



Competency/Skills Self-Appraisal: Physical Therapist

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: _____					▪ Nursing Home				
▪ CPR Expires: _____					▪ Outpatient Clinic				
▪ APTA Certification Number: _____					▪ Pediatric Rehabilitation				
▪ Cardiopulmonary					▪ Private Practice				
▪ Clinical electro					▪ Physician's Office				
▪ Geriatric					▪ Rehabilitation Hospital				
▪ Neurologic					▪ School System				
▪ Orthopedic					▪ Skilled Nursing Facility				
▪ Pediatric					▪ Burn Unit				
▪ Sports					▪ Sports Medicine Clinic				
▪ Manual therapy					▪ Sub Acute				
▪ NDT for Adult Hemoplegia					4. GENERAL SKILLS:				
▪ NDT for Pediatric/CP					▪ Charting/Documentation/Consents/Care Plans				
▪ UE prosthesis					▪ Confidentiality of Information/HIPAA				
▪ Other Certification (specify): _____					▪ Ordering Supplies				
▪ Computerized Charting System (specify) _____					▪ Universal Precautions/Infection Control Procedures				
1. AGE SPECIFIC PRACTICE CRITERIA:					▪ Advance Directives				
▪ Newborn/Neonate (birth to 30 days)					▪ JCAHO – National Patient Safety Guidelines				
▪ Infant (30 days to 1 year)					▪ Vital Signs				
▪ Toddler (1 -3 years)					▪ Use of transfer/lift devices				
▪ Preschooler (3-5 years)					▪ Pain management				
▪ School Age Children (5-12 years)					▪ Patient/Caregiver Education				
▪ Adolescent (12-18 years)					5. MODALITIES:				
▪ Young Adults (18-39 years)					▪ Biofeedback				
▪ Middle Adults (39-64 years)					▪ Continuous passive motion machine				
▪ Geriatric (64 +)					▪ Craniosacral therapy				
2. EXPERIENCE WITH AGE GROUPS:					▪ Cryotherapy				
▪ Able to adapt care to incorporate normal growth and development					▪ Diathermy				
▪ Able to adapt method and terminology of patient instructions to their age, comprehension and maturity level					▪ Electro-acupuncture				
▪ Ensures safe environment reflecting specific needs of various age groups					▪ Acuscope				
3. EXPERIENCE IN SETTINGS:					▪ Neuro probe				
▪ AIDS rehabilitation					▪ Extremity mobilization				
▪ Cardiac Rehab					▪ Fluidotherapy				
▪ Pediatric Hospital					▪ Hot/cold packs				
▪ General Acute Care					▪ Hydrotherapy				
▪ Home Healthcare					▪ Hubbard tank				
▪ Industrial Rehabilitation					▪ Sterilization technique				
▪ Infectious Diseases					▪ Therapeutic pool				

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SKILLS	3	2	1	0	SKILLS	3	2	1	0
5. MODALITIES:					▪ Cognitive disorders				
▪ Whirlpool					▪ Neuromuscular diseases				
▪ Massage					▪ Multiple sclerosis				
▪ Muscle energy techniques					▪ Alzheimer's/dementia				
▪ Muscle stimulation					▪ Neuromuscular re-education				
▪ Myofascial release techniques					▪ Coma				
▪ Neuro probe					▪ Neurosurgery				
▪ Paraffin					8. PROSTHETICS/ORTHOTICS:				
▪ Spinal mobilizations					▪ Above knee prosthetics				
▪ Strain/counter strain techniques					▪ Ankle foot Orthotics				
▪ TENS					▪ Below knee prosthetics				
▪ Therapeutic exercise/home programs					▪ Dynamic splints				
▪ Traction lumbar					▪ Gait analysis				
▪ Traction cervical					▪ Orthoplast/aquaplast				
▪ Ultrasound					▪ Resting splints				
▪ Vasopneumatic devices					▪ Serial/inhibitory casting				
▪ Wound dressing/Debridement					▪ Static splints				
▪ Edema massage					▪ Upper extremity prosthetics				
▪ Feeding techniques					▪ Slings				
▪ Oral motor facilities					▪ Splints – wrist/hand				
6. ORTHOPEDIC:					▪ Care of amputee patient				
▪ Amputations					▪ Wound care				
▪ Arthritis programs					▪ Bracing/joint immobilization				
▪ Ankle reconstruction					▪ Patient teaching for use of prosthetics				
▪ Ankle sprain					8. SPORTS MEDICINE:				
▪ Back syndromes					▪ Bracing/joint immobilization				
▪ Cervical spine injury					▪ Cybex				
▪ Hand injury					▪ Biodex				
▪ Hip fracture					▪ Immobilization				
▪ Knee injuries					▪ LIDO				
▪ Mobilization techniques					▪ Mobilization techniques				
▪ Neck injuries					▪ Nautilus/Eagle				
▪ Osteoarthritis – frozen shoulder					▪ Orthotron/Kinetron				
▪ Shoulder injuries					▪ Strength and endurance training				
▪ Total hip replacement					▪ Taping/strapping				
▪ Total knee replacement					9. PEDIATRICS:				
▪ Total joint replacement / upper extremities					▪ Cerebral palsy				
▪ Transmandibular joint dysfunction					▪ Early intervention				
7. NEUROLOGIC:					▪ Equipment assessment				
▪ Head trauma					▪ Activities of daily living for peds				
▪ Neurosurgery					▪ Adaptive equipment				
▪ Spinal cord injury					▪ Gross motor assessment tools				
▪ Stroke rehabilitation					▪ Learning disabled				
▪ Adaptive equipment					▪ Mental retardation				
▪ Functional splinting					▪ Neurodevelopmental treatment				

