If you as a patient/client feel uncomfortable with treatment, actions of the PT/PTA, the explanation you have received, or comments made, stop the treatment. You have the right to say, "No, I don't feel comfortable and would like to stop this treatment." Trust your gut. If you have a bad feeling or are uncomfortable, say something.

RESOURCES

National Organization for Victim Assistance

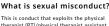
(NOVA)

Home of the National Advocacy Leadership
Center which provides training, development,
and resources to become or connect with
victim advocates
https://www.trynova.org/nalc/overview/

https://www.trynova.org/naic/overview/

U.S. Department of Justice Office of Violence Against Women (OVW) Offers resources and programs throughout the US https://www.iustice.gov/ovw/local-resources Sexual Boundaries in Physical Therapy:

For Patients



inis is conduct that expoints the physical therapist (PTI/physical therapist assistant (PTA)-patient relationship in a sexual way, whether verbal or physical, and winclude the expression of thoughts, feelings, or getures that are sexually based or could reasonably be construed by a patient/client as sexual. All PTi/PTAs are trained and educated to know this kind of behavior is illegal and unethical.

PT and PTAs are trusted and respected by their patients/clients. However, a PT/PTA who accepts or encourages the expression of these feelings through sexual behaviors, or tells a patient sexual involvement is part of physical therapy, violates the therapeutic relationship. This abusive behavior can cause harmful, long-lasting psychological effects to the patient/client.





What can I expect in a PT session?

- You should be treated with respect and dignity and have your questions answered.
- The physical therapist should explain therapy procedures to you before they happen and get INFORMED CONSENT.
- You should have privacy and appropriate coverage with a gown or drape if the exam requires exposed areas.
- You have the right to ask for a chaperone during physical therapy if it involves a sensitive area for evaluation/treatment.



What is informed consent?

- PT/PTAs should clearly explain what will happen during the session, obtain your consent to proceed before beginning, and confirm ongoing consent during treatment sessions.
- You have the right to decline a procedure or stop, refuse, or withdraw from physical therapy services at any time



What is not OK during physical therapy?

- PT/PTA not explaining what procedures they will do and why
- Unwanted physical contact/inappropriate
 touching/advances
 Being asked to expose areas of the body that are a
- not part of the treatment
- Exchanging sexual favors for treatment
 Excessive out-of-session communication (social
- media, text, phone, etc.) not related to physical therapy
- · Telling sexual jokes or stories
- Dating
- Inviting a patient/client to lunch, dinner, or

other social activity



What to do if you suspect inappropriate conduct

- It is difficult to file a complaint during an upsetting time for you, but filing a complaint is important in order to begin an investigation into the PT/ PTA and the surrounding circumstances.
 File a complaint to the appropriate licensing
- board via the respective state board's website.

 Your complaint will be investigated and you
 will be notified of the findings.
 - Licensing boards serve to protect the health, safety, and welfare of consumers.
- re In addition to filing a complaint with the licensing board, you may need to contact local law enforcement depending on the

circumstances

 You can verify the status of the PT/ PTA's license and complaint history on the licensing board's website. Use this QR code for links to licensing boards:

