



# Rancho Los Amigos National Rehabilitation Center

## PHYSICAL THERAPY DEPARTMENT

### POLICY AND PROCEDURE

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#### MODEL DEFINITION OF PHYSICAL THERAPY FOR STATE PRACTICE ACTS

Policy No.: 103.5  
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Page: 1 of 2

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**PURPOSE:** To delineate the Physical Therapy Practice Act and Regulations of the Physical Therapy Examining Committee.

**POLICY:** Physical Therapy is the care and services provided by or under the direction and supervision of a physical therapist and includes but is not limited to the following:

1. Examining and evaluating patients with impairments, functional limitations, and disability or other health-related conditions in order to determine a diagnosis, prognosis, and intervention; examinations include but are not limited to the following:
  - a. aerobic capacity or endurance
  - b. anthropometric characteristics
  - c. arousal, mentation, and cognition
  - d. assistive, adaptive, supportive and protective devices
  - e. community or work reintegration
  - f. cranial nerve integrity
  - g. environmental, home, or work barriers
  - h. ergonomics or body mechanics
  - i. gait and balance
  - j. integumentary integrity
  - k. joint integrity and mobility
  - l. motor function
  - m. muscle performance
  - n. neuromotor development and sensory integration
  - o. orthotic requirements
  - p. pain
  - q. posture
  - r. prosthetic requirements
  - s. range of motion
  - t. reflex integrity
  - u. self care and home management
  - v. sensory integrity
  - w. ventilation, respiration and circulation
  
  - x. physiological monitoring

- y. cardiac monitoring
2. Alleviating impairments and functional limitations by designing, implementing, and modifying therapeutic interventions that include, but are not limited to:
- a. therapeutic exercise (including aerobic conditioning)
  - b. functional training in self care and home management (including activities of daily living and instrumental activities of daily living)
  - c. functioning training in community or work reintegration (including activities of daily living, work hardening, and work conditioning)
  - d. manual therapy techniques, including mobilization and manipulation
  - e. prescription, fabrication, and application of assistive, adaptive, supportive, and protective devices and equipment
  - f. airway clearance techniques
  - g. debridement and wound care
  - h. physical agents and mechanical modalities
  - i. electro-therapeutic modalities
  - j. patient-related instruction
  - k. wellness



Director, Physical Therapy Department