



A GUIDE TO SETTING PHYSICAL THERAPY GOALS

Full recovery from an orthopedic injury often hinges on a successful physical therapy program. But before you start PT, consider what you want to accomplish by the end of your program.

You might want to ask yourself:

- What Are My Long- and Short-Term Goals?
- Are My Goals Realistic?
- Are My Goals Measurable?
- Should I Reassess My Goals/Timeline?

Working with your doctor and physical therapist, you'll create a game plan to reduce pain and improve your mobility.



Functional Goals For Physical Therapy

**Suzanne "Tink" Martin, PT, PhD, Mary
Kessler, MHS, PT**



Functional Goals For Physical Therapy:

Effective Documentation for Physical Therapy Professionals Eric Shamus, Debra Feingold Stern, 2004 This is a comprehensive textbook for the documentation course required in all Physical Therapy programs The textbook incorporates current APTA terminology and covers every aspect of documentation including reimbursement and billing coding legal issues PT and PTA communication as well as utilization review and quality assurance Midwest *Therapeutic Exercise in Developmental Disabilities* Barbara H. Connolly, Patricia Montgomery, Patricia C. Montgomery, 2005 *Therapeutic Exercise in Developmental Disabilities* Second Edition is a unique book for pediatric physical therapy the purpose of this groundbreaking book is to integrate theory assessment and treatment using functional outcomes and a problem solving approach This innovative book is written using a problem solving approach as opposed to specific intervention approaches the chapters integrate case studies of four children and the application of principles discussed throughout the book as they apply to the children the book opens with an overview of neural organization and movement which Effective Documentation for Physical Therapy Professionals, Second Edition Eric Shamus, Debra F. Stern, 2011-05-09 Comprehensive textbook for the documentation material required in all Physical Therapy programs Physical Therapy is one of the fastest growing professions in the US if they want to get paid by third parties they need to have a solid understanding of documentation This book covers every aspect of documentation including reimbursement and billing coding legal issues PT and PTA communication as well as utilization review and quality assurance Market Audience Primary market are the 30 000 PT students based in the US attending 210 programs Secondary market 155 000 clinicians currently practicing The primary market for this book students has grown by 33% since 2003 when the first edition was published About the Book From exercise prescriptions to patient evaluations insurance forms billing and much more *Effective Documentation for Physical Therapy Professionals* is your best choice for learning when what and how to document Included are every essential aspect of documentation and many sample documents The easy to follow format gives you the professional guidelines codes and methodology you need to provide expert documentation Key Selling Features Includes all aspects of documentation including reimbursement and billing coding legal issues PT PT and PT PTA communication and utilization review quality assurance Sample documentation content forms exercises and questions are provided as appropriate Uses current APTA terminology and all pertinent professional association regulations Includes SOAP guidelines and examples as well as standardized forms and assessment tools The most up to date comprehensive documentation book for Physical Therapy students and practitioners on the market Contains plenty of examples and exercises to provide practical knowledge to users of the text Author Profiles Eric Shamus DPT PhD CSCS has taught national and international continuing education courses on Orthopedics Sports Medicine and Manual Therapy with a focus on documentation and reimbursement He is presently a professor at Florida Gulf Coast University and works at an outpatient orthopedic facility in Fort Lauderdale Debra F Stern PT MSM DBA is an Associate Professor at Nova

Southeastern University in Fort Lauderdale FL She serves as a clinical instructor with a focus on geriatrics neuromuscular disorders and also coordinates service learning experiences for the school's PT department She received her BS in Physical Therapy from SUNY Buffalo her MSM from Rollins College and her DBAS at Nova Southeastern

Neurologic Interventions for Physical Therapy Suzanne C. Martin, Mary Kessler, 2007-01-01 Master the role of the physical therapist or physical therapist assistant in neurologic rehabilitation Neurologic Interventions for Physical Therapy 3rd Edition helps you develop skills in the treatment interventions needed to improve the function of patients with neurologic deficits It provides a solid foundation in neuroanatomy motor control and motor development and offers clear how to guidelines to rehabilitation procedures Case studies help you follow best practices for the treatment of children and adults with neuromuscular impairments caused by events such as spinal cord injuries cerebral palsy and traumatic brain injuries Written by physical therapy experts Suzanne Tink Martin and Mary Kessler this market leading text will help you prepare for the neurological portion of the PTA certification exam and begin a successful career in physical therapy practice Comprehensive coverage of neurologic rehabilitation explores concepts in neuroanatomy motor control and motor learning motor development and evidence based treatment of adults and children with neuromuscular impairments Over 700 photos and drawings clarify concepts show anatomy physiology evaluation and pathology and depict the most current rehabilitation procedures and technology Case studies demonstrate the patient examination and treatment process and show how to achieve consistency in documentation Proprioceptive Neuromuscular Facilitation chapter describes how PNF can be used to improve a patient's performance of functional tasks by increasing strength flexibility and range of motion key to the treatment of individuals post stroke Review questions are included at the end of each chapter with answers at the back of the book Illustrated step by step intervention boxes tables and charts highlight important information and make it easy to find instructions quickly Use of language of the APTA Guide to Physical Therapist Practice ensures that you understand and comply with best practices recommended by the APTA NEW photographs of interventions and equipment reflect the most current rehabilitation procedures and technology UPDATED study resources on the Evolve companion website include an intervention collection study tips and additional review questions and interactive case studies

