Physical therapy, which is limited to the care and services provided by or under the direction and supervision of a physical therapist, includes:

1) examining (history, system review and tests and measures) individuals with impairment, functional limitation, and disability or other health-related conditions in order to determine a diagnosis, prognosis, and intervention; tests and measures may include the following:

- aerobic capacity/endurance
- anthropometric characteristics
- arousal, attention, and cognition
- assistive and adaptive devices
- circulation (arterial, venous, lymphatic)
- cranial and peripheral nerve integrity
- environmental, home, and work (job/school/play) barriers
- ergonomics and body mechanics
- gait, locomotion, and balance
- integumentary integrity
- joint integrity and mobility
- motor function (motor control and motor learning)
- muscle performance (including strength, power, and endurance)
- neuromotor development and sensory integration
- orthotic, protective, and supportive devices
- pain
- posture
- prosthetic requirements
- range of motion (including muscle length)
- reflex integrity
- self-care and home management (including activities of daily living and instrumental activities of daily living)
- sensory integrity
- ventilation, and respiration/gas exchange
- work (job/school/play), community, leisure integration or reintegration (including instrumental activities of daily living)

2) alleviating impairment and functional limitation by designing, implementing, and modifying therapeutic interventions that include, but are not limited to:

- coordination, communication and documentation
- patient/client-related instruction
- therapeutic exercise
- functional training in self-care and home management (including activities of daily living and instrumental activities of daily living)
• functional training in work (job/school/play) and community and leisure integration or reintegration activities (including instrumental activities of daily living, work hardening, and work conditioning)
• manual therapy techniques (including mobilization/manipulation)
• prescription, application, and, as appropriate, fabrication of devices and equipment (assistive, adaptive, orthotic, protective, supportive, and prosthetic)
• airway clearance techniques
• integumentary repair and protection techniques
• electrotherapeutic modalities
• physical agents and mechanical modalities

3) preventing injury, impairment, functional limitation, and disability, including the promotion and maintenance of health, wellness, fitness, and quality of life in all age populations

4) engaging in consultation, education, and research

Relation to Vision 2020: Evidence Based Practice
(State Government Affairs, ext 8533)

[Document updated: 12/14/2009]

Explanation of Reference Numbers:
BOD P00-00-00-00 stands for Board of Directors/month/year/page/vote in the Board of Directors Minutes; the "P" indicates that it is a position (see below). For example, BOD P11-97-06-18 means that this position can be found in the November 1997 Board of Directors minutes on Page 6 and that it was Vote 18.