

**MINIMUM PHYSICAL, INTELLECTUAL/COMMUNICATION, AND BEHAVIORAL/EMOTIONAL  
STANDARDS OF PERFORMANCE  
(ESSENTIAL REQUIREMENTS FORM)**

Physical Therapist Assistant Program students must demonstrate, with or without appropriate academic adjustments or reasonable modifications to policies and practices (see Disability Accommodations policy above), the ability to perform at least the functions listed below safely, reliably, and efficiently, in compliance with legal and ethical standards while enrolled in the technical phase of the PTA program.

**I. PHYSICAL CAPABILITIES**

*Students seeking to participate in the PTA program must:*

- A. Be able to safely bend, lift, twist, push, pull, and transfer up to 200 lbs to assist in moving a patient from one surface to another, using proper transfer techniques.
- B. Be able to move quickly in an emergency situation to protect the patient.
- C. Be able to stand for prolonged periods during didactic work (2-10 hours).
- D. Have the physical and emotional capacity to work a 40 hour week while on clinical rotations.
- E. Be able to safely and effectively resist, guide, facilitate or inhibit movement of another person's body part(s) to elicit a desired outcome.
- F. Possess the ability to occasionally push, pull, hold, manipulate, extend, rotate, kneel and stoop in a manner necessary to safely and effectively engage in patient care activities.
- G. Have the manual dexterity to safely grasp and manipulate small objects.
- H. Be able to push and pull at least 50 pounds and manually adjust equipment found in a clinical setting.
- I. Possess the visual acuity necessary to see notes written on a whiteboard, videos and slide show/overhead presentations, set and read dials or displays on modality equipment, and view/observe a patient 20-30 feet away.
- J. Gather visual information from patients regarding movement, posture, body mechanics and gait to compare to normal standards as well as gather visual cues from the patient regarding tolerance of interventions.
- K. Demonstrate auditory acuity necessary to respond quickly to an auditory timer or verbal patient responses.
- L. Possess the ability to detect changes in patient's muscle tone, skin quality, joint play, temperature, and kinesthesia.

**II. INTELLECTUAL AND COMMUNICATION ABILITIES**

Students seeking to participate in the PTA program must:

- A. Possess the ability to think critically in order to identify and solve problems; identify cause/effect relationships; to apply reading, lecture and laboratory information to case study preparation, to employ effective teaching, learning and test taking strategies.
- B. Be able to collect, interpret, remember, and utilize data regarding patients to appropriately and safely make decisions in the clinical environment.
- C. Adjust the patient's daily treatment within their plan of care when necessary and report necessary changes to the supervising therapist.
- D. Follow directions accurately and efficiently, seeking clarification where necessary.
- E. Speak and express clearly in the English language; information to peers, faculty, patients, their families, and other health care providers; to explain conditions and procedures and teach home programs.
- F. Comprehend information and exercise sound judgment in the classroom and clinic.
- G. Exercise appropriate interpersonal skills to work collaboratively; interact professionally, to establish a rapport with patients, colleagues and classmates; to resolve conflicts; with individuals from a variety of social, emotional, cultural and intellectual backgrounds; maintain confidentiality in all interactions.

### III. BEHAVIORAL AND EMOTIONAL STANDARDS

Students seeking to participate in the PTA program must:

- A. Be flexible to adjust to a constantly changing and rigorous full-time schedule.
- B. Possess the ability to manage stress appropriately.
- C. Be able to show compassion to patients and their families regardless of their race, ethnic, or socioeconomic background and to place the patient's need above his/her own.
- D. Be able to accept and positively utilize constructive criticism.
- E. Maintain good health and appropriate hygiene.
- F. Cooperate as a team member of a team; develop positive and effective relationships with faculty, clinicians, peers, and patients.
- G. Be willing to participate in laboratory activities including but not limited to serving as simulated patient while dressed in lab attire which allows for visualization and palpation of anatomical landmarks, joints, muscles, etc.

Signature of Applicant: \_\_\_\_\_

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