Neurologic Interventions for Physical Therapy - E-Book Suzanne Tink Martin, Mary Kessler, 2006-08-01 Now completely updated with the latest information on both adult and pediatric patients this comprehensive book provides a link between the pathophysiology of neurologic deficits and possible rehabilitation interventions for improving movement outcomes It introduces the structure and function of the nervous system and describes normal motor development motor control and motor learning pathophysiology of the nervous system and common treatment techniques used in physical therapy practice This edition also features updated terminology from the APTA's Guide to Physical Therapist Practice as well as new chapters on proprioceptive neuromuscular facilitation PNF and other neurological conditions seen in the adult Helpful learning aids and

abundant illustrations highlight key concepts and help readers quickly master the material Helpful learning aids such as objectives tables illustrated intervention boxes and review questions reinforce important facts and concepts Review questions at the end of each chapter allow readers to test their understanding of the material 700 illustrations clearly depict procedures discussed in the text and clarify descriptions of anatomy physiology evaluation pathology and treatment Background information is provided for interventions that can be used in the rehabilitation of adults and children promoting a complete understanding of techniques Careful documentation uses current outcomes based research Case histories include subjective and objective observation assessment planning and critical decision making components Current language of the APTA s Guide to Physical Therapist Practice 2nd Edition is used throughout aligning all information with best practices put forth by the APTA A new chapter on proprioceptive neuromuscular facilitation PNF describes how these techniques can be used to improve performance of functional tasks by increasing strength flexibility and range of motion

Documentation Basics for the Physical Therapist Assistant Mia Erickson, Rebecca McKnight, 2024-06-01 Complete and accurate documentation is one of the most important skills for a physical therapist assistant to develop and use effectively The new Third Edition of Documentation Basics for the Physical Therapist Assistant continues the path of teaching the student and clinician documentation from A to Z Mia Erickson and Rebecca McKnight have updated this Third Edition to reflect changes in the ever evolving profession Newly addressed are the changes in documentation requirements for major payers changes in the disablement models used and the increasingly common use of electronic documentation in the physical therapy profession Features inside the Third Edition Readers are encouraged to think about disablement and disablement concepts when writing notes How to document impairments in body structure and function but more importantly activity limitations and participation restriction Descriptions of the differences in documentation methods using a computer vs paper chart Evidence tied to benefits and challenges of computerized documentation Documenting the rationale for treatment and the unique skills of the physical therapist assistant in patient management New inside the Third Edition Incorporation of the International Classification of Functioning Disability and Health disablement model Chapter on electronic documentation Screenshot examples of the popular WebPT electronic medical record platform Updated chapters on reimbursement and legal issues Additional examples for student practice included in each chapter Included with the text are online supplemental materials for faculty use in the classroom Documentation Basics for the Physical Therapist Assistant Third Edition is the perfect guide for all physical therapist assistant students and clinicians who want to update and refine their knowledge and skills in documentation

Neurologic Interventions for Physical Therapy Suzanne "Tink" Martin, PT, PhD, Mary Kessler, MHS, PT, 2015-06-24 Master the role of the physical therapist or physical therapist assistant in neurologic rehabilitation Neurologic Interventions for Physical Therapy 3rd Edition helps you develop skills in the treatment interventions needed to improve the function of patients with neurologic deficits It provides a solid foundation in neuroanatomy motor control and

