

## PHYSICAL THERAPIST ASSISTANT I

### DESCRIPTION OF WORK

This is skilled, independent work in assisting physical therapists in the administration of a broad variety of physical therapy treatments in a state institution or local agency. Employees assist staff therapists in the design and administration of treatment programs and can move independently to the next step of a treatment plan after evaluation of patient progress. All treatments and treatment programs are prescribed by a physician and established by a staff therapist. Patient assignments are made by a supervisor and employees are expected to exercise some initiative and degree of judgment in performing treatments and treatment programs to meet patient needs. They work independently in carrying out therapy programs as directed. Work is reviewed and evaluated by physicians and staff therapists through observation of work, analysis of reports, periodic conferences and patient progress.

### EXAMPLES OF DUTIES PERFORMED

Administers or assists with various types of physical therapy treatments and programs that are established by the physical therapist such as infrared, sonic heat, paraffin baths, and gait training including crutch, parallel bars and prosthetic devices, hydrotherapy, bandaging, mat exercises, postural drainage, active/passive and restrictive exercises, muscle strengthening and conditioning ultraviolet lamp, tilt table and hubbard tub; independently makes some temporary changes in the treatment plan or proceeds to the next part of the plan without direct supervision.

Administers or assists with physical therapy treatments designed for patients with complex physical and/or mental problems.

Assists in planning and evaluating treatment programs and designing special adaptive equipment.

Instructs patients in activities of daily living such as moving from bed to chair, chair to walker, eating and personal hygiene.

Prepares schedules for patient treatments with staff therapist or schedule for individual unit.

Records progress notes in patients' unit charts and departmental treatment book.

Attends and participates in unit and ward meetings; exchanges information with physicians, ward, and unit personnel.

Attends in-service training and demonstrations relative to physical therapy and provides training and demonstration techniques of some physical therapy treatments to ward or unit personnel and lower-level technicians.

Requisitions supplies used in daily activities with approval of supervisor.

Performs related duties as required.

### RECRUITMENT STANDARDS

#### Knowledges, Skills, and Abilities

General knowledge of physical therapy principles, techniques, methods, modalities and their proper application.

General knowledge of functional anatomy, physiology and skeletal biomechanics.

Skill in the administration of the routine to complex physical therapy treatments.

Ability to recognize patients vital signs.

Ability to report patient progress through oral and written communications.

Ability to work effectively with patients of various ages, mental competence and physical disabilities.

Ability to instruct other staff in physical therapy treatments.

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Minimum Training and Experience Requirements

Licensed as a Physical Therapist Assistant in the State of North Carolina.

Special Note - This is a generalized representation of positions in this class and is not intended to identify essential functions per ADA. Examples of work are primarily essential functions of the majority of positions in this class, but may not be applicable to all positions.