

GENERAL DESCRIPTION OF CLASS

The PHYSICAL THERAPIST conducts in-depth evaluations of residents or patients referred for therapy, develops individual treatment plans, and administers physical therapy treatments which are designed to facilitate or restore physical function, relieve pain, and maximize the capabilities of patients with physical disabilities, disorders, or injuries.

DISTINGUISHING FEATURES

This is a single classification and not currently part of a series of classes.

DUTIES AND RESPONSIBILITIES

- 1. Treatment Planning.** Typical tasks: conducts initial evaluation and assessment of residents or patients having physical disabilities, disorders, or injuries who have been referred by a physician; selects and administers appropriate tests to evaluate range of motion, neuromuscular status, pain, and physical functional ability; reviews medical chart of resident or patient for information pertinent in aiding evaluation; develops individual treatment plan which includes results of evaluation and identifies treatment goals and appropriate therapy techniques and equipment to achieve goals; designates the party to carry out treatment plan (e.g., patient, employee, ward staff, family members, or community professionals); conducts regular evaluations of resident or patient to assess progress and response to therapy; revises treatment program as necessary to achieve goals; may evaluate resident's or patient's need for adaptive devices such as special support padding, protective headgear, and assistive devices for standing, ambulation, or mobility; initiates the paperwork to have adaptive equipment built or ordered; may participate in treatment team meetings to provide information regarding patient or resident assessment, to discuss treatment program, or to coordinate treatment goals and programs; helps to facilitate community transfer by providing necessary information to community resource regarding patients' therapy needs, physical capabilities, and goals.
- 2. Direct Patient Services.** Typical tasks: administers physical therapy treatment using full range of treatment techniques (e.g., ice packs, moist heat, ultrasound, soft tissue massage, paraffin, ultraviolet, electrotherapy, hydrotherapy, traction, range of motion exercises, muscle reduction, neurodevelopmental techniques, relaxation training, ambulation/gait training); may assign patients to Physical Therapy Assistants or other therapy staff for treatment; instructs patients in the use and care of wheelchairs, braces, crutches, and other adaptive equipment; adapts or modifies prefabricated equipment to meet individual needs; monitors use of adaptive equipment; may develop treatment program to be followed by patient after discharge and instruct patients, families, outside agencies, and other professionals in therapy techniques and exercises outlined in program.
- 3. Case Documentation.** Typical tasks: writes initial report of results on evaluation of patient's physical condition; prepares written treatment plan; maintains record of patients treated including daily treatment notes, evaluation of patients' progress, and discharge planning notes and summaries; prepares year-end summaries on patients treated.

4.Training. Typical tasks: teaches physical therapy treatment and techniques to Physical Therapy Assistants or students (e.g., proper procedures, safety, clinical observation skills); may give work assignments to students or assistants and review their work for adherence to instructions and proper record keeping; instructs therapy aides or other therapy staff in follow-up therapy techniques to reinforce patient gains and to maintain maximum safety; may provide training to other disciplines inside and outside the agency.

5.Miscellaneous. Typical tasks: maintains professional proficiency through review of current literature and attending continuing education programs; may order equipment and supplies.

RELATIONSHIPS WITH OTHERS

Employees in this class have in-person contact for most of the workday with patients/residents having physical disabilities, disorders, or injuries to provide physical therapy evaluation and treatment services. Some employees in this class have regular in-person or telephone contact with families of patients, community agencies, or community professionals to provide instruction or consultation regarding physical therapy treatment techniques. Some employees in this class have regular in-person contact with other agency health care professionals to discuss patient/resident progress and coordinate treatment goals and programs.

SUPERVISION RECEIVED

These employees work under the general supervision of a therapy supervisor or manager who assigns work verbally and occasionally in writing. Work is reviewed for quality of work and achievement of treatment goals through weekly meetings, review of written reports, and informal review of problem areas and observation of patients' progress. Guidelines for decisions regarding physical therapy treatment and evaluation activities include American Physical Associates standards, State laws governing physical therapy, administrative rules and policies, and departmental procedures manual.

KNOWLEDGE, SKILLS, AND ABILITIES (KSA)

General knowledge of anatomy, neuroanatomy, kinesiology, and physiology.

General knowledge of normal and abnormal motor development.

General knowledge of physical therapy treatment methods, techniques, and equipment.

General knowledge of proper fit of wheelchairs, adaptive shoes, braces, and splints.

General knowledge of orthopedic disorders and surgery.

Basic knowledge of disease pathology.

Basic knowledge of learning styles.

Basic knowledge of pain control methods.

Basic knowledge of proper lifting techniques.

Basic knowledge of medical terminology.

Skill in writing task analysis.

Skill in identifying individual goals based on evaluation and developing a treatment program to fit individual needs of each resident or patient.

Ability to select and administer appropriate tests to assess and evaluate residents' or patients' neuromuscular status, range of motion, pain, and physical functional ability.

Ability to operate and maintain physical therapy equipment.

Ability to properly use treatment techniques such as ultrasound, diathermy, electrotherapy, hot and cold packs, traction, and massage.

Ability to determine when a patient is not responding to treatment plan and to make necessary modifications in plan to achieve treatment goal.

Ability to adapt a physician's referral into a specific treatment program.

Ability to maintain records and prepare written evaluation and progress reports.

Ability to demonstrate and teach the techniques of physical therapy to students, patients, and patients' family.

Ability to frequently lift up to 100 pounds.

Ability to communicate effectively with staff, students, and other health-care professionals.

Some positions in this class may require the following:

Ability to work effectively as a member of a treatment team.

Ability to assign and review work of physical therapy assistants, students, and/or other therapy staff.

SPECIAL QUALIFICATIONS

Possession of a valid Physical Therapist license or other valid authorization issued by the Physical Therapy Licensing Board.

NOTE: The KNOWLEDGE and SKILLS are required for initial consideration. ABILITIES may be required for initial consideration, at any time during the selection process, or during a trial service period as a final stage of the selection process. Some duties performed by positions in this class may require different KSA's. No attempt is made to describe every KSA required for **all** positions in this class. Additional KSA requirements will be explained on the recruiting announcement.

Adopted 10/88

Revised

Examples of work are typical of duties assigned to this class. No attempt is made to describe every duty performed by all positions in this class.