Physical Therapist Examination Content Outline
With Content Category Specifications
Federation of State Boards of Physical Therapy

Specs #

<table>
<thead>
<tr>
<th>1000 Examination</th>
<th>26.0%</th>
<th>52</th>
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</thead>
<tbody>
<tr>
<td>History and Systems Review</td>
<td>7.5%</td>
<td>15</td>
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<tr>
<td>1100 History</td>
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<tr>
<td>1200 Systems Review</td>
<td>Included are critical knowledge and skills related to obtaining past and current patient history information from medical records, and interviews with patients and others. Information includes demographics, general health status, chief complaint, medications, medical/surgical and social history, functional status/activity level, social/health habits, living environment, employment, and growth and development.</td>
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<tr>
<td>1210 Conducting a systems review of the cardiovascular/pulmonary system</td>
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<td>1211 Conducting a systems review of the integumentary system</td>
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<td>1212 Conducting a systems review of the musculoskeletal system</td>
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<tr>
<td>1213 Conducting a systems review of the neuromuscular system</td>
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<tr>
<td>1300 Tests and Measures</td>
<td>Included are critical knowledge and skills related to:</td>
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<tr>
<td>Tests and Measures Group I:</td>
<td>A. Strength, ROM, Posture, Body Structures, Prosthetic &amp; Orthotic Devices</td>
<td>11.0%</td>
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<tr>
<td>Tests and Measures Group II:</td>
<td>C. Cardiovascular/pulmonary System</td>
<td>7.5%</td>
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<tr>
<td>Tests and Measures Group III:</td>
<td>D. Integumentary System</td>
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<tr>
<td>Tests and Measures Group IV:</td>
<td>E. Functional Status/Community Integration</td>
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<tr>
<td>1310 Tests and Measures A: Strength, ROM, Posture, Body Structures, Prosthetic &amp; Orthotic Devices</td>
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<tr>
<td>1311 Anthropometric characteristics</td>
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<td>1312 Joint integrity and mobility</td>
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<td>1313 Posture</td>
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<td>1314 Prosthetic devices</td>
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<td>1315 Range of Motion/muscle length</td>
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<td>1316 Muscle performance</td>
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<td>1317 Orthotic, protective &amp; supportive devices</td>
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<tr>
<td>1320 Tests and Measures B: Cognition, Nerve, Reflex and Sensory Integrity, Neurodevelopment</td>
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<tr>
<td>1321 Arousal, attention and cognition</td>
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<tr>
<td>1322 Cranial and peripheral nerve integrity (motor and sensory)</td>
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<td>1323 Motor function</td>
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<td>1324 Neurodevelopment and sensory integration</td>
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<td>1325 Reflex integrity</td>
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<td>1326 Sensory integrity</td>
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<tr>
<td>1330 Tests and Measures C: Cardiovascular/pulmonary System</td>
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<td>1331 Aerobic capacity/endurance</td>
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<td>1332 Circulation (arterial, venous, lymphatic)</td>
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<td>1333 Ventilation and respiration/gas exchange</td>
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<td>1340 Tests and Measures D: Integumentary System</td>
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<td>1341 Integumentary integrity</td>
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<tr>
<td>1350 Tests and Measures E: Functional Status and Community Integration</td>
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<td>1351 Self-care and home management, including activities of daily living and instrumental activities of daily living</td>
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<td>1352 Work (job/school/play), community and leisure integration or reintegration, including instrumental activities of daily living</td>
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<td>1353 Assistive and adaptive devices</td>
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<td>1354 Gait, locomotion, and balance</td>
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<td>1355 Pain</td>
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<td>1356 Ergonomics and body mechanics</td>
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<td>Evaluation, Diagnosis, Prognosis, and Outcomes - Included are critical knowledge and skills related to integration of results of history, systems review, tests and measurements with the client's reported goals in order to identify relationships between pathology, impairment, functional limitation, and/or disability.</td>
<td>22.5%</td>
<td>45</td>
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PT Test specifications, effective Fall 2002
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### Evaluation and Diagnosis (11.5%)
1. **2100 Identifying and prioritizing Impairments**
2. **2200 Determining the dysfunction toward which the intervention will be directed**

### Prognosis and Outcomes (11.0%)
1. **2300 Determining the predicted optimal level of improvement in function and the amount of time needed to reach that level**
2. **2400 Determining the prognosis with consideration of modifying factors, e.g., age, medications, co-morbidities, cognitive status, nutrition, social support**
3. **2500 Planning and sequencing patient interventions and progressing treatment based upon outcome**
4. **2600 Determining outcomes**
   - 2610 Collecting outcome data
   - 2620 Determining discharge criteria based upon patient goals and functional status
   - 2640 Modifying tests/measures and interventions when necessary
   - 2650 Recognizing effectiveness of PT interventions

### Intervention (41.5%)
#### 3300 Intervention - Include are critical knowledge and skills related to:
- **3000 Intervention - Include are critical knowledge and skills related to:**
- **3100 Communication**
  1. 3110 Educating members of other healthcare disciplines regarding safe, effective patient handling techniques
  2. 3120 Conferring with members of other healthcare disciplines about the physical therapy plan of care
  3. 3130 Conferring with the patient/client and family regarding plan of care, interventions and outcomes
- **3300 Documentation**
  1. 3310 Documentation of objective, patient-centered, functional outcomes (goal statements)
  2. 3320 Objective documentation of examination, evaluation, diagnosis, prognosis, interventions, and outcomes
- **3400 Patient/Family/Client-related Instructions**
  1. 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
  2. 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
  3. 3430 Providing and modifying same according to the client/family's needs
- **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 for related to the intended activity**

### Procedural Intervention Group I: Exercise and Manual Therapy (13.5%)
1. **3510 Exercise**
   1. 3511 Aerobic capacity training/ Cardiovascular training
   2. 3512 Strengthening/muscular endurance
   3. 3513 Stretching/range of motion
   4. 3514 Neuromuscular re-education (including perceptual training)
   5. 3515 Balance/co-ordination
   6. 3516 Breathing
   7. 3517 Aquatic
   8. 3518 Postural
   9. 3519 Developmental
2. **3540 Manual therapy**
   1. 3541 Techniques, including spinal & peripheral mobilization, manual traction
   2. 3542 Techniques of soft tissue mobilization

### Procedural Intervention Group II: Transfer and functional activities, gait training, assistive and adaptive devices (10.0%)
1. **3520 Transfer activities and functional activities, including safety related to transfers**
2. **3521 Performing transfers**
3. **3522 Performing functional activities**

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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)**

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, succioning
    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:**

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