

Meet Dominique Dawes

Olympic Medalist and National Champion

Physical Therapy on Broadway

Performing Artists Expand Their Roles



Make Fitness First

Improve Performance and Prevent Injury

Careers in Physical Therapy

Opportunities Found For Future Growth

Be Fit – Don't Quit

Welcome to "Fit Teens!"

Whether you're physically fit now, somewhat active, or more like a couch potato, "Fit Teens" has something for you. This magazine is designed to give you exercises to help make you stronger and more flexible, no matter what your level of fitness. We'll also introduce you to teens who have made fitness an important part of their lives, and explain how physical therapists help people stay healthy and prevent injuries.

Why should you be concerned about fitness? Because by becoming fit, you'll have an easier time doing activities that are more physically challenging, you probably won't get sick as much, and you'll recover faster from injuries. People who are fit tend to look better and feel better in general.

The good news is that you, too, can be fit. Think about the activities you already do. Maybe you're on a soccer or baseball team. Perhaps you do in-line skating. You might not consider yourself athletic at all, but enjoy riding your bike, walking, or going to the pool for a swim. Any of these activities can help make you fit. The key is to find something you enjoy. The more activities you like to do, the better, because different sports use different muscles, and more of your body gets in shape.

We hope you enjoy reading "Fit Teens." At the back of the magazine, you'll find a comment card. Please fill it out and tell us what you think!

APTA would like to acknowledge the following physical therapists, who are members of the APTA, for their help in developing "Fit Teens":

Rita Arriaga, PT

Sean Gallagher, PT

Rick Hawkins, PT

Sinclair Scott, PTA

Deborah Wieder Singer, MS, PT, ATC

Elizabeth Bluebird, PT

Loren Stolarsky, PT

Steve Tippett, PT

José Uribe, PT



"Fit Teens" is a public service of the American Physical Therapy Association (APTA).

The APTA represents more than 66,000 physical therapists, physical therapist assistants, and students of physical therapy.



This magazine is not intended as a substitute for professional health care.



Hard work, daily training, and physical therapy for tendinitis keep Olympic medalist Dominique Dawes strong and successful.

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How To Be A PT Or PTA



Dominique

DOMINIQUE WAS JUST 15 YEARS OLD WHEN SHE EXPERIENCED OLYMPIC VICTORY. IT WAS 1992 WHEN SHE HELPED THE U.S. GYMNASTICS TEAM BRING HOME THE BRONZE MEDAL AT THE SUMMER OLYMPICS IN BARCELONA, SPAIN. TWO YEARS LATER, AT THE 1994 NATIONAL GYMNASTICS COMPETITION IN NASHVILLE, TENNESSEE, SHE BECAME THE FIRST GYMNAST IN NEARLY 30 YEARS TO WIN FIVE GOLD MEDALS, VIRTUALLY SWEEPING THE CHAMPIONSHIPS.



What does it take to be a champion? According to Dominique, it has a lot to do with being positive. “Just have fun and enjoy your sport,” she says. She also advises people to try not to worry when the inevitable feelings of discouragement creep in. “When things aren’t going right, I try to stay calm and think about what is *really* causing me problems.” Besides having a positive attitude, hard work is the other key to Olympic success. During high school, Dominique trained at the gym from 6:00 a.m. to 8:00 a.m. and from 3:00 p.m. to 8:00 p.m. every day. She did her homework at lunchtime, in the evenings, and on Sundays.

Dominique’s attitude and hard work have paid off. In addition to winning the 1992 team medal at the Summer Olympics and the 1994 National Gymnastics Competition, Dominique placed second at the 1993 USA Gymnastics Championships, first in the 1994 America’s Cup in Orlando, Florida, and first in the 1994 Mixed Pairs Competition in West Palm Beach, Florida.

Dawves

A WINNING WONDER

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Dominique's training includes a warm-up routine of a 10-minute run, 15 minutes of stretching, tumbling exercises, and a half-hour of stretching exercises such as pull-ups and jumping jacks. Another part of her training includes treatment from her physical therapist. Dominique has tendinitis in her ankle, making the tendons swollen and painful. Heat, massage, and exercise help to reduce the pain and keep her ankle flexible. The physical therapist also gives Dominique regular stretching exercises for her ankle using a large elastic band, similar to a giant rubber band.

