

Physical Therapy Aide – 50 Hours

Physical Therapy Aide

The purpose of physical therapy is to restore loco-motor function to the human body through alleviating and correcting movement dysfunction. Physical Therapy has become a valuable part of total patient care and rehabilitation. Physical Therapy Aides, under the direction and supervision of a physical therapist, assist with specific components of treatment interventions.

Physical Therapy Aide – Employment & Education

The Physical Therapy Aide may be employed in a variety of settings including: Hospitals, Rehabilitation Centers, Nursing Homes, Home Care Agencies, Outpatient Clinics, Community Health Centers and Sports Medicine Clinics

A substantial increase in the amount of physical activity in the general population has resulted in a significant increase in the need for physical therapy services. The Physical Therapy Aide is generally responsible for carrying out the non-technical duties of physical therapy, such as preparing treatment areas, ordering devices and supplies, and transporting patients while working under the direction of the physical therapist. Many of today's health conscious citizens are pursuing a healthier lifestyle - which includes increased strenuous physical exercise. Many are striving to stay in shape and remain healthy through their older years. As a result of this increase in physical activity, the number of sports related injuries in the adult population has increased substantially – escalating the need for physical therapy services and Physical Therapy Aides.

Educational Requirements* People interested in becoming a Physical Therapy Aide should have a high school diploma or GED equivalent. .

NOTE: The objectives of this class do not include a national or state certification - which generally requires at least 1 to 2 years of formal education.

Physical Therapy Aide Program Description

This comprehensive 50-hour Physical Therapy Aide Program prepares students for the growing field of Physical Therapy. This program includes the following areas:

- Introduction to Physical Therapy; History and Evolution of Physical Therapy; role of the PT aide in the rehabilitation team
- Ethical and legal issues affecting the physical therapy aide
- Parts and types of effective communication
- Abbreviations and medical terminology
- Anatomical Position; Structures of the Musculoskeletal System and function of each (Bones, Ligaments, Tendons, Cartilage, Muscles, Joints)
- Basic Anatomy
- Range of motion exercises
- Ambulation and gait training
- Measuring Vital Signs; Disorders of the Circulatory
- Strengthening and exercise
- Types of physical therapy modalities
- Stretching and direction of movement
- Common anatomical injuries and the associated modalities
- Students will also perform and be evaluated on common clinical skills necessary to function as a physical therapy aide including patient positioning, and transfer, use of transfer belt, ambulation using crutches/ walker and cane, range of motion exercises and obtaining accurate vital signs

Program Note: This program is intended to train students for entry level Physical Therapy Aide positions or to prepare students for more formal longer term program