

Program Specifications – PHYSICAL THERAPIST ASSISTANT

Function Number	Essential Functions	PHYSICAL THERAPIST ASSISTANT
1		Position patients for treatment and prepare the treatment area.
2		Prepare equipment.
3		Set and respond to a timer.
4		Teach, and assist or supervise patient with strengthening exercises.
5		Teach, and assist or supervise patient with ROM exercises.
6		Teach, and assist or supervise patient with endurance exercises.
7		Teach, and assist or supervise patient with balance exercises.
8		Teach, and assist or supervise patient with coordination exercises.
9		Teach, and assist or supervise patient with transfers.
10		Teach and assist or supervise patient with gait training and techniques.
11		Teach, and assist or supervise patient with wheelchair mobility skills.
12		Teach, and assist or supervise patient with functional retraining in activities of daily living. (ADLs).
13		Teach, and assist or supervise patient with breathing exercises.
14		Teach, and assist or supervise patient with prosthetic training program.
15		Teach, and assist or supervise patient with a positioning program.
16		Teach health care workers and families to perform selected treatment procedures and functional activities.
17		Administer therapeutic heat and cold.
18		Administer ultrasound.
19		Administer therapeutic electric current.
20		Administer external compression.
21		Administer traction.
22		Administer pulmonary hygiene techniques.
23		Administer therapeutic massage.

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24	Apply external bandages, dressings, supports.	
25	Perform goniometric measurements.	
26	Perform gross manual muscle testing.	
27	Perform anthropometric measurements.	
28	Perform basic assessment of wheelchair fit and positioning.	
29	Perform measures of wound size and depth; assess quality of tissue.	
30	Perform measurement of vitals; blood pressure, heart rate, respiratory rate.	
31	Monitor indicators of distress (vitals, color, facial expressions, tension, associated responses).	
32	Respond to indicators of distress.	
33	Respond to emergencies.	
34	Modify treatment techniques as indicated in treatment plan.	
35	Document treatment for the patient and third party payers.	
36	Demonstrate appropriate and effective communication with patients, their families, and other health care workers.	
37	Adhere to guidelines outlined by universal precautions.	
38	Adhere to infection control principles and sterile procedures.	
39	Participate in discharge planning.	
40	Recognize architectural barriers (environmental accessibility).	
41	Interact with patients and families in a manner which provides desired psycho-social support.	
42	Recognize own reaction to illness and disability.	
43	Recognize families' and patient's reactions.	
44	Recognize own strengths/limitations and interpret these for others.	
45	Recognize and handle the stresses of work.	
46	Demonstrate an awareness of patient's psychological response to illness/injury.	

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47	Respect cultural, religious, and economic differences in people.	
48	Demonstrate an awareness of safety in the clinical setting.	
49	Demonstrate safe, ethical, and legal practice.	
50	Demonstrate effective use of time management.	
51	Demonstrate problem solving skills.	
52	Understand basic concepts related to health care system.	
53	Understand basic principles of levels of authority and responsibility, planning, time management, supervisory process, performance evaluations, policies and procedures, and fiscal considerations.	
54	Assumes responsibility for Professional Development.	
55	Uses support personnel to assist with appropriate departmental activities.	
56	Obtains appropriate/sufficient background information.	

WESTERN TECHNICAL COLLEGE Health and Public Safety Division

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Physical Factors	YES	NO	Essential Function/s Numbers
Standing	◆		5,7-10,12,14-16,22,23,26
Walking	◆		6, 10, 14, 16
Sitting	◆		7, 8
Lifting 10 lbs.	◆		11, 27, 29, 37, 38
20 lbs.	◆		2,6,13,14,17-21,24,29,30
50 lbs.	◆		1,4,5,12,15,22,23,25,26
100 lbs.	◆		10
100 lbs. +	◆		9
Carrying 10 lbs.	◆		23,25,27,29,30,37,38
20 lbs.	◆		1,2,4,6,12,14,16-22,24
50 lbs.	◆		26
100 lbs.		◆	
100 lbs. +		◆	
Pushing/Pulling 10 lbs.	◆		10, 29
20 lbs.	◆		2, 7, 12, 14, 37, 38
50 lbs.	◆		26
100 lbs.		◆	
100 lbs. +		◆	
Climbing	◆		10, 14
Balancing	◆		1, 2, 4-28
Bending	◆		1, 2, 4, 5, 7-30
Stooping	◆		1, 2, 4, 5, 7-10, 13-28
Crouching	◆		4,10,14,16,20,24-26,28
Kneeling	◆		7, 8, 15, 16, 20, 23-26
Crawling		◆	
Running		◆	