Dominique is not the only athlete on the USA Gymnastics Team to be treated by a PT. A physical therapist goes with the team each time they travel to national meets. Physical therapists also go to the Olympics. During the 1993 winter games in Lillehammer, Norway, physical therapists set up a physical therapy treatment room in the Olympic Village, which was open to all of the athletes, 24 hours a day.



What does that mean?

PT—This is the abbreviation for Physical Therapist. A physical therapist is a health care professional who helps people recover from injury or disease (they also help to prevent injury and disease) by making patients stronger and relieving their pain. A PT evaluates and treats certain functions of the body such as joint movement, muscle strength, and heart and lung conditions. See “How To Be A PT Or PTA” at the end of “Fit Teens” for more information.

PTA—This is the abbreviation for Physical Therapist Assistant. A physical therapist assistant is a health care provider who assists the physical therapist in providing physical therapy. The PTA helps the physical therapist in treating the patient, teaches patients to perform exercises and activities of daily living, and reports to the physical therapist on the patient's progress, among other duties. See “How To Be A PT Or PTA” at the end of “Fit Teens” for more information.

BS—This is the abbreviation for the degree of Bachelor of Science. This degree is earned after completing four years of college or university education, with emphasis on coursework in the sciences. This is the minimum educational level required to practice physical therapy.

MS—This is the abbreviation for the degree of Master of Science. Many physical therapists are choosing to obtain this degree, which requires two or more years of college study after the bachelor's degree.

(See back cover for more information on how to become a PT or PTA.)

TRACK & CROSS COUNTRY

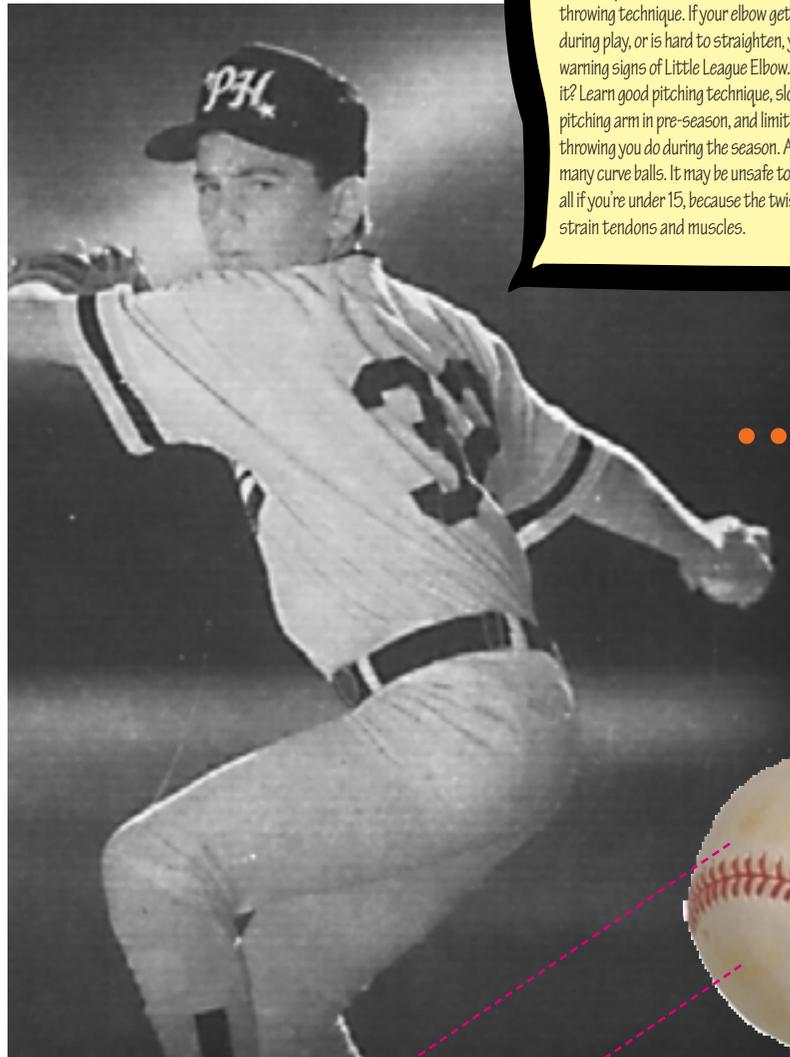
To run well and keep running well, you'll need strong thigh and calf muscles. A lot of runners do this exercise:

Thigh Stretcher and Strengthener The large four-part muscle in the front of your thigh is called the “quadriceps,” or “quads” for short. Work on stretching and strengthening them this way: Hold onto a chair or other sturdy object for balance with your right hand. Bend your left knee, grab your left ankle with your left hand, and pull your heel in toward your body as far as it can go without hurting. Make sure you continue to stand up straight. Hold. Now grab onto the chair with your left hand and do the same thing with your right leg and hand.



