

Using APTA's *Guide to Physical Therapist Practice* in Pediatric Settings

Section on Pediatrics FACT SHEET



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Section on Pediatrics APTA

1111 North Fairfax Street
Alexandria, VA 22314-1408

Phone: 800/999-2782, ext. 3254
Fax: 703/706-8573
E-mail: peditrics@apta.org

www.pediatricapta.org



What Is the Guide?

The *Guide to Physical Therapist Practice* (the Guide) is a resource that is intended to:

- Describe generally accepted physical therapist practice,
- Standardize terminology, and
- Delineate preferred practice patterns.

The Guide was developed by the American Physical Therapy Association and expert clinicians through a consensus process, and is divided into two parts.

Part I describes the elements of patient/client management and explains the tests and measures and interventions performed by therapists. Part II consists of the Preferred Practice Patterns grouped into four system areas: musculoskeletal, neuromuscular, cardiopulmonary, and integumentary. The practice patterns describe common sets of management strategies used by physical therapists for selected patient/client groups and identify the range of current options for care. How these two parts relate to your practice are further explored later in this document.

The Guide is based on the process of enablement and the integration of prevention and wellness strategies. The Guide is an evolving document that will be systematically revised as the knowledge base of physical therapy, scientific literature, and outcomes research develop and as examination and intervention strategies change.

The Guide is designed to help physical therapists:

- Enhance quality of care,
- Improve patient/client satisfaction,
- Promote appropriate utilization of health care services,
- Increase efficiency and reduce unwarranted variation in provision of services, and
- Promote cost reduction through prevention and wellness initiatives.

What Is Patient/Client Management?

Five elements of care define patient/client management within physical therapist practice:

1. **Examination:** A process of obtaining a history, performing relevant systems review, and selecting and administering specific tests and measures.
2. **Evaluation:** A dynamic process in which the physical therapist makes clinical judgments based on data gathered during the examination.
3. **Diagnosis:** A label encompassing a cluster of signs related to impairments of the four systems of the body (musculoskeletal, neuromuscular, cardiopulmonary, and integumentary).
4. **Prognosis:** The predicted optimal level of functional improvement, recommendation for amount of service, and establishment of a plan of care.
5. **Intervention:** Purposeful and skilled interaction with the patient/client, including coordination, communication, documentation, patient/client-related instruction, and procedural interventions.

Guide To Physical Therapy Practice

**American Physical Therapy
Association**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the American Physical Therapy Association text.

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