Physical Factors	YES	NO	Essential Function/s Number
Twisting	◆		1, 7-8
Turning	◆		1,2,4-16,18-26,28
Jumping		◆	
Grasping-Firm/Strong	◆		1, 2, 4-30
Grasping-Light	◆		1-30, 37, 38
Finger Dexterity	◆		2,5,10,11,14,16,17-30,37,38
Reaching Forward	◆		1-3, 5-30
Reaching Overhead	◆		1,3,6,12,21,24,37-38
Pinching	◆		1-3,11,12,16,17,19-22,24,25,27,30-37,38
Simultaneous use of Hand, wrist, fingers (e.g. typing, data entry)	◆		1-3, 5, 7-12, 14-30
Coordination Eye-hand	◆		1-3,5-13,15-22,24-30
Eye-hand-foot	◆		7-10, 16
Driving		◆	
Vision Acuity, Near	◆		1-3,5-13,15-22,24-31
Acuity, Far	◆		3, 6, 10, 11, 31
Depth perception	◆		2, 3, 6-12
Accommodation	◆		3, 6, 10
Color vision		◆	
Field of vision	◆		6, 10
Face-to-face conversation	◆		1-9, 12, 14, 17, 19, 21
Verbal conversation with others	◆		1, 3-27, 31, 36
Public speaking		◆	
Hear normal conversation	◆		22
Hear telephone conversation		◆	

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Environmental Factors	YES	NO	Essential Function/s Number
Works indoors	◆		1-56
Works outdoors		◆	
Exposure to extreme hot or cold temp	◆		17
Working at unprotected heights		◆	
Being around moving machinery	◆		4
Exposure to marked changes in temperature/humidity	◆		17
Exposure to dust, fumes, smoke, gases, odors, mists or other irritating particles (<i>specify</i>) (<i>Ethylene oxid gas</i>)	◆		17, 38
Exposure to toxic or caustic chemicals	◆		17, 38
Exposure to excessive noises		◆	
Exposure to radiation or electrical energy	◆		17-19
Exposure to solvents, grease, or oils	◆		4, 18, 23
Exposure to slippery or uneven walking surfaces		◆	
Working in confined spaces		◆	
Using computer monitor	◆		4
Working with explosives		◆	
Exposure to vibration		◆	
Exposure to flames or burning items		◆	
Works around others	◆		1-34, 36-41, 47-56

Environmental Factors	YES	NO	Essential Function/s Number
Works alone	◆		2, 35, 38
Works with others	◆		1, 3-27, 31, 36
Safety Equipment (<i>Required to wear</i>) Safety glasses		◆	
Face mask/face shield	◆		37-38
Ear plugs		◆	
Hard Hat		◆	
Protective Clothing	◆		37-38

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Cognitive/Mental Factors	YES	NO	Essential Function/s Number
Reasoning Deal with abstract and concrete variables, define problems, collect data, establish facts, and draw valid conclusions	◆		25-34, 42-47, 51
Interpret instructions furnished in oral, written, diagrammatic, or schedule form	◆		4-30
Deal with problems from standard situations	◆		51
Carry out detailed but uninvolved written or oral instructions	◆		2, 4-30, 34
Carry out one or two step instructions	◆		1, 2, 4-30, 34
Mathematics Complex skills –Business math, algebra, geometry or statistics	◆		32, 20, 23, 24
Simple skills – add, subtract, multiply and divide whole numbers and fractions, calculate time and simple measurements	◆		4, 7, 25-30
Reading Complex skills - Comprehend newspapers, manuals, journals, instructions in use and maintenance of equipment, safety rules and procedures and drawings	◆		48, 53, 54

Cognitive/Mental Factors	YES	NO	Essential Function/s Number
Simple skills - Comprehend simple instructions or notations from a log book	◆		1, 2, 4-30, 34, 56
Writing Complex skills – Prepare business letters, report summaries using prescribed form at and conforming to all rules of punctuation, spelling, grammar, diction and style	◆		35
Simple skills – English sentences containing subject, verb and object; names and addresses, complete job application or notations in log book	◆		35
Perception Spatial – ability to comprehend forms in space and understand relationships of plane and solid objects; frequently described as the ability to “visualize” objects of two or three dimensions, or to think visually of geometric forms	◆		4-16, 19, 25
Form – ability to perceive pertinent detail in objects or in pictorial or graphic material; to make visual comparisons and discriminations and see slight differences in shapes and shadings of figures and widths and lengths of line	◆		27, 29, 31

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Cognitive/Mental Factors	YES	NO	
Clerical – ability to perceive pertinent detail in verbal or tabular material; to observe differences in copy, to proof-read words and numbers, and to avoid perceptual errors in arithmetic computation	◆		4,7,25-30, 34-36, 56
Data Synthesizing		◆	
Coordinating		◆	
Analyzing		◆	
Compiling	◆		4, 6, 25, 30
Computing	◆		4, 6, 30
Copying	◆		35
Comparing	◆		25-30, 32, 34
Personal traits Ability to comprehend and follow instructions	◆		1, 2, 4-30, 49, 52, 53
Ability to perform simple and repetitive tasks	◆		4-6, 17-30, 35
Ability to maintain a work pace appropriate to a given work load	◆		50-53
Ability to relate to other people beyond giving and receiving instructions	◆		2, 4-34
Ability to influence people	◆		36, 41-45, 47
Ability to perform complex or varied tasks	◆		4,6-12,14-16,19,23,28

Cognitive/Mental Factors	YES	NO	Essential Function/s Number
Ability to make generalizations, evaluations or decisions without immediate supervision	◆		1-56
Ability to accept and carry out responsibility for direction, control and planning	◆		44-45, 50, 55-56