Little League Elbow

Little League Elbow is a condition in which the tendon that attaches to the inner elbow is inflamed. It's called Little League Elbow because it commonly occurs in Little League baseball players who throw too often, or who use incorrect throwing technique. If your elbow gets stiff or painful during play, or is hard to straighten, you may have the warning signs of Little League Elbow. How can you prevent it? Learn good pitching technique, slowly condition your pitching arm in pre-season, and limit the amount of throwing you do during the season. Also, try not to throw many curve balls. It may be unsafe to throw curve balls at all if you're under 15, because the twisting motion can strain tendons and muscles.





EXERCISE

YOUR RIGHT TO BE FIT

You grow quickly during your teen years. No matter how short or tall you are, your bones are winning the growing race – the long bones (legs and arms) keep getting longer, and your muscles just can't keep up. Steve Tippett, PT, from Peoria, Illinois, says you have to help your muscles by stretching them and keeping them flexible. The exercises you find here will help you do just that, as well as make your muscles stronger to help prevent injuries.

IMPORTANT: Do these exercises before an activity as a warm-up and again afterwards as a cool-down. When it says "hold," stay in that position for 15 seconds. If you can, do each exercise ten times in a row. Finally, when you're doing an exercise, remember that the descriptions and illustrations represent the final goal of the exercise – don't worry if you can't stretch as far as the exercise suggests. Just take your time and don't bounce or stretch so far that you feel pain. And another thing...have fun!

BASEBALL & SOFTBALL

Shoulders do a lot of the work when you're pitching or throwing someone out at the plate. The thing to remember about throwing is to stop if you feel pain. Overdoing it can cause tearing of muscle tissue surrounding the shoulders and elbows. If the tearing continues, you can lose strength in your arms, and possibly cause permanent joint damage.

Front Shoulder Stretch Walk through a doorway and hold on to each side. Both arms will be behind you and your elbows should be straight. Lean forward. You should feel a stretch in the front of your shoulder. Hold.



Back Shoulder Stretch Use your right hand to gently pull your left arm across your body. When you feel a stretch in your shoulder, stop pulling and hold. Repeat this exercise using your left hand and right arm.

Cold Is Good

If you have an injury to a joint or muscle, put ice on it right away and elevate the injured part (for example, if you hurt your ankle, put ice on it and lie down with a pillow under your ankle). Whenever you get an injury, blood rushes to the injured area, causing swelling. Ice helps the blood vessels to shrink, which makes the swelling go down.

Wrists at Risk

Chances are you've heard of carpal tunnel syndrome. Maybe you know someone who has it. Carpal tunnel syndrome is a condition in which tendons that surround a major nerve in the wrist swell and squeeze the nerve. This can happen if you make the same movements with your hand over and over again, or if you hold your hand in the same position for long periods of time. People with carpal tunnel syndrome can feel numbness, weakness, tingling, or burning in their fingers and hands. If it's not treated, surgery may be needed to get hand function back.

How can you help prevent carpal tunnel syndrome? There are several ways. When you use a keyboard, move only your fingers, keeping your wrists straight. Use a wrist rest (a pad at the bottom of the keyboard), if possible. Maintain good posture by sitting with your back against the chair, and keeping your elbows by your sides. You should also take a break every 45 minutes to an hour and move your shoulders, arms, and fingers around.

The exercises under "Keyboard Crunch" will go a long way toward helping you prevent carpal tunnel syndrome. Do them often when you do repetitive motions with your hands, such as typing, sewing, or playing a musical instrument.



For a free brochure on Carpal Tunnel Syndrome, please send a self-addressed, stamped envelope to:
"Carpal Tunnel Syndrome"
APTA, P.O. Box 37257,
Washington, DC 20013



BASKETBALL & VOLLEYBALL

You'll get a jump on the action if you have strong thighs, calves, and hamstrings. Try these exercises:

Calf Stretch Stand facing a wall. One foot should be about 12 inches away from the wall, and the other foot about six inches further back. Keep your front knee bent, and your back knee straight. Keep your heels flat on the floor. Lean forward into the wall until you feel a good stretch in the calf muscle of your back leg. Don't bounce, just hold. Then switch your legs and do the same thing.



