

Health Career Observer



The Official Newsletter of the WNY R-AHEC

June 2023

Physical Therapist & Physical Therapist Assistant

Physical Therapists (PTs) help injured or ill people improve movement and manage pain. They are often an important part of preventive care, rehabilitation, and treatment for patients with chronic conditions, illnesses or injuries. They work with individuals who have had back and neck injuries, sprains, strains and fractures, arthritis, amputations, neurological disorders, injuries related to work and sports and more. They may use techniques including exercises, training in functional movement, which may include the use of equipment such as canes, crutches, wheelchairs, and walkers, and special movement of joints, muscles, and other soft tissue to improve mobility and decrease pain. They develop individualized plans of care, outlining goals and outcomes for patients. PT is provided in a variety of settings such as hospitals, outpatient clinics, home health agencies, schools, sports and fitness facilities, work settings, and nursing homes. **Physical Therapy Assistants (PTAs)** work under the direction and supervision of physical therapists. They are involved in the direct care of patients. They observe patients, help complete exercises, treat, and help with equipment and devices.

Average Annual Pay- PT \$95,620 & PTA \$49,180



"Witnessing patients' progress and knowing that you played a part in their recovery is very rewarding."
-Christine Chappel

How Do I Become a Physical Therapist & PT Assistant

**PROJECTED JOB
MARKET GROWTH,
PT 17%, AND PTA 24% BY
2031**

Physical therapists need a Doctor of Physical Therapy (DPT) degree. DPT programs are usually 3 years. DTP Programs typically require a bachelor's degree, which may be in recreation and fitness or healthcare and related fields. PT's may apply to a clinical residency program after graduation which typically last about 1 year and provide additional training and experience in specialty areas of care. All states require PTs to be licensed which includes passing the National Physical Therapy Examination. **Physical therapist assistant** need an associate's degree from an accredited program and a license or certification. Licensure typically requires graduation from an accredited physical therapist assistant program and passing the National Physical Therapy Exam for physical therapist assistants.

What Does a Physical Therapist & PT Assistant Do?

Physical Therapist

- ✓ Review medical history and referrals or notes from doctors or surgeons.
- ✓ Diagnose function and movement.
- ✓ Develop care plans.
- ✓ Use exercise, stretching, hands on therapy and equipment.
- ✓ Evaluate and record progress and modify care plans and try new treatments as needed.

Physical Therapist Assistant

- ✓ Observe patients and report it to PT.
- ✓ Help patients complete exercises in care plan.
- ✓ Treat patients using techniques like massage/stretching.
- ✓ Use devices and equipment to help patients.



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A Professional Account

Christine Chappel, PTA and Katy White, DPT share their personal insight.

What is the most rewarding part of your job?

"Helping others and building relationships and the opportunity to make a positive impact on people's lives. We work closely with our patients to help them recover from injuries, regain mobility, and manage pain. Witnessing patients' progress and knowing that you played a part in their recovery is very rewarding." -**Christine Chappel**

"Helping the public of all ages (from newborn to 100+) gain or restore functional abilities to make their life better. There is no better feeling than getting a patient back to their previous level of function and daily activities or teaching a baby to crawl or walk. I get to work in a field I love learning about movement and the human body every day. Physical therapy offers various settings to work in and can find a specialty area that you love." -**Katy White**

What is the most challenging?

"PTAs often work with patients who are experiencing pain, frustration, or emotional distress due to their injuries or conditions. It can be challenging to provide care and support while maintaining professionalism and empathy. Dealing with their emotions and managing your own well-being can be demanding." -**Christine Chappel**

"The most challenging part of the physical therapy field is coordinating care between patients, doctors and insurance companies in order to do what is best for the patient. It is important to advocate for your patient, even when that means lots of paperwork, phone calls and administrative work to achieve what is best for your patient." -**Katy White**

What do you wish you knew back in school that you know now?

"I wish I knew more about the various avenues and opportunities that exist for PTAs to explore and contribute within the field of physical therapy." -**Christine Chappel**

"As important as all the material you learn in school is, take time during school and during your first work experiences to learn to have good conversations with people and to learn how to build relationships and trust with people. Those relationship-building skills will be just as important in your career as all the physical therapy content you learn." -**Katy White**

Anything else you want to share?

"Overall, being a PTA is special because you have the chance to make a positive impact on people's lives, witness their progress, and form friendships. It is a profession that combines compassionate care, knowledge, and the joy of helping others along their journey." -**Christine Chappel**

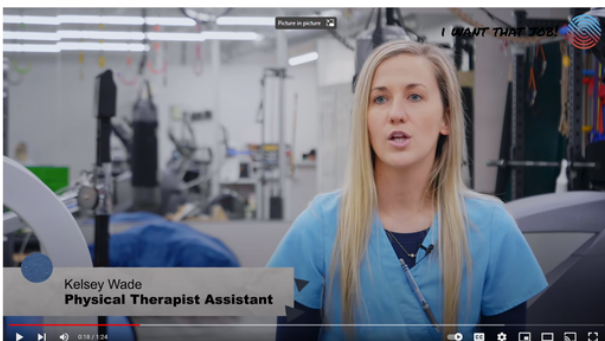


Click on the image for information on Physical Therapy from Career OneStop

<https://www.youtube.com/watch?v=FOF71Lb5Ska>



Scan Me



Click on the image for a personal account from a Physical Therapy Assistant

<https://www.youtube.com/watch?v=3BJODalqR-0>



Scan Me

For more information visit the US Bureau of Labor Statistics

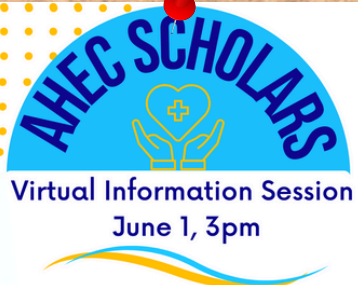
www.bls.gov/ooh/healthcare/physical-therapists.htm or <https://www.bls.gov/ooh/healthcare/physical-therapist-assistants-and-aides.htm>

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Virtual Information Session
June 1, 3pm

Are you a health profession student interested in learning more about high quality, patient centered care?

- ⊕ The NYS AHEC Scholars Program goal addresses the social, financial and cultural factors that influence health
- ⊕ 2-year program for those in their last two years of study
- ⊕ Earn a \$1000 annual stipend and \$2,000 by program completion

PLEASE JOIN US ON JUNE 1, AT 3PM TO LEARN MORE!

Register Today!

<https://rahec.zoom.us/j/rahec/register/tZ1vce2trDotG9AeJgcbgmmEpEVWX0LihW>



Contact
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AHEC SCHOLARS

Now Enrolling



Health Profession Students Gain Knowledge of the Social and Cultural Factors that Influence Health



- ⊕ Two-Year Program
- ⊕ Earn Up to \$2,000
- ⊕ Support Quality Patient Care in Rural and Underserved Communities
- ⊕ Program Components Include
 - Didactic Studies
 - Hands on Learning
 - Group Case Conferencing



APPLY TODAY!

Visit the AHEC Scholars site for more information
nysahec.org/our-programs/new-nys-ahec-scholars-program/

For more information contact

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