ACTIVITIES PERFORMED BY ENTRY-LEVEL PHYSICAL THERAPISTS IDENTIFIED DURING THE 2006 ANALYSIS OF PRACTICE
Patient/Client Assessment:

*Information Gathering & Synthesis*

Interview patients/clients, caregivers, and family to obtain past and current patient/client history information (e.g., medical, surgical, social, cultural) to: establish prior and current level of function

Interview patients/clients, caregivers, and family to obtain past and current patient/client history information (e.g., medical, surgical, social, cultural) to: establish prevention needs of patient/client (e.g., primary and secondary)

Interview patients/clients, caregivers, and family to obtain patient/client history information (e.g., medical, surgical, social, cultural) to: determine patient's/client's current need for PT care (e.g., patient/client and caregiver goals)

Review medical records (e.g., labs, diagnostic tests, specialty reports, narrative, consults)

*Systems Review*

Perform screen of the anatomical and physiological status of the: cardiovascular/pulmonary system (e.g., blood pressure, heart rate)

Perform screen of the anatomical and physiological status of the: integumentary system (e.g., presence of scar formation, skin integrity, edema)

Perform screen of the anatomical and physiological status of the: musculoskeletal system (e.g., gross symmetry, strength, weight, height, range of motion)

Perform screen of the anatomical and physiological status of the: neuromuscular system (e.g., gross coordinated movements, motor function, locomotion)

Perform screen of patient's/client's affect, cognition, communication, and learning style (e.g., ability to make needs known, consciousness, orientation, expected emotional/behavioral responses, learning preferences)

*Cardiovascular & Pulmonary*

Select and perform tests of aerobic capacity during functional activities (e.g., 6 minute walk)

Measure cardiovascular function (e.g., blood pressure, heart rate) in response to cardiovascular demand

Measure pulmonary function in response to oxygen demand (e.g., respiratory rate, oxygen saturation)

Assess ventilation (e.g., breath sounds, rate, rhythm, pattern)

Assess perfusion and gas exchange (e.g., airway protection, pulse oximetry, arterial blood gases)

Measure cardiovascular function and circulation (e.g., pulses, capillary refill, Ankle Brachial Index)

Measure physiological responses to position change (e.g., skin color, blood pressure, heart rate)

*Tests & Measures: Anthropomorphic*

Measure body dimensions (e.g., height, weight, girth)

Quantify edema (e.g., volume test, circumference)

*Tests & Measures: Arousal, Attention, & Cognition*

Select and perform tests of attention and cognition (e.g., ability to process commands)

Assess patient's/client's ability to communicate (e.g., expressive and receptive skills, following step command)

Select and perform tests of arousal and orientation to time, person, place, and situation

Select and perform tests of recall (including memory and retention)
Tests & Measures: Assistive & Adaptive Devices
Assess the need for assistive or adaptive devices and equipment
Assess components, alignments, and fit of assistive or adaptive devices and equipment
Assess the effectiveness of assistive or adaptive devices and equipment (e.g., function and safety during use)
Assess patient's/client's or caregiver's ability to care for assistive or adaptive devices and equipment (e.g., maintenance, adjustments, cleaning)

Tests & Measures: Nerve Integrity
Select and perform tests of neural provocation (e.g., Tinel, Phalen, Slump)
Assess cranial nerve integrity (e.g., facial asymmetry, oculomotor, hearing, taste)
Assess peripheral nerve integrity (e.g., sensation, strength)
Assess spinal nerve integrity (e.g., dermatome, myotome)

Tests & Measures: Environmental & Community Integration/Reintegration
Assess activities of daily living (ADL) (e.g., bed mobility, transfers, household mobility)
Assess instrumental activities of daily living (IADL) (e.g., community ambulation, public transportation, shopping, household chores, home maintenance, caring for dependents)
Assess ability to perform skills needed for integration or reintegration into the community
Assess barriers (e.g., social, physical, environmental, work conditions and activities) to community integration/reintegration
Select and perform tests of ability to participate in activities with or without the use of devices or equipment (e.g., functional capacity evaluation, task analyses)

