



Competency/Skills Self-Appraisal: LPTA/Licensed Physical Therapy Assistant

Name _____

Date _____

Please check the column that applies to your skill level:
 3= Very Competent > 1yr Exp. 2=Some Help needed <1 yr. Exp. 1=Need Direction <6 months Exp. 0=Never Done

SKILLS	3	2	1	0	SKILLS	3	2	1	0
▪ BCLS Expires: _____					▪ Psychiatric Hospital				
▪ CPR Expires: _____					▪ Early intervention				
▪ LPTA (Specify States): _____					▪ Head Start				
▪ Other Certification (specify): _____					▪ Professional Sports				
▪ Computerized Charting System (specify) _____					▪ Community Program				
1. AGE SPECIFIC PRACTICE CRITERIA:					▪ Research				
▪ Newborn/Neonate (birth to 30 days)					▪ Trauma Center				
▪ Infant (30 days to 1 year)					▪ Day rehab program				
▪ Toddler (1 -3 years)					4. GENERAL SKILLS:				
▪ Preschooler (3-5 years)					▪ Charting/Documentation/Consents/Care Plans				
▪ School Age Children (5-12 years)					▪ Confidentiality of Information/HIPAA				
▪ Adolescent (12-18 years)					▪ Ordering Supplies				
▪ Young Adults (18-39 years)					▪ Universal Precautions/Infection Control Procedures				
▪ Middle Adults (39-64 years)					▪ Advance Directives				
▪ Geriatric (64 +)					▪ JCAHO – National Patient Safety Guidelines				
2. EXPERIENCE WITH AGE GROUPS:					▪ Vital Signs				
▪ Able to adapt care to incorporate normal growth and development					▪ Use of transfer/lift devices				
▪ Able to adapt method and terminology of patient instructions to their age, comprehension and maturity level					▪ Pain management				
▪ Ensures safe environment reflecting specific needs of various age groups					▪ Patient/Caregiver Education				
3. EXPERIENCE IN SETTINGS:					5. MODALITIES:				
▪ AIDS rehabilitation					▪ Biofeedback				
▪ Cardiac Rehab					▪ Continuous passive motion machine				
▪ Pediatric Hospital					▪ Craniosacral therapy				
▪ General Acute Care					▪ Cryotherapy				
▪ Home Healthcare					▪ Diathermy				
▪ Industrial Rehabilitation					▪ Electro-acupuncture				
▪ Worker's Comp					▪ Acuscope				
▪ Fitness Center					▪ Neuro probe				
▪ Outpatient Clinic					▪ Extremity mobilization				
▪ Pediatric Rehabilitation					▪ Fluidotherapy				
▪ Private Practice					▪ Hot/cold packs				
▪ Physician's Office					▪ Hydrotherapy				
▪ Rehabilitation Hospital					▪ Hubbard tank				
▪ School System					▪ Sterilization technique				
▪ Skilled Nursing Facility					▪ Therapeutic pool				
▪ Burn Unit					▪ Whirlpool				
▪ Sports Medicine Clinic					▪ Massage				
▪ Sub Acute					▪ Muscle energy techniques				

