



Physical Therapist

Course Overview: Focuses on careers in planning, managing, and providing therapeutic services, diagnostic services, health informatics, support services, and biotechnology research and development.

Career Goal (O*NET Code): (29-1123) - Physical therapists help people who have injuries or illnesses improve their movement and manage their pain. They are often an important part of rehabilitation and treatment of patients with chronic conditions or injuries. Physical therapists, sometimes referred to as PTs, help people who have injuries or illnesses improve their movement and manage their pain. They are often an important part of rehabilitation and treatment of patients with chronic conditions or injuries.

Student Name: _____
Grade: _____
School: _____

SUGGESTED COURSEWORK

EXTENDED LEARNING EXPERIENCES

Middle School	8th	HS Courses:	(Local districts may list high school credit courses here)	<p>Curricular Experiences: *** Health Occupations Students of America</p> <p>Career Learning Experiences: Career Preparation Internship Job Shadowing Clinical Rotations Certifications Clinical Volunteer Work (local hospitals & medical facilities)</p> <p>Service Learning Experiences: Boy/Girl Scouts Campus Service Organizations Community Service Volunteer Medical Mission Trips Peer Mentoring / Peer Tutoring Special Olympics</p>	<p>Extracurricular Experiences:*** Language Immersion Programs National Youth Leadership Forum on Medicine School Newspaper Student Council UIL Academic Competitions Yearbook</p>			
High School	9th	Courses*:	English I Algebra I or Geometry Biology			World Geography Foreign Language I Physical Education or Athletics	<p align="center">COLLEGE CREDIT OPPORTUNITIES -- High School</p> <p>Students should take Advanced Placement (AP), International Baccalaureate (IB), dual credit, Advanced Technical Credit (ATC), or locally articulated courses (Tech Prep), if possible. List those courses that count for college credit on your campus.</p>	
		Career-Related Electives:	Principles of Health Science					
	10th	Courses:	English II Geometry or Algebra II Chemistry			World History Foreign Language II Elective		
		Career-Related Electives:	Medical Terminology and Pathophysiology					
	11th	Core Courses:	English III Algebra II or Pre-Calculus Physics			United States History Foreign Language III ** Professional Communications or Speech		
		Career-Related Electives:	Health Science					
12th	Core Courses:	English IV Pre-Calculus or Calculus 4th Science	Government/Economics Elective Elective					
	Career-Related Electives:	Practicum in Health Science						
Postsecondary	<p>How to Become a Physical Therapist Physical therapists typically need a doctoral degree in physical therapy. Physical therapy programs usually award a Doctor of Physical Therapy (DPT) degree, although a small number award a Master of Physical Therapy (MPT) degree. All states require physical therapists to be licensed.</p>					<p>Carrer Options (Sample of reported job titles)</p>	<p>Professional Associations: • American Physical Therapy Association</p>	
		<p>Texas Southmost College</p>	<p>South Texas College</p>			<p>Texas State Technical College</p>		<ul style="list-style-type: none"> • Physical Therapist (PT) • Staff Physical Therapist • Home Care Physical Therapist • Outpatient Physical Therapist • Pediatric Physical Therapist • Registered Physical Therapist (RPT) • Rehabilitation Services Director
		<p>University of Texas at Brownsville</p>	<p>University of Texas - Pan American</p>					

* Students must meet local & state high school graduation requirements. ** Required course for the Distinguished Graduation Plan (in addition to other measures). *** Based on campus availability. Students may select other elective courses for personal enrichment purposes.

This plan of study serves as a guide, along with other career planning materials, for pursuing a career path and is based on the most recent information as of 2009. All plans meet high school graduation requirements as well as college entrance requirements.



Physical Therapist

TEA Industry Cluster	Health Science
SOC Code	29-1123
Identified by	Tech Prep Occupations
Projected Growth (2018)	35%
BISD Magnet School Available	Yes

Source: Demand Occupations by Cluster, updated June 27, 2012

Description

What Physical Therapist Do

Physical therapists help people who have injuries or illnesses improve their movement and manage their pain. They are often an important part of rehabilitation and treatment of patients with chronic conditions or injuries.

Physical therapists, sometimes referred to as PTs, help people who have injuries or illnesses improve their movement and manage their pain. They are often an important part of rehabilitation and treatment of patients with chronic conditions or injuries.

Duties

Physical therapists typically do the following:

- Diagnose patients' dysfunctional movements by watching them stand or walk and by listening to their concerns, among other methods
- Set up a plan for their patients, outlining the patient's goals and the planned treatments
- Use exercises, stretching maneuvers, hands-on therapy, and equipment to ease patients' pain and to help them increase their ability to move
- Evaluate a patient's progress, modifying a treatment plan and trying new treatments as needed
- Educate patients and their families about what to expect during recovery from injury and illness and how best to cope with what happens
- Physical therapists provide care to people of all ages who have functional problems resulting from back and neck injuries; sprains, strains, and fractures; arthritis; amputations; stroke; birth conditions, such as cerebral palsy; injuries related to work and sports; and other conditions.
- Physical therapists are trained to use a variety of different techniques—sometimes called modalities—to care for their patients. These techniques include applying heat and cold, hands-on stimulation or massage, and using assistive and adaptive devices and equipment.

