

# ALL HEALTH STAFFING

## Physical Therapy and Physical Therapy Assistant Skills Checklist

**Printed Name:** \_\_\_\_\_ (PT / PTA)

Please indicate your level of expertise according to the legend outlined below:

- 1) No experience
- 2) Less than one year experience
- 3) One year of consistent experience
- 4) Two or more years of consistent experience 5) Able to teach and supervise

### ORTHOPAEDIC

1. Arthritis programs \_\_\_\_\_
2. Back syndromes \_\_\_\_\_
3. Hand injury \_\_\_\_\_
4. Hip fractures \_\_\_\_\_
5. Mobilization techniques \_\_\_\_\_
6. Neck injuries \_\_\_\_\_
7. Total hip/knee replacement \_\_\_\_\_
8. Total joint replacement/upper extremities \_\_\_\_\_
9. Transmandibularjoint dysfunction \_\_\_\_\_

### NEUROLOGIC

1. Head trauma \_\_\_\_\_
2. Neurosurgery \_\_\_\_\_
3. Spinal cord injury (SCI) \_\_\_\_\_
4. Stroke rehabilitation \_\_\_\_\_
  - A. Adaptive equipment \_\_\_\_\_
  - B. Functional-splinting \_\_\_\_\_

### SPORTS MEDICINE

1. Biodex \_\_\_\_\_
2. Bracing/joint immobilization \_\_\_\_\_
3. Cybex \_\_\_\_\_
- 4. LIDO** \_\_\_\_\_
5. Nautilus/Eagle \_\_\_\_\_
6. Orthotron \_\_\_\_\_
7. Strength and endurance training \_\_\_\_\_
8. Taping and strapping \_\_\_\_\_

## MODALITIES / MANUAL SKILLS

1. Acuscope \_\_\_\_\_
2. Biofeedback \_\_\_\_\_
3. Continuous passive motion machine \_\_\_\_\_
4. Craniosacral therapy \_\_\_\_\_
5. Cryotherapy \_\_\_\_\_
6. Diathermy \_\_\_\_\_
7. Electro-acupuncture \_\_\_\_\_
8. Extremity mobilization \_\_\_\_\_
9. Fluidotherapy \_\_\_\_\_
10. Hot/cold packs \_\_\_\_\_
11. Hydrotherapy \_\_\_\_\_
- A. Hubbard Tank \_\_\_\_\_
- B. Therapeutic Pool C. Whirlpool \_\_\_\_\_
12. Massage \_\_\_\_\_
13. Muscle energy techniques \_\_\_\_\_
14. Muscle stimulation \_\_\_\_\_
15. Myofascial release techniques \_\_\_\_\_
16. Neuro probe \_\_\_\_\_
17. Paraffin \_\_\_\_\_
18. Spinal mobilization \_\_\_\_\_
19. Strain counter strain techniques \_\_\_\_\_
20. TENS \_\_\_\_\_
21. Therapeutic exercise \_\_\_\_\_
22. Traction \_\_\_\_\_
  - A. Cervical \_\_\_\_\_
  - B. Lumbar \_\_\_\_\_
23. Ultrasound \_\_\_\_\_
24. Vasoneumatic devices \_\_\_\_\_
25. Wound dressing \_\_\_\_\_

### PROSTHETICS / ORTHOTICS

1. Above knee prosthetics
2. Below knee prosthetics
3. Ankle foot orthosis
4. Dynamic splints
5. Gait analysis
6. Orthoplast/Quaplast
7. Resting splints
8. Serial/inhibitory casting
9. Static splints
10. Upper extremity prosthetics

## PEDIATRICS

1. Cerebral palsy \_\_\_\_\_
2. Early intervention \_\_\_\_\_
3. Equipment assessment \_\_\_\_\_
  - A. Activities of daily living \_\_\_\_\_
  - B. Lumbar \_\_\_\_\_
4. Gross motor assessment tools \_\_\_\_\_
5. Learning disabled \_\_\_\_\_
6. Mental retardation \_\_\_\_\_
7. Neurodevelopmental treatment \_\_\_\_\_
8. Orthotics \_\_\_\_\_
9. Spina bifida \_\_\_\_\_

## COMPUTERIZED TESTING

1. Fatigue-characteristics \_\_\_\_\_
2. Fiber-type \_\_\_\_\_
3. Functional strength \_\_\_\_\_
4. Net muscular torque \_\_\_\_\_
5. ROM \_\_\_\_\_
6. Work-capacity \_\_\_\_\_

OTHER

- 1. Burn management \_\_\_\_\_
- 2. Cardiac rehabilitation \_\_\_\_\_
- 3. Chest physiotherapy \_\_\_\_\_
- 4. Functional capacity evaluation \_\_\_\_\_
- 5. Geriatrics \_\_\_\_\_
- 6. In-service education \_\_\_\_\_
- 7. Wheelchair/equipment assessment \_\_\_\_\_
- 8. Work capacity evaluation \_\_\_\_\_

**AGE SPECIFIC PRACTICE CRITERIA**

Please list all areas by letter below for which you have expertise in providing age-appropriate care.

- A. Newborn/Neonate (birth - 30 days)
- B. Infant (30 days - 1 year)
- C. Toddler (1 -3 years)
- D. Preschooler (3-5 years)
- F. Adolescents (12-18:
- G. Young adults (18-39 years)
- E. School age children (5-12 years)
- H. Middle adults (39-6' T. Older adults (64+ ye

Able to adapt care to incorporate normal growth and development \_\_\_\_\_  
Able to adapt method and terminology of patient instructions  
to their age, comprehension and maturity level \_\_\_\_\_  
Can ensure a safe environment reflecting specific needs or various  
age groups \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_