patients to perform. Usually, the patient has been recently restricted from their usual range of motion in a certain area and needs a physical therapist's help in order to restore the function, reduce pain, and prevent disability of this area.
- PTs organize personalized programs for each of their patients' specific needs



# Education/Qualifications

- Becoming a physical therapist is usually a 6-7 year process.
- Must have a graduate degree from a PT program
- Must pass a state-administered national licensure exam which allows them to practice



## Skills Needed

- To become a PT, you need to have good communication and social skills in order to interact with and care for your patients.
- You also need to be organized so that you can keep up with the variety of patient-specific plans that you have created
- You need to be efficient and flexible in order to accomplish what needs to be done in a certain amount of time (ex. If a 6-week plan is designed for a patient to regain full mobility of their arm, you need to make sure that this task is completed within this time)



# Work Environment

- PTs can work in a variety of environments:
  - Hospitals
  - Private Practices
  - Schools
  - Outpatient Clinics
  - Sports/Fitness Facilities
  - Nursing Homes
  - Rehabilitation Facilities



# Work Environment

- Although there are many areas that PTs can work, the environments are similar for the most part.
- Much of their time is spent moving around on their feet, helping patients in an active way
- The average work week is around 40 hours (may include nights and weekends)
- This environment works well for me because I do not enjoy sitting in one place all day. I would like to move around and help my patients in any way, shape, or form, and I don't have a problem with having to get up and be active during my job.



# My Insight

- I think that a physical therapist is a great career because you are constantly learning new things and are exposed new experiences.
- Every patient is different which is very exciting to me. It is very rare that you will have the same exact plan for any 2 patients even if their end goals are similar.
- It is a very rewarding career because you can help so many people do things they wouldn't be able to do without your help.



# My Insight

- PTs also have a high annual salary and you can always go back to school to improve your degree
- There are many different areas that you can work in with this occupation because PTs are needed for many different reasons
- Employment of physical therapists is expected to grow 34 percent from 2014 to 2024, which is much faster than most occupations.