Back Thigh Stretch (Hamstrings) Sit flat on the floor with your legs out in front of you. Reach forward and hold onto your ankles, if you can (if you can't reach your ankles, just go as far as possible without feeling pain). Remember to keep your back straight and look straight ahead. Hold the stretch and don't bounce. Come back up slowly.



IN-LINE SKATING

If your thigh and groin muscles are strong and flexible, you'll get more power and control from your legs as you skate. These exercises will help you stretch and strengthen these muscles.



Groin Muscle Stretch Sit on the floor with your knees bent, and the soles of your feet together. Sit up straight and hold onto your feet and slide your heels in as close to your body as you can. Hold.

Front Thigh Stretch Lie on your stomach. Bend your right knee and grab your ankle with your right hand. Pull your foot toward you as far as you can while keeping your thigh on the floor. Hold. Release your grip and slowly return your leg to the floor. Repeat the same exercise with your left ankle and left hand.



What does that mean?

Calf Muscles – Muscles located in the back of the leg between the knee and ankle.

Groin Muscles – Muscles located in the inner part of the upper thigh.

Hamstring Muscles – The muscles in the back of the thigh.

Pectorals – The muscles that connect the upper part of the chest with the bones of the upper arms and shoulders.

Quadriceps – The large, four-part muscle in the front of each thigh.

Steroids – Man-made derivatives of the natural male hormone testosterone, used for rapid muscle growth.

Tendons – A tough band of tissue that connects muscles to bones.

Torso – The part of the body that doesn't include the head, legs, or arms (also known as the "trunk").

Wrist Stretch 1 While you're at the keyboard, straighten your arms out in front of you, with your fingers straight and together. Take your right hand, bend your wrist so that your fingers are pointing upward, and make your palm face out toward the front. With your left hand, pull the fingers of your right hand back toward your arm. Hold. Do the same thing with the other hand. Now, turn the palm of your right hand downward at the wrist and pull your fingers under and in toward you. Hold. Do the same thing with your other hand.



Wrist Stretch 2 Clench fist tightly, then release, fanning out fingers. Repeat several times.