Tests & Measures: Ergonomics, Body Mechanics, & Posture
Select and perform tests of specific work conditions or activities
Select and perform tests of tools, devices, equipment, and workstations related to work actions, tasks, or activities
Assess body mechanics during self-care, home, management, work, community, or leisure actions, tasks, or activities (e.g., how patient moves, whether patient aggravates the injury)
Assess postural alignment and position (static and dynamic)

Tests & Measures: Gait, Locomotion & Balance
Select and perform tests of balance (dynamic and static) with or without the use of specialized equipment
Assess gait and locomotion during functional activities (e.g., ambulation, wheelchair mobility) with or without the use of specialized equipment

Tests & Measures: Integumentary Integrity
Assess activities, positioning, and postures that may produce or relieve trauma to the skin
Assess devices and equipment that may produce or relieve trauma to the skin
Assess skin characteristics (e.g., blistering, continuity of skin color, dermatitis, hair growth, mobility, nail growth, sensation, temperature, texture, and turgor)
Assess wound characteristics (e.g., pressure ulcer, Wagner scale, burn degree and depth)
Assess scar tissue characteristics (e.g., banding, pliability, sensation, and texture)
**Tests & Measures: Joint Integrity & Range of Motion**

Select and perform tests of joint stability (e.g., ligamentous integrity, joint structure)
Select and perform tests of joint mobility (e.g., glide, end feel)
Select and perform tests of range of motion (e.g., functional and physiological)
Measure active and passive joint range of motion (e.g., goniometry)
Select and perform tests of flexibility (e.g., muscle length, soft tissue extensibility)

**Tests & Measures: Motor Function**

Assess muscle tone (e.g., spasticity, flaccidity)
Assess dexterity, coordination, and agility (e.g., rapid alternating movement, finger to nose)
Assess ability to initiate, modify, and control movement patterns and postures (e.g., catching a ball, gait)
Assess ability to change movement performance with practice (e.g., motor learning)

**Tests & Measures: Muscle Performance**

Select and perform tests of muscle strength, power, and endurance (e.g., manual muscle test, isokinetic testing, dynamic testing)

**Tests & Measures: Neuromotor Development & Sensory Integration**

Assess acquisition and evolution of motor skills
Select and perform tests of sensorimotor integration (e.g., postural, equilibrium)
Select and perform tests of developmental reflexes and reactions (e.g., plantar or Babinski reflex, asymmetrical tonic neck reflex, righting reaction)

**Tests & Measures: Orthotic, Protective, Supportive, & Prosthetic Devices**

Assess the need for orthotic, protective, and supportive devices
Assess components, alignments, and fit for orthotic, protective, and supportive devices and equipment
Assess the effectiveness of orthotic, protective, and supportive devices and equipment (e.g., function and safety during use)
Assess patient's/client's or caregiver's ability to don/doff orthotic, protective, and supportive devices
Assess patient's/client's or caregiver ability to care for orthotic, protective, and supportive devices (e.g., maintenance, adjustments, cleaning)
Assess the need for prosthetic devices
Assess components, alignments, and fit of prosthetic devices and equipment
Assess remediation of impairments, functional limitations, or disabilities with use of prosthetic devices and equipment (e.g., function and safety during use)
Assess patient's/client's or caregiver's ability to don/doff a prosthetic device
Assess patient's/client's or caregiver's ability to care for prosthetic devices (e.g., maintenance, adjustments, cleaning)

**Tests & Measures: Pain**

Assess pain (e.g., location, interpret standardized tests, pain characteristics)
Tests & Measures: Reflex Integrity

Select and perform tests of deep tendon reflexes (e.g., quadriceps, biceps)
Select and perform tests of superficial reflexes and reactions (e.g., Cremasteric reflex, abdominal reflexes)

Tests & Measures: Sensory Integrity

Select and perform tests of deep sensation (e.g., proprioception)
Select and perform tests of superficial sensation (e.g., pain, touch, temperature discrimination)

Evaluation & Diagnosis

Interpret cardiovascular/pulmonary system data collected in history, systems review, and testing/measurement to determine need for intervention.
Interpret neuromuscular system data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret musculoskeletal system data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret integumentary system data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret anthropomorphic data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret assistive and adaptive device data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret environmental, home, and work/job/school/play barriers data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret ergonomics and body mechanics data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret gait, locomotion, and balance data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret orthotic, protective, and supportive device data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret pain data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret prosthetic requirements data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret self-care and home management data collected in history, systems review, and testing/measurement to determine the need for intervention
Interpret tests of ability to assume or resume work/job/school/play, community, and leisure activities with or without the use of devices and equipment data collected in history, systems review, and testing/measurement to determine the need for intervention
Integrate system & non-system data to develop physical therapy diagnosis
Development of Prognosis, Plan of Care, & Goals

