

## **PHYSICAL THERAPY AIDE**

Code No.: 4-08-036  
NON-COMPETITIVE

**DISTINGUISHING FEATURES OF THE CLASS:** This is a non-technical position involving responsibility for the performance of a variety of routine housekeeping and helper tasks in the physical therapy department of a health care facility. The work is performed under the instruction and supervision of a qualified Physical Therapist and/or a Physical Therapy Assistant. Employees of this class receive on-the-job training in routine physical therapy related duties and procedures. Supervision of others is not a responsibility of this class. Does related work as required.

**TYPICAL WORK ACTIVITIES:** (All need not be performed in a given position. Other related activities may be performed although not listed.)

Assists a Physical Therapist or Physical Therapy Assistant in restorative and rehabilitative treatment;

Assists patients, individually or in groups, with strengthening and range of motion, transfer training, maintenance exercises, gait and balance training, etc., as directed by a Physical Therapist;

Observes patients for safety and comfort and assists them in changing position during treatment;

Prepares patients for treatment, and lifts, transports, and accompanies them to treatment areas;

Transports and adjusts physical therapy equipment;

Prepares hot and cold packs;

Prepares, cleans, stores and maintains physical therapy supplies and equipment, and supportive areas;

Notifies Physical Therapist or Assistant of any changes in patients condition such as incontinence, confusion, pain level, or changes in response to treatment program;

Assists in maintaining inventory of physical therapy supplies and equipment;

Prepares and maintains simple non-medical records and reports as required.

### **FULL PERFORMANCE KNOWLEDGES, SKILLS, ABILITIES AND PERSONAL CHARACTERISTICS:**

Good knowledge of the processes, materials, and equipment used in physical therapy; working knowledge of basic principles and terminology of physical therapy in a health care facility; good knowledge of and the ability to demonstrate proper body mechanics while maneuvering patients; working knowledge of the care and storage of apparatus and equipment used in physical therapy; working knowledge of the problems and attitudes of chronically ill, aged, and persons with disabilities; ability to understand and carry out oral and written directions; ability to establish and maintain effective working relationships; ability to work with groups; ability to work with minimal supervision; ability to prepare and maintain simple non-medical forms and reports; ability to communicate instructions to patients effectively; ability to support and lift adult patients; patience; sensitivity; motivation skills; courtesy; physical condition commensurate with the demands of the position.

MINIMUM QUALIFICATIONS: Graduation from high school or possession of a high school equivalency diploma, plus EITHER:

- (A) One (1) year of full-time or its part-time equivalent paid experience in a patient contact field in a physical therapy setting; OR,
- (B) Two (2) years of full-time or its part-time equivalent paid experience in direct patient care (such as Nursing Assistant, Nurses Aide, etc.) in a rehabilitative setting.
- (C) Graduation from a regionally accredited or New York State registered college or university with an Associate's degree or sixty (60) credit hours in Physical Therapy, Occupational Therapy or Rehabilitation Therapy; OR,
- (D) Any equivalent combination of training and experience as defined by the limits of (A), (B), and (C) above.

Note: Post high school education in physical therapy, occupational therapy, rehabilitation therapy, human services or closely related health care field may substitute for the six (6) months of experience.

REVISED: April 29, 1979

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