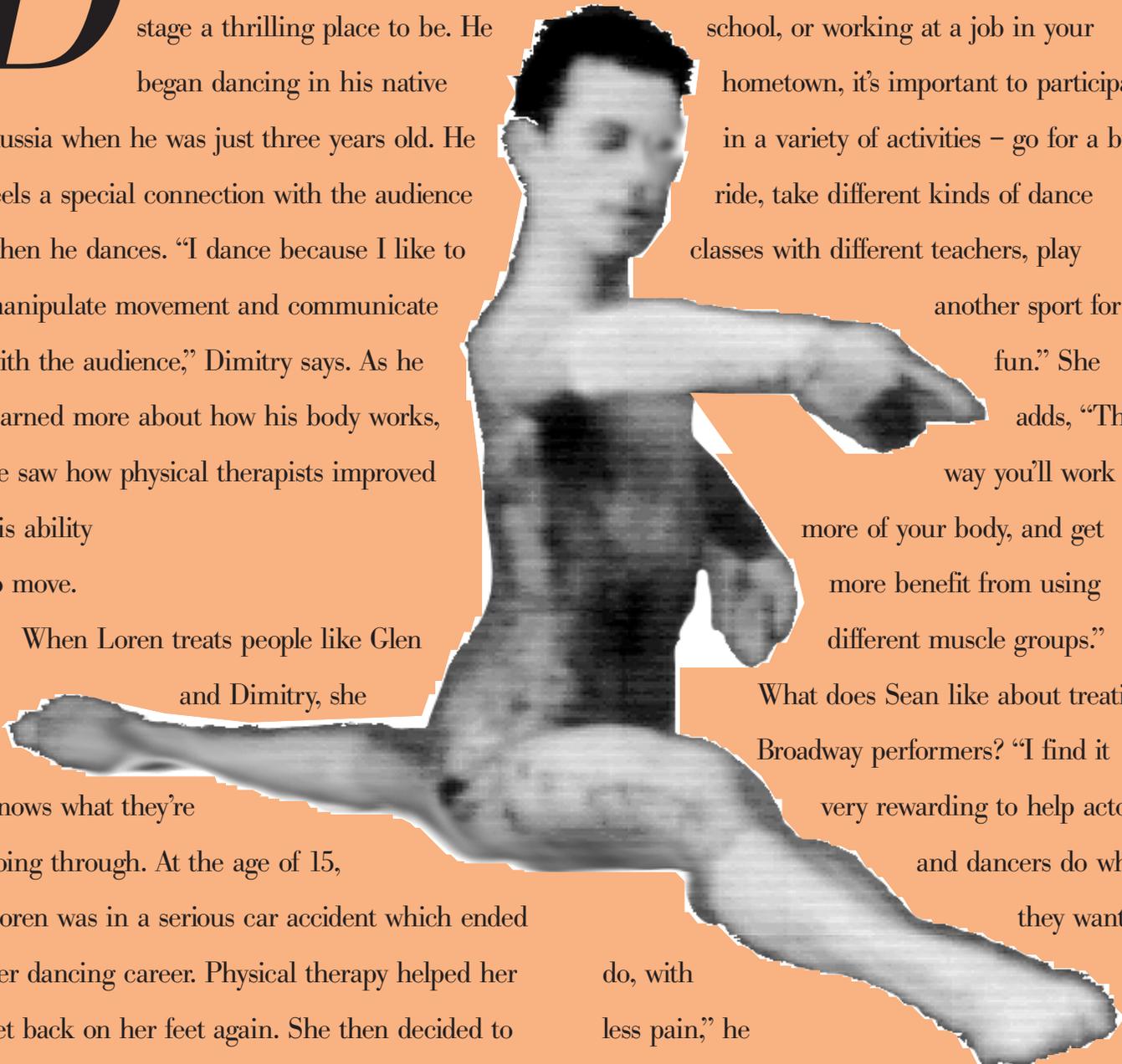


Dimitry Povolotsky, a dance student at The Juilliard School, finds the stage a thrilling place to be. He began dancing in his native Russia when he was just three years old. He feels a special connection with the audience when he dances. "I dance because I like to manipulate movement and communicate with the audience," Dimitry says. As he learned more about how his body works, he saw how physical therapists improved his ability to move.

When Loren treats people like Glen and Dimitry, she knows what they're going through. At the age of 15, Loren was in a serious car accident which ended her dancing career. Physical therapy helped her get back on her feet again. She then decided to become a physical therapist and now works hard with her Broadway patients, sometimes for as much as 12 hours a day. Whether her patients are students or professionals, most of them suffer from overuse injuries – problems created by repeating the same movements over and over again.

What is Loren's advice to young people about fitness? "Whether you're on Broadway, going to school, or working at a job in your hometown, it's important to participate in a variety of activities – go for a bike ride, take different kinds of dance classes with different teachers, play another sport for fun." She adds, "This way you'll work more of your body, and get more benefit from using different muscle groups."

What does Sean like about treating Broadway performers? "I find it very rewarding to help actors and dancers do what they want to do, with less pain," he explained. Both Sean and Loren know that physical therapy not only helps performers deal with specific injuries, costume problems, or stage routines, but it can also give an actor or dancer a much longer career on the stage, connecting with the audience, and feeling a thrill with each new movement.



On Broadway

LET'S SAY THAT YOU ARE A DANCER IN NEW YORK CITY. YOU HAVE JUST LANDED THE JOB OF YOUR DREAMS – AS THE “BEAST” IN THE MAGNIFICENT STAGE PRODUCTION OF “BEAUTY AND THE BEAST.” YOUR COSTUME FITTING IS TOMORROW AT 10:00 A.M.

Now imagine the costume. The head is huge and heavy. You think your neck and shoulders will break if you have to wear this costume seven days a week, for weeks on end. Suddenly your dream job looks more like a nightmare! But not to worry, here's where physical therapy comes in. Sean Gallagher, PT, and his company, Performing Arts Physical Therapy, have been hired to help the actors and dancers for this show (just as they were for *Cats*, *Will Rogers Follies*, *Miss Saigon*, *Guys and Dolls*, and others). Sean and his fellow physical therapist, Loren Stolarsky, PT – both dancers themselves once – will give you exercises to strengthen your upper body and neck. They will teach you how to hold your head so that your body is balanced and the weight of the costume is more evenly distributed. They may also modify the costume for you by adding a special belt to help you carry some of the weight.

Glen Greenberg, a 19-year-old from New Haven, Connecticut, is an acting student at The Juilliard School, a conservatory for the arts located in New York City. Workouts and exercise routines recommended by physical therapists help free his body of tightness and tension. “Tension is an actor's nightmare,” says Glen. Because of scar tissue on his leg, Glen needs massage and intense stretching. He says he'll always have to live with some limits on his normal movement, but he “loves the freedom of being on stage, the opportunity to *not* be yourself, and to let go of the pressures of everyday life.”



