

Physical Therapist Examination Content Outline

With Content Category Specifications
Federation of State Boards of Physical Therapy

Page 2

Evaluation and Diagnosis	11.5%	23
2100 Identifying and prioritizing Impairments		
2200 Determining the dysfunction toward which the intervention will be directed		
Prognosis and Outcomes	11.0%	22
2300 Determining the predicted optimal level of improvement in function and the amount of time needed to reach that level		
2400 Determining the prognosis with consideration of modifying factors, e.g., age, medications, co-morbidities, cognitive status, nutrition, social support		
2500 Planning and sequencing patient interventions and progressing treatment based upon outcome		
2600 Determining outcomes		
2610 Collecting outcome data		
2620 Determining discharge criteria based upon patient goals and functional status		
2630 Differentiating between discharge of patient, discontinuation of service and transfer of care and re-evaluation		
2640 Modifying tests/measures and interventions when necessary		
2650 Recognizing effectiveness of PT interventions		
<i>3000 Intervention - Include are critical knowledge and skills related to:</i>	<i>41.5%</i>	<i>83</i>
<i>Non - procedural Intervention</i>	<i>7.0%</i>	<i>14</i>
3100 Coordination of Care, i.e., knowledge of resources and coordination with team members (PTA, RN, OT, SLHP, SW, Psychology, etc.), including appropriate referral or direction and supervision, as indicated		
3200 Communication		
3210 Educating members of other healthcare disciplines regarding safe, effective patient handling techniques		
3220 Conferring with members of other healthcare disciplines about the physical therapy plan of care		
3230 Conferring with the patient/client and family regarding plan of care, interventions and outcomes		
3300 Documentation		
3310 Documentation of objective, patient-centered, functional outcomes (goal statements)		
3320 Objective documentation of examination, evaluation, diagnosis, prognosis, interventions, and outcomes		
3400 Patient/Family/Client-related Instructions		
3410 Utilizing teaching strategies, theories and techniques to achieve desired goals including consideration of variables that may require adjusting educational methods, e.g., learning styles, communication deficits, cultural/language style, motor learning principles		
3420 Educating the client/family about client's current condition/examination findings, plan of care and expected outcomes, utilizing their feedback to modify the plan as needed		
3430 Providing and modifying same according to the client/family's needs		
<i>3500 Procedural Intervention - Included are critical knowledge and skills related to understanding and implementing the application of interventions. This includes the indications, contraindications, precautions and interactions related to the diagnosis for physical therapy and /or related to the intended activity</i>	<i>34.5%</i>	<i>69</i>
Procedural Intervention Group I: Exercise and Manual Therapy	13.5%	27
3510 Exercise		
3511 Aerobic capacity training/ Cardiovascular training		
3512 Strengthening/muscular endurance		
3513 Stretching/range of motion		
3514 Neuromuscular re-education (including perceptual training)		
3515 Balance/coordination		
3516 Breathing		
3517 Aquatic		
3518 Postural		
3519 Developmental		
3540 Manual therapy		
3541 Techniques, including spinal & peripheral mobilization, manual traction		
3542 Techniques of soft tissue mobilization		
Procedural Intervention Group II: Transfer and functional activities, gait training, assistive and adaptive devices and modification of the environment	10.0%	20
3520 Transfer activities and functional activities, including safety related to transfers		
3521 Performing transfers		
3522 Performing functional activities		

Physical Therapist Examination Content Outline

With Content Category Specifications
Federation of State Boards of Physical Therapy

Page 3

- 3560 Gait training and use of gait assistive devices (normal/abnormal weightbearing status, common deviations, balance deficits, components of gait cycle)
 - 3561 Performing gait-training techniques, including pre-gait activities
 - 3562 Ensuring/facilitating proper weight bearing status
- 3570 Prescription, application and, as appropriate, fabrication of devices and equipment and environmental modification
 - 3571 Adaptive devices
 - 3572 Assistive devices
 - 3573 Orthotic devices
 - 3574 Prosthetic devices
 - 3575 Protective devices
 - 3576 Supportive devices
 - 3577 Ensuring/facilitating proper weight bearing status
 - 3578 Modification of environment for home/work/leisure activities

Procedural Intervention Group III: Physical agents and modalities, Airway clearance techniques, wound care, promoting health and wellness (includes some components of non-procedural intervention) **11.0% 22**

- 3530 Physical agents and modalities
 - 3531 Intermittent compression
 - 3532 Superficial thermotherapy, e.g., hot packs, paraffin, and Cryotherapy
 - 3533 Ultrasound including phonophoresis
 - 3534 Electrical stimulation including iontophoresis
 - 3535 Biofeedback
 - 3536 Mechanical modalities: traction, tilt table/standing frames, continuous passive motion
 - 3537 Whirlpool/Hubbard tank
- 3550 Airway clearance techniques
 - 3551 Breathing strategies, e.g., coughing, huffing, and pacing
 - 3552 Manual/mechanical techniques, e.g., percussion, vibration, suctioning
 - 3553 Positioning
- 3580 Wound care and skin integrity
 - 3581 Skin status monitoring
 - 3582 Patient positioning and use of adaptive/protective equipment for pressure relief
 - 3583 Dressing application and removal
 - 3584 Topical agent application
 - 3585 Debridement technique
 - 3586 Oxygen therapy

3600 Promoting health and wellness and prevention, including instructions and intervention

4000 Standards of Care - Included are critical knowledge and skills related to: **10.0% 20**

- 4100 Maintaining patient autonomy and obtaining consent for physical therapy evaluation and intervention
- 4200 Maintaining patient confidentiality
- 4300 Recognizing scope of physical therapy practice, including limitations of the PT role that necessitate referral to other disciplines
- 4400 Recognizing implications of research on PT practice and modifying practice accordingly
- 4500 Utilizing body mechanics/Positioning
 - 4510 Body mechanics (utilize, teach, reinforce, observe)
 - 4520 Positioning, draping, and stabilization of patient
- 4600 Considering the patient's cultural background, social history, home situation, and geographic barriers, etc
- 4700 Safety, CPR, Emergency Care, First Aid
 - 4710 Ensuring patient safety and safe application of patient care
 - 4720 Performing first aid
 - 4730 Performing emergency procedures
 - 4740 Performing CPR
- 4800 Standard precautions
 - 4810 Sterile procedures
 - 4820 Demonstrating appropriate sequencing of events related to universal precautions
 - 4830 Demonstrating aseptic techniques
 - 4840 Properly discarding soiled items
 - 4850 Determining equipment to be used and assembling all materials, sterile and non-sterile