The work of physical therapists varies with the type of patients they serve. For example, a patient suffering from loss of mobility due to Parkinson's disease needs different care than an athlete recovering from an injury. Some physical therapists specialize in one type of care, such as pediatrics (treating children) or sports physical therapy.

Physical therapists work as part of a healthcare team, overseeing the work of physical therapist assistants and aides and consulting with physicians and surgeons and other specialists. Physical therapists also work at preventing loss of mobility

by developing fitness- and wellness-oriented programs to encourage healthier and more active lifestyles. For more information, see the profiles on physical therapist assistants and aides and physicians and surgeons.

Work Environment

Physical therapists held about 198,600 jobs in 2010. Physical therapists typically work in private offices and clinics, hospitals, and nursing homes. They spend much of their time on their feet, being active. Some physical therapists are self-employed, meaning that they own or are partners in owning their practice.

Training Opportunities Linked to Those Jobs (Degree Types and Colleges/Universities)

How to Become a Physical Therapist

Physical therapists typically need a doctoral degree in physical therapy. All states require physical therapists to be licensed.

Education

Physical therapists are required to have a postgraduate professional degree. Physical therapy programs usually award a Doctor of Physical Therapy (DPT) degree, although a small number award a Master of Physical Therapy (MPT) degree. Doctoral programs typically last 3 years; MPT programs require 2 to 3 years of study. Most programs, either DPT or MPT, require a bachelor's degree for admission, and many require specific prerequisites, such as anatomy, physiology, biology, and chemistry.

Physical therapy programs often include courses in biomechanics, anatomy, physiology, neuroscience, and pharmacology. Physical therapy students also complete clinical rotations, enabling them to gain supervised work experience in areas such as acute care and orthopedic care.

Physical therapists may apply to and complete residency programs after graduation. Residencies last 9 months to 3 years and provide additional training and experience in advanced or specialty areas of care.

Important Qualities

Compassion. Physical therapists are often drawn to the profession in part by a desire to help people. They work with people who are in pain and must have empathy to help their patients.

Detail oriented. Like other healthcare providers, physical therapists should have strong analytic and observational skills to diagnose a patient's problem, evaluate treatments, and provide safe, effective care.

Dexterity. Physical therapists should be comfortable using their hands to provide manual therapy and therapeutic exercises.

Interpersonal skills. Because physical therapists spend their time interacting with patients, they should enjoy working with people. They must be able to explain treatment programs, educate their patients, and listen to the patients' concerns to provide effective therapy.

Physical stamina. Physical therapists spend much of their time on their feet, moving as they work with their patients. They should enjoy physical activity.

Licenses

All states require physical therapists to be licensed. Licensing requirements vary by state but typically include passing the National Physical Therapy Examination or a similar state-administered exam. A number of states require continuing education for physical therapists to keep their license.

Certification

After gaining work experience, some physical therapists choose to become board certified in a particular clinical specialty, such as pediatrics or sports physical therapy. Board certification requires passing an exam.

Texas Southmost College	South Texas College	Texas State Technical College	The University of Texas at Brownsville	The University of Texas - Pan American

Local Employers

Employer	City		Employer	City
A Better Choice Home Health	Brownsville		Bee First Primary Home Care	Harlingen
A One Health Svc Agency	Brownsville		Ben Milam Elementary School	Harlingen
A Touch Home Health Care Inc	Brownsville		Bonham Elementary School	Harlingen
Abc Pediatrics	Brownsville		Bowie Elementary School	Harlingen
Abundant Life Home Health Inc	Brownsville		Calvary Christian School	Harlingen

**Career Options
(Specific Job Types)**

Sample of reported job titles:

- Physical Therapist (PT)
- Staff Physical Therapist
- Home Care Physical Therapist
- Outpatient Physical Therapist
- Pediatric Physical Therapist
- Registered Physical Therapist (RPT)
- Rehabilitation Services Director

Salary Ranges

Wages for Physical Therapists

Location	Pay Period	2011				
		10%	25%	Median	75%	90%
United States	Hourly	\$26.30	\$31.66	\$37.63	\$44.14	\$53.21
	Yearly	\$54,700	\$65,900	\$78,300	\$91,800	\$110,700
Texas	Hourly	\$27.93	\$33.78	\$41.09	\$50.84	\$65.29
	Yearly	\$58,100	\$70,300	\$85,500	\$105,700	\$135,800
Brownsville-Harlingen, TX MSA	Hourly	\$27.27	\$35.07	\$46.14	\$55.35	\$66.30
	Yearly	\$56,700	\$72,900	\$96,000	\$115,100	\$137,900
McAllen-Edinburg-Mission, TX MSA	Hourly	\$27.30	\$36.62	\$49.38	\$74.25	\$90.00+
	Yearly	\$56,800	\$76,200	\$102,700	\$154,400	\$187,200+

Professional Associations Linked to the Careers

For more information about physical therapists and a list of accredited educational programs in physical therapy, visit

[American Physical Therapy Association](#)

Sources

The information provided in this document was collected from the following sources:

- Occupational Outlook Handbook (<http://www.bls.gov/ooh/>)
- O*NET OnLine (<http://www.onetonline.org/>)
- Texas CARES (<http://www.texascaresonline.com/>)
- CareerOneStop (<http://www.careeronestop.org/>)