GLEN GREENBERG

Give Your Back A Lift

You can protect your back by lifting things the right way. Here's how you lift an object off the floor:

1. Stand up straight and stand close to the object;
2. Keeping your back straight, bend your knees and lift the object slowly;
3. Keep the object close to your body. Your hips and legs absorb most of the weight, and you will put less strain on your back!

What does that mean?

Paralympics – The highest organized sports competition specifically for athletes with physical disabilities.

Junior Olympics – The Amateur Athletic Union Junior Olympic Games is the largest multi-sport event conducted each year for youth in the United States. All 50 states are represented, with 10,000 athletes participating in 23 different sporting events.

Congenital – A condition that is present before or at birth, rather than something that is acquired through injury or disease.



Susan Katz, 16, North Potomac, Maryland. Susan was very active until age 10, when she underwent a spinal cord operation related to a mild case of spina bifida (a congenital defect of the bones surrounding the spinal cord). Unfortunately, the operation resulted in a weakening of her legs, and it soon became too difficult for her to walk. She then needed to make the life adjustment of being able-bodied to requiring the use of a wheelchair. Yet, instead of asking, “Why me?” Susan asked, “Why *not* me...as a track and field athlete?” At age 14, Susan found a track coach who encouraged her to join the team and to compete in track meets with able-bodied runners. How is she able to compete? “I just do it,” Susan explained. “It’s not like I’m at the top, because I’m pretty much in the middle of the pack. But in my first meet, I passed six people and it felt great!” Susan has a special wheelchair for racing. It has three wheels, and as Susan describes it, “It’s very streamlined and snug.” She moves forward by pushing the wheels with a specially-designed leather glove. She “runs” a mile in about five minutes and 15 seconds.

Most runners train by stretching and strengthening their legs, but Susan strengthens her upper back and arms. She lifts weights during the off-season and does stretching exercises every day for her triceps, shoulders, and back during the track season. Her goal is to compete in the Paralympics in discus, shot put, and javelin. Susan is very enthusiastic about sports. “You have to be willing to try anything, and then get involved in *something*,” she said. “Even if you think you might not like it, try it anyway. If someone had said to me that I would be training for the Paralympics, I would have said, ‘Oh please, go away.’ But now I’ve learned that there’s so much out there!”



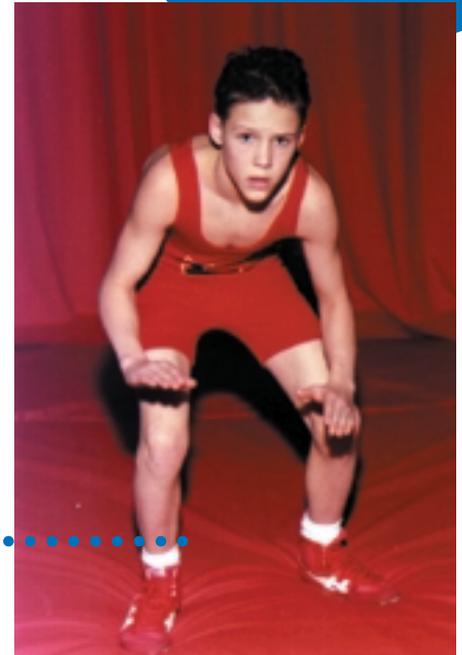
Teens Make Fitness First



Nathan Gannon, 15, Akworth, Georgia. Nathan took to karate fast. After only four years in the sport, Nathan earned a purple belt (four away from black). He now holds a brown belt, which is only two levels away from black. Nathan recently competed in the Junior Olympics, where he placed fourth in the karate competition. In other competitions, Nathan has placed second in the entire country in *kata*, the basic form of karate, and fifth in national competition for sparring (*kumite*). He also competes with weapons (*kobudo*).

Nathan says he started doing karate because he was “real fat.” He worked hard, lost the extra weight, and now describes himself as “small and quick.” Each karate session begins with stretches and warm-up kicks, and finishes with self defense and sparring. What is the best part about karate competitions? “When the match is finished, and my score is still the highest,” Nathan said.

