

Guidelines for 50 Volunteer Hours of Physical Therapy Experience

To be a stronger D.P.T. student candidate, the following are recommended experiences for the required 50 volunteer hours:

1. Observe actual examinations of physical therapy patients.
Examples: strength, locomotion, function, and others tests and measures.
2. Observe treatment interventions of patients by physical therapists.
Examples: therapeutic exercise, manual therapy, functional training, gait training, and modalities such as ultrasound and electrical stimulation.
3. Become familiar with the equipment used in the physical therapy department.
4. View a blank patient billing sheet and physical therapy notes/documentation in various physical therapy settings.
5. Experience multiple physical therapy settings.
Examples:
 - a. Orthopedic (e.g. Diagnoses of low back strain, cervical/neck strain, rotator cuff tear, total knee replacement)
 - b. Neurologic (e.g. Diagnoses of cerebral vascular accident (CVA) – stroke, traumatic brain injury, spinal cord injury)
 - c. Cardiopulmonary (e.g. Diagnoses of chronic obstructive pulmonary disease, myocardial infarction)
 - d. Pediatric (e.g. <21 years with diagnoses of cerebral palsy, spina bifida, muscular dystrophy)
 - e. Geriatric (e.g. >65 years with diagnoses of osteoporosis, total hip replacement, cancer, Parkinson's disease, Alzheimer's)
6. Please find opportunities to observe in a variety of settings. Examples:
 - a. Acute Care
 - b. Inpatient Rehabilitation
 - c. Skilled Nursing Facilities
 - d. Outpatient
 - e. School Systems
 - f. Home Health