



Chapter 2

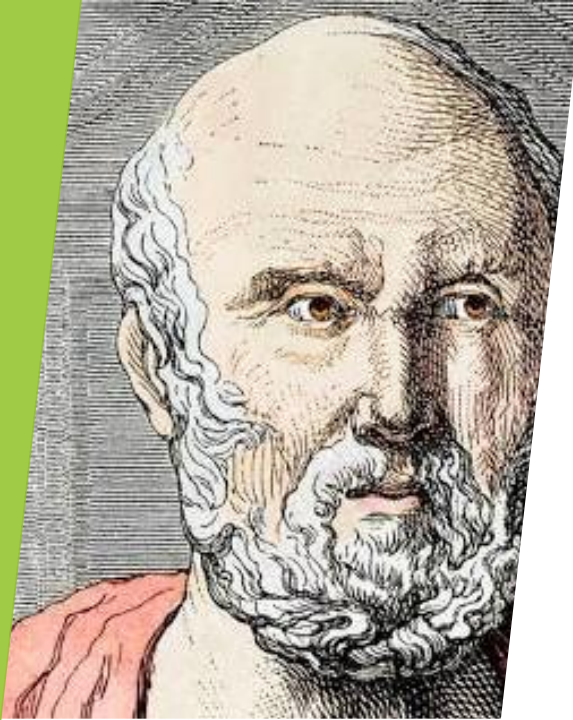
Physical Therapy Profession
PAST to PRESENT

Objectives

- ▶ Discuss the history of rehabilitation treatments from ancient times through the 1900s.
- ▶ Describe the history of the physical therapy profession and its six cycles of growth and development.
- ▶ Identify the values and culture of the physical therapy profession.
- ▶ Describe the APTA's mission and its goals for PTs and PTAs.
- ▶ Explain the organizational structure of the APTA.
- ▶ Discuss the benefits of belonging to a professional organization.
- ▶ Name organizations involved in the physical therapy profession.

Terms To Know

- ▶ CAPTE
- ▶ APTA
- ▶ Prevention
- ▶ Primary Prevention
- ▶ Secondary Prevention
- ▶ Tertiary Prevention
- ▶ Primary care
- ▶ Secondary Care
- ▶ Tertiary Care
- ▶ Acute Care
- ▶ Rehabilitation Center-
- ▶ Outpatient
- ▶ Skilled Nursing
- ▶ Chronic Care



HISTORY of PHYSICAL THERAPY: 400 BC

Hippocrates: the father of modern medicine believed in exercises to prevent muscle wasting.

Hippocrates advocated chest clapping to improved breathing and applied torpedo fish poultices for headaches (early E-stim)



Aristotle: Greek philosopher-scientist who identified the various scientific disciplines and explored their relationships to each other.

“lack of activity destroys the good condition of every human being

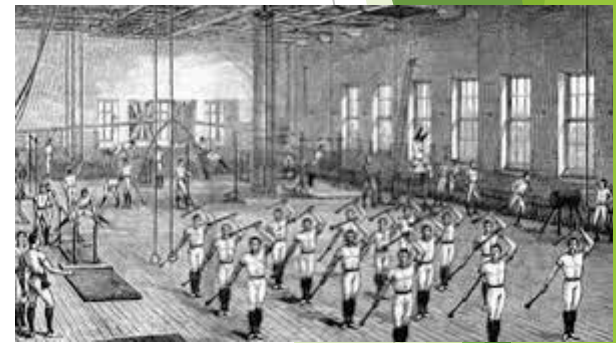
Modern History of Physical Therapy



- ▶ 1800's: **Per Henrik Ling** develops "Swedish exercise"
- ▶ Use of physical agents accepted in Europe.
- **Outbreak of World War I (1914-1918) physicians sent to England and France to learn PT techniques**

- **1916- Polio Outbreak:**

<https://www.youtube.com/watch?v=e-pNWEEG6uA>



Contributors to PTA

- ▶ Knott & Voss:
- ▶ Frenkle:
- ▶ Charles Lowman:
- ▶ Leo Buerger and Arthur Allen:
- ▶ Paul C. Williams:
- ▶ Ernest Codman:
- ▶ Robin Mckenzie:
- ▶ Thomas DeLorme:

The First American Physical Therapists

Division of Special Hospitals and Physical Reconstruction (1916-1918)

Reconstruction Aides become the first PT's.

First Physical Therapists:

- ▶ Marguerite Sanderson
- ▶ Mary McMillan



Source: Healing the Generations
www.apta.org



History of the APTA and PTA

- ▶ 1922- development of the APTA
- ▶ 1937- development of education standards for Physical therapists (pg. 19)
- ▶ 1959- state laws for licensure of physical therapists
- ▶ 1967 APTA adopts a policy statement for the creation of PTA's

Standards for education programs

Supervisory role between PT and PTA

Functions of PTA identified

Mandatory licensure

APTA membership



Mastery Years 1970-1996

- ▶ Profession expands with OSHA, IDEA, addition of PT to Social Security reimbursement
- ▶ Sections Formed:

APTA Website: <https://www.apta.org/>

100 Milestones of PT

- ▶ <https://centennial.apta.org/home/timeline/>

Vision 2020

“By 2020, physical therapy will be provided by physical therapists who are doctors of physical therapy,

recognized by consumers and other health care professionals as the **practitioners of choice with direct access for:**

diagnosis

interventions

prevention of impairments

functional limitations

disabilities related to movement, function and health”

CAPTE- Commission on Accreditation for Physical Therapy

- ▶ Determines accreditation status of PT and PTA programs
- ▶ **FSBPT-** Federation of State Boards for Licensure
- ▶ **ABPTS-** American Board of Physical Therapy Specialties

PTAs gain advanced proficiency knowledge and skill in one of the following areas:

- Acute care.
- Cardiovascular/pulmonary.
- Geriatrics.
- Neurology.
- Oncology.
- Orthopedics.
- Pediatrics.
- Wound management.
- ▶ Once achieved, Advanced Proficiency Pathway program recognition is good for 10 years.

APTA Guiding Principles

- ▶ Identity
- ▶ Quality
- ▶ Collaboration
- ▶ Innovation
- ▶ Consumer-centricity
- ▶ Access/Equity
- ▶ **Advocacy: Health and Wellness**

Promoting Health and Wellness:

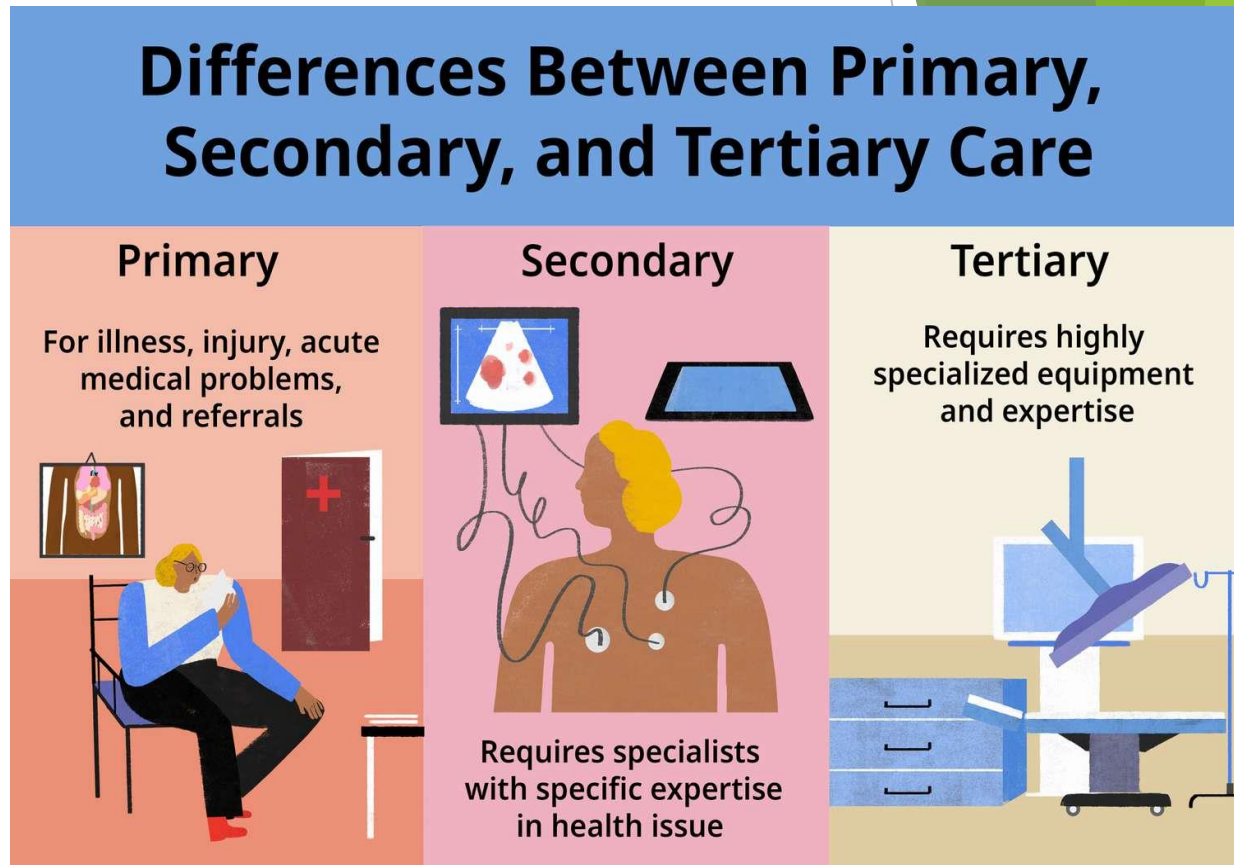
Physical therapists are involved in the prevention and promoting health, wellness and fitness in a wide range of populations

- ▶ Primary Prevention:
- ▶ Secondary Prevention:
- ▶ Tertiary Prevention:



Types of Care:

- ▶ Primary Care:
- ▶ Secondary Care:
- ▶ Tertiary Care:



Rehabilitation Settings

- ▶ Acute Care:
- ▶ Rehabilitation:
 - Short term inpatient
 - Outpatient
- ▶ Chronic Care:
 - Long term care