Integrate system & non-system data to develop physical therapy prognosis

Develop plan of care based on data collected in history, systems review, and testing/measurement, incorporating patient/client and caregiver information

Revise treatment intervention plan based on treatment outcomes

Develop goals based on impairments, functional limitations, and/or disabilities identified through the examination process

Select interventions based on impairments, functional limitations, and/or disabilities identified through the examination process

Interventions

Procedural Interventions: Therapeutic Exercise/Therapeutic Activities

Instruct in aerobic capacity/endurance conditioning or reconditioning (e.g., treadmill, stationary bike, swimming)

Instruct in balance, coordination, and agility activities (e.g., proprioceptive, vestibular, task-specific performance, sensory, aquatic)

Instruct in body mechanics and postural stabilization techniques

Instruct in flexibility techniques (e.g., passive and active stretching)

Instruct in mobility techniques (e.g., wheelchair utilization, gait, developmental activities)

Instruct in neuromotor techniques (e.g., movement pattern training, neuromuscular education or reeducation)

Instruct in relaxation techniques (e.g., breathing strategies, movement strategies, imagery, biofeedback)

Instruct in strength, power and endurance exercises (e.g., active assistive, active, and resistive exercises, aquatic, task-specific performance activities)

Instruct in breathing strategies (e.g., active cycle of breathing, autogenic drainage, paced breathing, pursed lip breathing)

Instruct in techniques to maximize ventilation and perfusion (e.g., assistive cough, positioning)

Perform techniques to maximize ventilation and perfusion (e.g., assistive cough, positioning)

Procedural Interventions: Functional Training

Recommend barrier accommodations or modifications (e.g., ramps, grab bars, raised toilet, environmental control units)

Implement barrier accommodations or modifications (e.g., ramps, grab bars, raised toilet, environmental control units)

Instruct in Activities of Daily Living (ADL) (e.g., bathing, bed mobility, transfers)

Instruct in work/job/school/play, community, and leisure integration or reintegration (e.g., back schools, simulated environments and tasks, task adaptation, travel training)

Instruct in Instrumental Activities of Daily Living (IADL) (e.g., caring for dependents, home maintenance, household chores, shopping)
Procedural Interventions: Manual Therapy Techniques

Perform manual traction
Perform soft tissue mobilization (e.g., connective tissue massage, therapeutic massage)
Perform spinal mobilization/manipulation (thrust/non-thrust).
Perform peripheral mobilization/manipulation (thrust/non-thrust)

Procedural Interventions: Devices & Equipment

Prescribe, apply, or fabricate adaptive devices (e.g., utensils, seating and positioning devices, steering wheel devices)
Train in use of adaptive devices (e.g., utensils, seating and positioning devices, steering wheel devices)
Prescribe and apply assistive devices (e.g., canes, crutches, walkers, wheelchairs, tilt tables, standing frames)
Train in use of assistive devices (e.g., canes, crutches, walkers, wheelchairs, tilt tables, standing frames)
Prescribe, apply, or fabricate orthotic devices (e.g., braces, casts, shoe inserts, splints)
Train in use of orthotic devices (e.g., braces, casts, shoe inserts, splints)
Prescribe and apply prosthetic devices (e.g., lower extremity and upper-extremity)
Train in use of prosthetic devices (e.g., lower extremity and upper-extremity)
Prescribe, apply, or fabricate protective devices (e.g., braces, cushions, helmets, protective taping)
Train in use of protective devices (e.g., braces, cushions, helmets, protective taping)
Prescribe, apply, or fabricate supportive devices (e.g., compression garments, corsets, elastic wraps, neck collars, serial casts)
Train in use of supportive devices (e.g., compression garments, corsets, elastic wraps, neck collars, serial casts)

