

Doctor of Physical Therapy



WHAT IS PHYSICAL THERAPY?

- Physical therapy is a type of treatment you may need when health problems make it hard to move around and do everyday tasks. It helps you move better, improves or restores your physical function and fitness level, and may relieve pain.
- The goal of physical therapy is to make daily tasks and activities easier.
- For example, it may help with walking, going up stairs, or getting in and out of bed.
- Physical therapy can help with recovery after some surgeries. A doctor may suggest physical therapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease (COPD).
- Physical therapy may be used alone or with other treatments.

WHO ARE PHYSICAL THERAPISTS?

- Physical therapists (PTs) are highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility - in many cases without expensive surgery and often reducing the need for long-term use of prescription medications and their side effects.
- Physical therapists can teach patients how to prevent or manage their condition so that they will achieve long-term health benefits. PTs examine each individual and develop a plan to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented

programs for healthier and more active lifestyles.

- State licensure is required in each state in which a physical therapist practices.

WHERE DO PHYSICAL THERAPISTS PRACTICE?

Although many physical therapists practice in hospitals, more than 80% practice in:

- Outpatient clinics or offices
- Inpatient rehabilitation facilities
- Skilled nursing, extended care
- Homes
- Education or research centers
- Schools
- Hospices
- Industrial, workplace, or other occupational environments
- Fitness centers and sports training facilities

DO YOU HAVE WHAT IT TAKES?

- Do you have the excellent communication skills required for teaching patients, interacting with other health professions, and participating as a collaborative partner on a patient-centered health care team?
- Are you genuinely caring and compassionate about making a difference in the lives of others, whether it be in their overall health and wellness or in providing rehabilitation for an injury, genetic disorder, or chronic condition?

DOCTOR PHYSICAL THERAPY

- Are you committed to maintaining lifelong learning to ensure that your knowledge and skills are contemporary in the interest of providing evidence-based care and best practices to meet the needs of patients/clients?
- Can you be flexible to changes at the micro and macro levels with organizations and health care systems?

If you are interested in UTC's Physical Therapy programs, please visit utc.edu/pt.

FOR ADDITIONAL INFORMATION

- APTA video detailing the diversity of PT practice settings: [youtube.com/watch?v=r35FQT3u0J4](https://www.youtube.com/watch?v=r35FQT3u0J4)
- American Physical Therapy Association: APTA.org
- Commission on Accreditation in Physical Therapy Education: CAPTEOnline.org
- Move Forward: MoveForwardPT.com
- Physical Therapist Centralized Application Service: PTCAS.org