Todd Costello, 16, Warren, Michigan. Sometimes family life feels like a wrestling match. But in Todd’s case, his family wrestles for real. Todd’s dad, a former wrestler, is now his coach, and Todd’s brother is also a champion wrestler. Todd took up the sport when he was only three years old, and has since been a first-place winner in state competition and has competed in the Junior Olympics. Todd is definitely going places as an athlete, since his competitions have taken him to different areas of the country, and even to France! Even though Todd competes in wrestling matches nearly every weekend, he still finds time to run about three miles a week and bicycle another six miles every other day, and he expects to be competing right through high school. Good luck, Todd!



Steroids Muscle In On You

The side effects of **steroids** (growth hormones) can be disastrous, even if they’re only used for a short time. For example, steroids may cause extreme liver and kidney damage, mood changes, hair loss, stunted bone growth, sterility, stroke, and the taking on of features of the opposite sex – boys can grow breasts and girls can get facial hair. Some of these changes don’t disappear, even if you stop using steroids. Deborah Wieder Singer, MS, PT, ATC, from Moreland Hills, Ohio, says, “If a promise of quick growth sounds too good to be true, it probably is. You can’t rush your own growth and still stay healthy.”

REHABILITATION HOSPITAL



ELIZABETH BLUEBIRD, PT

"I enjoy going to work and making a difference."

-Elizabeth Bluebird, physical therapist in Oklahoma City, Oklahoma

What made you think of becoming a physical therapist?

A friend of mine accidentally shot herself near her eye, and she became paralyzed on one side. I began taking her to receive physical therapy, and I saw what physical therapists could do to help people.

What is it like to treat people who have had strokes or injuries?

It's very rewarding, because small improvements can make a big difference. For instance, it is not unusual for someone who wasn't able to stand up one day, to be able to stand a little bit the next. One of my patients was paralyzed from the waist down. He was told that he would never be able to walk. But he was determined to walk again, and worked very hard to get stronger. Now he is able to walk using crutches, and he'll eventually be able to walk alone.

Do you treat many Native Americans?

I have two Native American patients right now. I am Cherokee, and I like to talk about physical therapy to Native Americans. I also interview minority applicants for physical therapy school at the University of Oklahoma. I like being a positive role model for minorities.

HOME HEALTH



RICK HAWKINS, PT

"I've never gotten up in the morning and said 'What drudgery, I have to go to work.' I love this job."

-Rick Hawkins, physical therapist in Southampton, Pennsylvania

What kind of physical therapy do you do?

I do what is called "home care." I treat people in their homes and teach their families how to take care of them and help them get better.

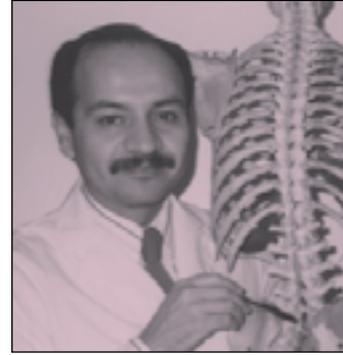
What is the best experience you've had as a physical therapist?

One of my patients was a 72-year-old woman. Even though she had recently had an operation and couldn't walk, she wanted to get out to vote because she hadn't missed a voting day in 40 years! After weeks of treatment, she was able to walk with the help of crutches. I'm happy to say she made it to the voting booth.

Are there many African American men who are physical therapists?

No, there aren't. Only a little more than two percent of physical therapists are African American. Of that number, only 25 percent are men. Most of my patients are African American, and they are glad to know that some physical therapists are African American, too.

COMMUNITY HEALTH



JOSE URIBÉ, PT

"One of the most important skills that a physical therapist needs is the ability to communicate with his or her patients."

-José Uribe, physical therapist in Philadelphia, Pennsylvania

Why do you practice in a small community health center?

I was director of physical therapy at Temple University Hospital. Because I wanted to help people in the Spanish-speaking community, I decided to practice in that community. In addition to providing physical therapy services, I write a column on health and fitness for a Spanish-language newspaper, and I speak to African American and Hispanic young people about careers in physical therapy.

What conditions do you treat now?

I see patients of all ages, with conditions ranging from whiplash to arthritis. I especially like talking sports with kids, and when we talk baseball, I tell them how to avoid problems with their knees if they play catcher, or with their elbows or shoulders if they pitch.

Do you have any advice for young athletes?

Keep in shape, watch your weight, and stay active in the off-season. And don't play when you're hurt. Pain will tell you something is wrong while you still have the chance to fix it.

PHYSICAL THERAPY PROFESSOR



RITA ARRIAGA, PT

"Here is a wonderful profession in which you can take science and apply it to an intriguing instrument – the human body."