Procedural Interventions: Integumentary Repair & Protection Techniques

Perform debridement (e.g., nonselective, enzymatic or autolytic, or sharp)
Apply topical agents (e.g., cleansers, creams, moisturizers, ointments, sealants) and dressings (e.g., hydrogels, vacuum-assisted closure, wound coverings)
Recommend topical agents (e.g., pharmacological to physician, over-the-counter to patient).
Perform desensitization techniques (e.g., brushing, tapping, uses of textures)
Train in desensitization techniques (e.g., brushing, tapping, uses of textures)

Procedural Interventions: Electrotherapeutic Modalities & Physical Agents

Perform biofeedback therapy (e.g., relaxation techniques, muscle reeducation)
Perform electrotherapeutic delivery of medication (e.g., iontophoresis)
Perform electrical stimulation therapy (e.g., electrical muscle stimulation (EMS), TENS, functional electrical stimulation (FES))
Perform nonthermal agent procedures (e.g., pulsed electromagnetic fields, pulsed ultrasound)
Perform cryotherapy procedures using cold packs
Perform cryotherapy procedures using ice massage
Train in cryotherapy procedures using ice massage
Perform phonophoresis sound procedures
Perform ultrasound procedures
Perform hot pack thermotherapy procedures
Train in hot pack thermotherapy procedures

Procedural Interventions: Mechanical Modalities
Perform compression therapies (e.g., compression bandaging, compression garments, taping, total contact casting, intermittent pneumatic compression)
Train patient/client in compression therapies (e.g., compression bandaging, compression garments, taping, total contact casting)
Apply mechanical motion devices (e.g., continuous passive motion (CPM))
Apply mechanical traction (e.g., intermittent, sustained)

Non-Procedural Interventions: Communication
Discuss evaluation, goals, prognosis, and plan of care with healthcare team (e.g., teacher, physician, rehabilitation member)
Discuss evaluation, goals, prognosis and plan of care with patient/client and caregivers
Provide patient/client written and verbal information for promoting wellness and prevention

Non-Procedural Interventions: Documentation
Document examination results (e.g., results of information gathering, systems review, and tests and measures)
Document evaluation to include diagnosis, goals, and prognosis
Document intervention(s) and patient/client response(s) (to intervention)
Document patient/client and caregiver education
Document outcomes (e.g., discharge summary, reassessments)
Document communication related to the patient's/client's care (e.g. with the doctor, teacher, case manager)
Document informed consent

Non-Procedural Interventions: Education
Educate patient/client about current condition and health status (e.g., enhancement of function, plan of care, transitions to new roles, risk factors for pathology/pathophysiology, wellness)
Educate caregivers about patient's/client's current condition and health status (e.g., enhancement of function, plan of care, transitions to new roles, risk factors for pathology/pathophysiology, wellness)
Educate healthcare team about role of PT in patient/client management

Patient/Client & Staff Safety

Emergency Procedures
Implement emergency life support procedures
Perform first aid
Implement disaster response procedures
Environmental Safety

Perform risk assessment of the physical environment (e.g., barrier-free environment, outlets, windows, floors, lighting)

Prepare and maintain a safe working environment for performing intervention (e.g., clear walkways, portable oxygen and equipment available)

Perform regular equipment inspection (e.g., modalities, assistive devices)

Assess need for assistance (e.g., during transfers, application of devices)

Infection Control

Perform activities using appropriate infection control practices (e.g., universal precautions, hand hygiene, isolation, airborne precautions)

Create and maintain an aseptic environment for patient/client interaction

Practice Management:

Wellness & Health Promotion

Perform community-based screenings (e.g., posture, musculoskeletal, flexibility, sports-specific)

Distribute information in primary and secondary disease prevention (e.g., lectures, educational materials)

Teach appropriate interventions to a well population (e.g., backpack safety, weight loss, smoking cessation, work site safety, sport-specific)

Educate well populations in strengthening and conditional training (e.g., health club settings, community based health organizations, sports organization)

Business Management

Assign appropriate billing codes for physical therapy diagnosis and treatment provided (e.g., ICD-9, CPT)

Provide written documentation of services provided

Supervise PTA and other supporting personnel (e.g., aides, technicians)

Evidence-Based Practice & Research

Apply research to provide evidence-based clinical practice

Compare intervention outcomes with published data