

IOWA DEPARTMENT OF ADMINISTRATIVE SERVICES ▼  
HUMAN RESOURCES ENTERPRISE  
**PHYSICAL THERAPIST 1**

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**DEFINITION**

Performs professional physical therapy work involved in the treatment and prevention of physical disability caused by injury, disease, or congenital conditions through use of appropriate physiotherapy techniques, methods, or tests; may instruct aides assisting with this work; performs related work as required.

**The Work Examples and Competencies listed are for illustrative purposes only and not intended to be the primary basis for position classification decisions.**

**WORK EXAMPLES**

Provides treatment services for patients or residents as referred or prescribed by a physician or assigned by a lead Physical Therapist using physical therapy techniques or modalities such as whirlpool baths, weight traction, paraffin baths, ultrasound, infra-red, and ultraviolet light.

Develops individualized physical therapy treatment plans based on study of clinical records, observation, or physicians' referral; confers with medical and other staff in regard to an overall treatment plan for patients or residents.

Assists patients or residents in exercise using parallel bars, mats, weights or pulleys, or other equipment; administers gait training in conjunction with developed treatment plans.

Evaluates progress of patient or resident in relation to treatment applied.

Instructs nursing staff and physical therapy aides in administration of physical therapy treatments and use of modalities.

Instructs patients in care and use of wheel chairs, braces, canes, crutches, and other prosthetic and orthotic devices as prescribed by physicians or in conjunction with treatment plans as developed by the Physical Therapist.

Designs elementary orthotic devices, modifies physical therapy equipment as necessary to meet treatment needs of patients or residents.

Adjusts and makes minor repairs to equipment used in physical therapy treatments as necessary.

Attends professional physical therapy conferences as allowed, attends institutional staff meetings for evaluations as required.

Prepares progress or statistical reports as required by supervisor, maintains records necessary to chart progress and schedule treatments.

**COMPETENCIES REQUIRED**

Knowledge of the principles, methods, techniques, materials, equipment, and procedures used in physical therapy, and their application in specific cases.

Knowledge of the potential hazards involved in physical therapy treatments and of the precautionary measures to be taken.

Knowledge of skeletal, muscular and neural anatomy, and physiology as it applies to physical therapy.

Ability to properly administer physical therapy treatments.

Ability to accurately observe and assess the progress of patients or residents being treated.

Ability to instruct aides in proper application of routine physical therapy treatments.

Ability to perform physical tasks required in applying physical therapy treatment.

Ability to adjust and make minor repairs to equipment used in physical therapy.

Ability to establish and maintain satisfactory working relationships with patients, residents, and institutional staff.

Ability to write reports and keep necessary records related to treatment of patients or residents.

Skill in the use of equipment, and in manipulations used in the profession.

Displays high standards of ethical conduct. Exhibits honesty and integrity. Refrains from theft-related, dishonest or unethical behavior.

Works and communicates with internal and external clients and customers to meet their needs in a polite, courteous, and cooperative manner. Committed to quality service.

Displays a high level of initiative, effort and commitment towards completing assignments efficiently. Works with minimal supervision. Demonstrates responsible behavior and attention to detail.

Responds appropriately to supervision. Makes an effort to follow policy and cooperate with supervisors.

Aligns behavior with the needs, priorities and goals of the organization.

Encourages and facilitates cooperation, pride, trust, and group identity. Fosters commitment and team spirit.

Expresses information to individuals or groups effectively, taking into account the audience and nature of the information. Listens to others and responds appropriately.

#### **EDUCATION, EXPERIENCE, AND SPECIAL REQUIREMENTS**

Licensure as a Physical Therapist by the Iowa Board of Physical and Occupational Therapy Examiners.

#### **NOTE:**

At the time of interview, applicants referred to Glenwood and Woodward State Hospital-Schools will be assessed to determine if they meet federal government employment requirements as published in the Federal Register, Volume 39, No. 12, Thursday, January 17, 1974, Section 20-CFR-405.1101.

Effective Date:     2/98     GR