-Rita Arriaga, physical therapist in San Francisco, California

What kind of physical therapy do you do?

I treat patients who have had injuries or other conditions that affect the skeleton. I also teach physical therapy at the University of California, San Francisco.

What do you like most about treating patients?

I like helping patients understand that they can regain control of their bodies, rather than let their bodies control them. My job is to help a patient understand how his or her body works.

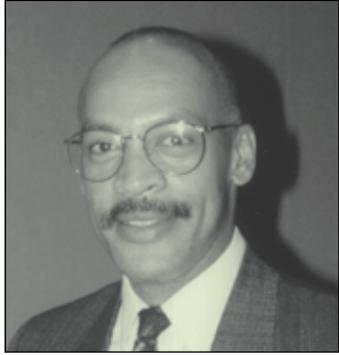
Is there a particular patient you especially enjoyed treating?

Yes. I remember a high school student who came to me for treatment for back pain due to mild scoliosis, which is a curvature in the spine. He enjoyed bicycle racing and was skeptical that a woman under five feet tall could actually help him. I showed him different ways to ride the bicycle and we got to the point at which his back didn't hurt anymore. He comes back every few months so that I can check his technique.

Has being a Filipino-born American made a difference in your career?

It hasn't helped or hurt. I would say to young people that if you don't see anyone of your particular ethnic group in this profession, don't let that stop you. Go to a hospital or physical therapy facility and tell them you want to become a physical therapist. We need you!

NURSING HOME



SINCLAIR SCOTT, PTA

"This is my calling. This is my knack."

-Sinclair Scott, physical therapist assistant in San Antonio, Texas

Are your patients athletes, like yourself?

No, I treat senior citizens. I find it very rewarding to work with the elderly because I learn a lot about life from their experiences!

What is it like working in a nursing home?

Some of my patients have a hard time feeling good about themselves. Much of the treatment involves getting to know them and helping them feel comfortable around me. I feel great when I can help people become independent and return home after they've had a stroke or fractured a hip, for instance.

Can you make a good living as a physical therapist assistant?

Yes, you can. But if you're in it for the money, you won't make it. You've got to care.



With Physical Therapy, Different People Make A Difference



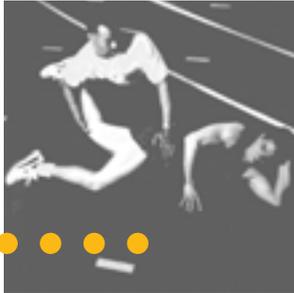
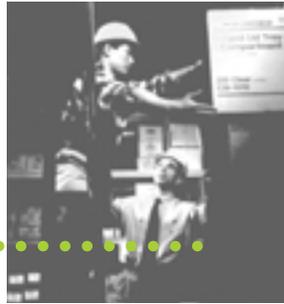
Physical therapists and physical therapist assistants practice in many different settings – hospitals, schools, sports facilities, universities, rehabilitation clinics, private practices, and others. PTs and PTAs are people of various ages, religions, and ethnic backgrounds. When physical therapists and physical therapist assistants share a common language and similar background with their patients, treatment can be more successful. Minority physical therapists are in great demand, but short supply.



How To Be A PT Or PTA

To Be A PT...

You will need at least a four-year college degree to be a PT. Many PTs have masters degrees, which normally require two or more years of study after college. There are more than 130 colleges and universities in the US that offer degrees in physical therapy. If you are interested in applying to a PT program, consider taking college courses in psychology, biology, physics, statistics, chemistry, English, professional writing, and the humanities. Once a physical therapist graduates, he or she must pass a written examination for a state license to practice physical therapy. Many physical therapists are licensed in more than one state.



To Be A PTA...

Physical therapist assistants must complete a two-year education program, usually offered through a community or junior college. The course of study includes one year of general education and one year of technical courses on physical therapy procedures and clinical experience.



The job outlook is excellent for PTs and PTAs nationwide. Physical therapy is an exciting career. It can offer many challenges and opportunities for those who want to make a positive difference in the quality of other people's lives.

For more information on a career in physical therapy, please send a self-addressed, stamped envelope to:

"A Future In Physical Therapy"
APTA, P.O. Box 37257
Washington, DC 20013

Please Tell Us What You Think!

What did you like most/least about "Fit Teens"?

How did you hear about "Fit Teens"?

Please tell us what sports and activities you enjoy.

Thanks for taking the time to give us some feedback.

Please send to: APTA, P.O. Box 37257,
Washington, DC 20013.