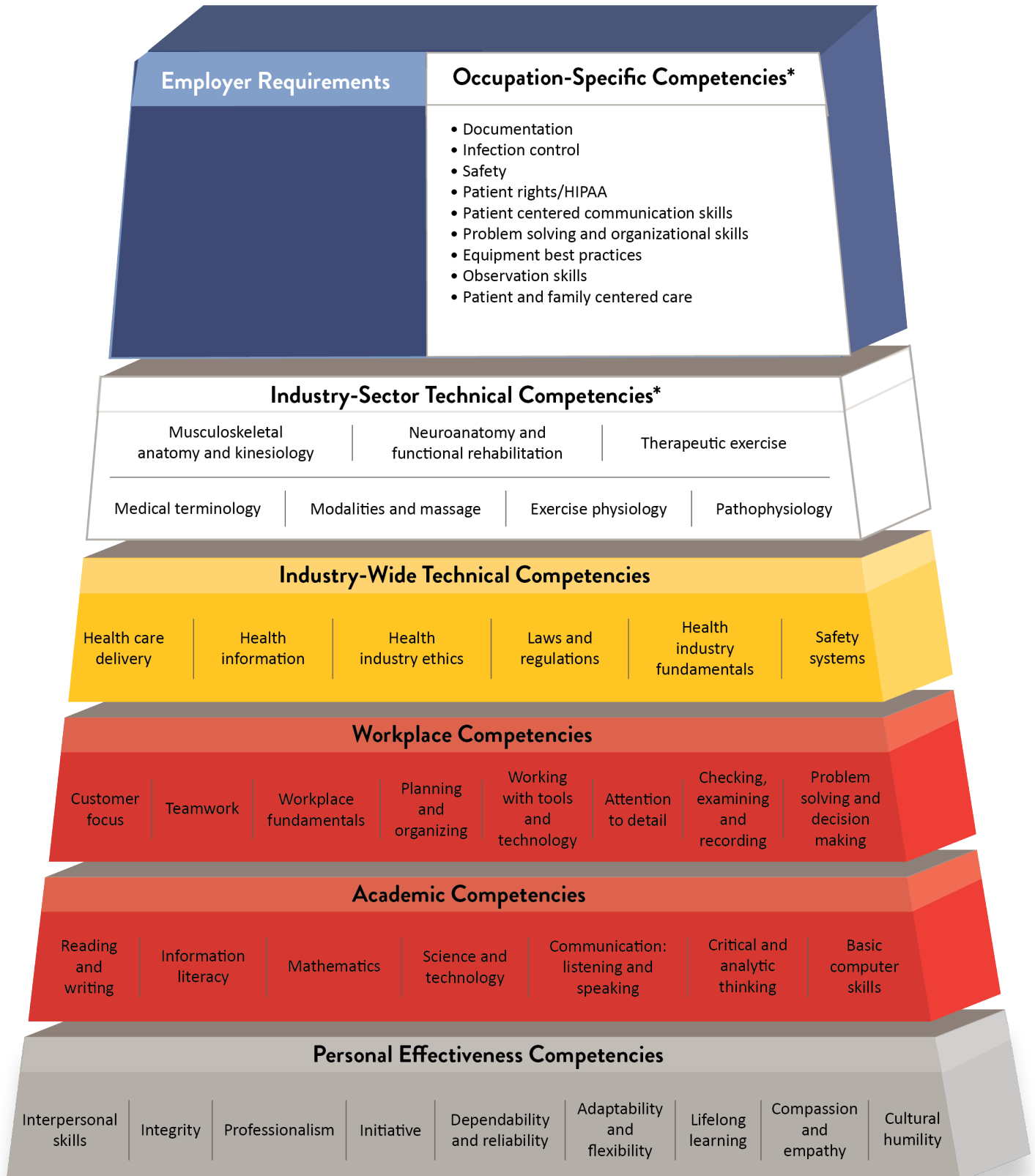


Minnesota Dual-Training Pipeline Competency Model for Health Care Services Occupation: Physical Therapy Assistant



Based on: Health: Allied Health Competency Model Employment and Training Administration, United States Department of Labor, December 2011.

* Pipeline recommends the Industry-Sector Technical Competencies as formal training opportunities (provided through related instruction) and the Occupation-Specific Competencies as on-the-job training opportunities.



Competency Model for Physical Therapy Assistant

Physical Therapy Assistant – A physical therapy assistant supports physical therapists in helping patients who are recovering from injuries so that they can better manage pain and regain their full range of mobility.

Industry-Sector Technical Competencies

Related Instruction for dual training means the organized and systematic form of education resulting in the enhancement of skills and competencies related to the dual trainee's current or intended occupation.

- **Medical terminology** – Knowledge of medical terms.
- **Musculoskeletal anatomy and kinesiology** – Understanding of normal human body movement as related to skeletal, articular, neurological, and muscular systems.
- **Modalities and massage** – Understand modalities, superficial heat and cold techniques, deep heat therapies, hydrotherapy, ultrasound, the use of ultraviolet and infrared light, electrical muscle stimulation, iontophoresis, NMES, TENS, biofeedback, diagnostic tests to determine nerve involvement, and massage.
- **Therapeutic exercise** – Understand the effects of exercise on the musculoskeletal, cardiovascular, and pulmonary systems. Know how physical therapy interventions can improve strength, balance, and flexibility.
- **Exercise physiology** – Understand the study of the body's responses to physical activity as well as how the body adapts to physical activity over time while also ensuring safety.
- **Neuroanatomy and functional rehabilitation** – Understand the theory and treatment techniques used for muscle re-education, motor learning to regain functional independence, normalization of muscle and gait training for the patient with injury or disease of the nervous system. Normal motor development, pediatric disorders and pediatric physical therapy.
- **Pathophysiology** – Knowledge of common disorders and diseases affecting the body's organ systems. Understand etiology, diagnosis, signs, symptoms, common lab values, and implications for physical therapy treatment.

Occupation-Specific Competencies

On-the-Job Training (OJT) is hands-on instruction completed at work to learn the core competencies necessary to succeed in an occupation. Common types of OJT include job shadowing, mentorship, cohort-based training, assignment-based project evaluation and discussion-based training.

- **Documentation** – Understands how to observe and record quality of room care, sanitation, and patient concerns. Demonstrates comprehension of medical documentation patient charts and workflow.
- **Infection control** – Demonstrate adherence to OSHA and CDC guidelines to minimize infections. Understand the standards required for quality decontamination processes and knowledge of how to maintain and effectively clean physical therapy equipment and accessories.
- **Safety** – Understand facility safety procedures and proficiency in basic First Aid and CPR. Be able to identify signs of cardiac distress and arrest.
- **Patient rights/ HIPAA** – Understand and respect patient individuality and privacy under Health Insurance Portability and Accountability Act (HIPAA). Recognize potential abuse/neglect reporting and documentation.
- **Patient centered communication skills** – Be able to communicate in a non-judgmental manner while adhering to HIPAA and facility confidentiality guidelines.
- **Problem solving and organizational skills** – Know how to prepare equipment and supplies to prevent backtracking prior to care delivery.
- **Equipment best practices** – Understand how to set up, use and clean specific equipment including ramps, resistance exercise bands, electrotherapy, ultrasound, hydrotherapy and various gym equipment.
- **Observation skills** – Understand the need for strong observation skills to keep track of patient progress and make adjustments when needed to ensure patients are progressing in their treatment.
- **Patient and family centered care** – Demonstrates an approach to the delivery and evaluation of health care that is grounded in mutually beneficial partnerships among health care professionals, patients and families.

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