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# Functional assessment tests for physical therapy

Our physical therapists work closely with our physicians and see a range of musculoskeletal injuries and disorders. Together, our team of experts creates a customized plan to help patients achieve the highest level of function and offers one-on-one care. They utilize cutting-edge technologies, including the AlterG treadmill, Shockwave, 2-D video analysis, and HydroWorx underwater treadmill to aid in overall patient care and recovery\*. Additionally, our physical therapists collaborate with our performance team to provide movement analysis and sports-specific assessments. \*Equipment may vary per location; contact site for further details A physical therapist can improve the quality of life for patients. Knowledge of the human body and movement techniques enables a physical therapist to assist patients in managing pain and recovering from illness or injury. The U.S. Bureau of Labor Statistics projects that there will be 77,400 new jobs for physical therapists during the decade from 2010 to 2020. By studying physical therapy, you can learn the skills necessary to help patients with rehabilitation, and can potentially earn a six-figure income. According to the U.S. Bureau of Labor Statistics, the median annual salary of physical therapists in May 2011 was \$78,270. Those with wages in the lowest 10 percent earned up to \$54,710, but those with wages in the highest 10 percent earned more than \$110,670. To qualify for a licensing exam and begin practicing as a physical therapist, candidates must pursue a postgraduate education. It's best to seek a master's or doctorate degree that is accredited by the Commission on Accreditation in Physical Therapy Education. From 2011 to 2012, there were over 25,000 students enrolled in the nation's 211 accredited programs. Another option is to work in this field by joining over 10,000 students in the nation's 293 physical therapy assistant programs. Accredited physical therapist programs offer degrees at the master's and doctorate level. There are only five accredited programs that culminate in a master's degree, located in California and Puerto Rico, as of July 2012. The remaining accredited programs for graduate students culminate in a doctorate degree. If you decide to get a doctorate, you can choose between a program for entry-level candidates and a program for students who already hold a master's degree in physical therapy. The latter programs may be offered entirely online. There are also bridge programs for physical therapy assistants who want to become physical therapists. Graduate studies in physical therapy consist of course content in the life sciences, health sciences and clinical practice. Course topics might include anatomy, physiology, pathology, orthopedics, human growth and development, neurology, radiology, neuroscience, and physiotherapy. Clinical rotations and research help round out a candidate's preparation for professional practice. A physical therapist needs clinical skills to help patients, including collecting a patient's medical information for diagnosis and treatment, explaining therapies in a treatment plan, and assisting patients with individualized rehabilitation programs. This profession is physically demanding. A therapist must move patients, demonstrate exercises, and participate in physical conditioning, helping to motivate patients to complete their therapy goals. Physical therapists can expand their earning potential by opening a practice alone or with other therapists. To grow a practice even more, you can add physical therapy assistants, and alternative care professionals such as massage therapists and acupuncturists. Physical therapy is an individualized program of gentle stretching and exercises that are used in rehabilitating an existing injury and preventing a future injury. Through consultation with a physical therapist, the participating patient will work to restore strength and flexibility in muscles surrounding the injury site in hopes of reducing the degree of limitation and restoring functionality. Related Definitions Other Specialty Areas Physical therapy is a key component in many rehabilitation programs. Learn more about the role physical therapists play in: The key to treatment of vertigo is to diagnose the underlying cause(s). Many people that have relatively benign causes of vertigo require no treatment while others may benefit from such medications as meclizine, diphenhydramine, promethazine, or diazepam. Diagnosis of the more serious underlying causes with such tests as a head CT or MRI scan along with some blood tests may be required to determine the best treatment for your underlying cause. There are reports that massage therapy and homeopathic compounds can cure vertigo but it is best to discuss these therapies with your doctor before trying them. You should seek medical help if the symptom of vertigo persists; emergency evaluation may be needed if the symptom of vertigo leads to falls and an inability to walk normally. Developing effective tests and quizzes is an essential component of teaching. This guide will help you find the best ways to create, deliver, and grade assessments in your classroom. Physical therapy (PT) is an important and effective way to deal with one of the primary symptoms of lupus: joint pain and arthritis. If you suffer from systemic lupus erythematosus (SLE), you may work with a physical therapist to help restore your physical function, improve your mobility, relieve your pain, and prevent or limit any permanent physical disability. Trevor Adeline / Calaimage / Getty Images The overall goal of your physical therapy will be to restore, maintain and promote your musculoskeletal fitness and health. Physical therapy should reduce your pain and inflammation, help you feel less stiff and keep you mobile. After examining your medical history, the physical therapist will test your: strength range of motion balance and coordination posture muscle performance respiration motor function Based on these tests, the therapist will develop a customized treatment plan to help you overcome physical obstacles from the disease. Physical therapy treatment for lupus often includes exercise to increase flexibility and range of motion. As you continue with your therapy, more advanced exercises will also focus on improving: strength balance coordination endurance Some of your physical therapy may take place in a pool. The water is a great place to exercise inflamed joints because it's buoyant and soothing. Your physical therapist can also help you learn how to best use a cane or a walker if they are needed. Some of the exercises you do in physical therapy might be aerobic, especially if your lupus is relatively mild. People with lupus tend to exercise less and have lower endurance than people who do not have the health condition. Aerobic exercise has been shown to help people with mild lupus improve aerobic capacity and feel less fatigued. It may also help to improve blood vessel function. If you have pain after your physical therapy session that lasts more than 1 to 1.5 hours, talk to your physical therapist. He or she should adjust your exercises to make them less intense and/or shorter in duration. Electrical stimulation, hot packs or cold compresses and ultrasound may be used to relieve pain and reduce swelling. Massage therapy can relieve pain and improve circulation and flexibility. Most licensed physical therapists have a doctorate degree, though some may just have a master's degree from an accredited physical therapy program. Physical therapists study biology, chemistry, and physics, as well as biomechanics, neuroanatomy, human growth and development, manifestations of disease, examination techniques, and therapeutic procedures. Thanks for your feedback! What are your concerns?

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