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5. MODALITIES:					▪ Orthotics Prescription				
▪ Muscle stimulation					▪ Osteoporosis				
▪ Myofascial release techniques					▪ Osteoarthritis – frozen shoulder				
▪ Neuro probe					▪ Progressive strengthening				
▪ Paraffin					▪ Shoulder injuries				
▪ Spinal mobilizations					▪ Total hip replacement				
▪ Strain/counter strain techniques					▪ Total knee replacement				
▪ TENS					▪ Total joint replacement / upper extremities				
▪ Therapeutic exercise/home programs					▪ Transmandibular joint dysfunction				
▪ Traction lumbar					7. NEUROLOGIC:				
▪ Traction cervical					▪ Alzheimer's Disease/Dementia				
▪ Ultrasound					▪ Brain tumor				
▪ Vasopneumatic devices					▪ Cerebral palsy				
▪ Wound dressing/Debridement					▪ Head trauma				
▪ Edema massage					▪ Multiple sclerosis				
▪ Feeding techniques					▪ Neurodevelopmental disorders				
▪ Oral motor facilities					▪ Neurosurgery				
▪ Acuscope					▪ Parkinson's Disease				
▪ Critical Care Procedures					▪ Spasticity management				
▪ Feeding Techniques					▪ Spinal cord injury				
▪ Functional capacity evaluation					▪ Stroke rehabilitation				
▪ Valpar					▪ Traumatic brain injury				
▪ Adaptive equipment					▪ Adaptive equipment				
▪ Bracing					▪ Functional splinting				
▪ BTE					▪ Cognitive disorders				
▪ Crutch training					▪ Neuromuscular diseases				
▪ McKenzie					▪ Neuromuscular re-education				
▪ Maitland					▪ Coma				
▪ NDT					8. PROSTHETICS/ORTHOTICS:				
▪ Work capacity evaluation					▪ Above knee prosthetics				
6. ORTHOPEDIC:					▪ Ankle foot Orthotics				
▪ Amputations					▪ Below knee prosthetics				
▪ Arthritis programs					▪ Dynamic splints				
▪ Ankle reconstruction					▪ Gait analysis				
▪ Ankle sprain					▪ Orthoplast/aquaplast				
▪ Back syndromes					▪ Resting splints				
▪ Cervical spine injury					▪ Serial/inhibitory casting				
▪ Ergonomics					▪ Static splints				
▪ Fractures					▪ Upper extremity prosthetics				
▪ Gait disorders					▪ Slings				
▪ Hand injury					▪ Splints – wrist/hand				
▪ Hip fracture					▪ Care of amputee patient				
▪ Knee injuries					▪ Wound care				
▪ Mobilization techniques					▪ Bracing/joint immobilization				
▪ Neck injuries					▪ Patient teaching for use of prosthetics				

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8. SPORTS MEDICINE:					▪ Neurodevelopmental treatment				
▪ Bracing/joint immobilization					▪ NICU Treatment				
▪ Cybex					▪ Orthotics				
▪ Biodex					▪ Prosthetics				
▪ Immobilization					▪ Sensory integrative deficits				
▪ LIDO					▪ Spasticity management				
▪ Mobilization techniques					▪ Spina bifida				
▪ Nautilus/Eagle					▪ Spinal cord injury				
▪ Orthotron/Kinetron					▪ Splinting				
▪ Strength and endurance training					▪ Taping				
▪ Taping/strapping					▪ Traumatic Brain injury				
9. PEDIATRICS:					▪ Visual perceptual disorders				
▪ Activities of daily living for peds					10. COMPUTERIZED TESTING:				
▪ Adaptive equipment					▪ Fatigue – characteristics				
▪ ADD/ADHD					▪ Fiber-type				
▪ Aspergers Syndrome					▪ Functional strength				
▪ Athletic injury					▪ Net muscular torque				
▪ Autism					▪ ROM				
▪ Behavioral difficulties					Work capacity				
▪ Birth defects					11. OTHER:				
▪ Bracing					▪ Chest physiotherapy				
▪ Cerebral palsy					▪ Cardiac rehab				
▪ Cognitively impaired					▪ Burn management				
▪ Coordination Disorder					▪ Work hardening				
▪ CPM					▪ Work site evaluation				
▪ Crutch training					▪ Functional capacity eval				
▪ Cystic fibrosis					▪ Muscle energy techniques				
▪ Degenerative disorders					▪ Activities of daily living				
▪ Developmental delay					▪ Skilled nursing documentation				
▪ Development disabilities sequencing test					▪ Medicare A				
▪ Developmental diseases of the bone					▪ Medicare B				
▪ Down's Syndrome					▪ In-service education				
▪ Early intervention					▪ Wheelchair/equipment assessments				
▪ Emotionally impaired					▪ Symptom magnification assessment				
▪ Equipment assessment					▪ Fabrication of adaptive equipment				
▪ Fractures					▪ Geriatrics				
▪ Gait training					▪ AIDS/HIV				
▪ Gross motor assessment tools					▪ PPS				
▪ Head injury					▪ RUGS				
▪ Hydrotherapy					▪ Student supervision				
▪ Learning disabled					▪ Vents/trach				
▪ Mental retardation									
▪ Muscular Dystrophy									
▪ Neurodevelopmental testing									