motor development and offers clear how to guidelines to rehabilitation procedures Case studies help you follow best practices for the treatment of children and adults with neuromuscular impairments caused by events such as spinal cord injuries cerebral palsy and traumatic brain injuries Written by physical therapy experts Suzanne Tink Martin and Mary Kessler this market leading text will help you prepare for the neurological portion of the PTA certification exam and begin a successful career in physical therapy practice Comprehensive coverage of neurologic rehabilitation explores concepts in neuroanatomy motor control and motor learning motor development and evidence based treatment of adults and children with neuromuscular impairments Over 700 photos and drawings clarify concepts show anatomy physiology evaluation and pathology and depict the most current rehabilitation procedures and technology Case studies demonstrate the patient examination and treatment process and show how to achieve consistency in documentation Proprioceptive Neuromuscular Facilitation chapter describes how PNF can be used to improve a patient s performance of functional tasks by increasing strength flexibility and range of motion key to the treatment of individuals post stroke Review questions are included at the end of each chapter with answers at the back of the book Illustrated step by step intervention boxes tables and charts highlight important information and make it easy to find instructions quickly Use of language of the APTA Guide to Physical Therapist Practice ensures that you understand and comply with best practices recommended by the APTA NEW photographs of interventions and equipment reflect the most current rehabilitation procedures and technology UPDATED study resources on the Evolve companion website include an intervention collection study tips and additional review questions and interactive case studies

Documentation Basics Mia Erickson, Mia L. Erickson, 2012 Complete and accurate documentation is one of the most important skills for a physical therapist assistant to develop and use effectively The new Second Edition of Documentation Basics A Guide for the Physical Therapist Assistant continues the path of teaching the student and clinician documentation from A to Z Mia Erickson and Rebecca McKnight have updated this Second Edition to reflect changes of the American Physical Therapy Association and the ever evolving profession Updated inside Documentation Basics A Guide for the Physical Therapist Assistant Second Edition The discussion on integrating disablement into documentation The discussion on how a PTA can show medical necessity and need for skilled care The discussion on using documentation to communicate with other providers Writing the assessment and plan to coincide with the initial documentation Sample notes completed on forms More examples and practice including physical agents school based services paediatrics traumatic brain injury spinal cord injury and interventions consistent with the Guide to Physical Therapist Practice Medicare reimbursement in different settings The importance of consistent reliable and valid measurements How to improve communication and consistency between documentation by the PT the PTA The discussion on disablement has also been updated shifting away from the Nagi Model toward the International Classification of Functioning Disability and Health ICF In addition the PTA Normative Model has been integrated throughout to include more information

on clinical decision making New inside Documentation Basics A Guide for the Physical Therapist Assistant Second Edition Navigating the PT plan of care A step by step model for PTAs to use as they navigate the initial PT documentation and plan of care How the PTA uses the PT goals from the initial examination and evaluation Positive and negative aspects of using electronic documentation and a discussion on integrating SOAP notes and the problem oriented medical record into electronic documentation Sample notes and discussion of documentation in school based settings early intervention skilled nursing settings in patient rehabilitation and direct access Medicare Parts C and D Cash based services and pro bono services Instructors in educational settings can visit www.efacultyounge.com for additional material to be used for teaching in the classroom Documentation Basics A Guide for the Physical Therapist Assistant Second Edition is the perfect guide for all physical therapist assistant students and clinicians who want to update and refine their knowledge and skills in documentation

The How-To Manual for Rehab Documentation, Third Edition Rick Gawenda, 2009-04-06 The How To Manual for Rehab Documentation Third Edition A Complete Guide to Increasing Reimbursement and Reducing Denials Rick Gawenda PT Up to speed with Medicare documentation requirements for 2009 and beyond Increase cash flow and reduce Medicare claim denials by using strategies provided in the Third Edition of The How To Manual for Rehab Documentation Written by national consultant Rick Gawenda PT Since our last edition there have been significant changes to the rules and regulations surrounding documentation in therapy settings And now that the RACs are underway it is even more important to have accurate and thorough documentation Mistakes can lead to delayed payments and denials so how do ensure that you are in compliance with the current guidelines Make it easy Order your copy of The How To Manual for Rehab Documentation Third Edition A Complete Guide to Increasing Reimbursement and Reducing Denials Written by author and national consultant Rick Gawenda PT of Gawenda Seminars this book and CD ROM set focuses on the clinical aspects of documentation and offers proven methods to strengthen documentation and decrease the frequency of denials Gawenda encourages b documentation methods that have worked for him and help you conquer potentially tough concepts such as maintenance therapy and CPT codes What s new in the third edition Clarification of certification and re certification requirements regarding how long they are valid for and how soon they need to be signed Explanation of delayed certification Tips to write function based short and long term goals Updated examples of well written goals Updated payer documentation guidelines for evaluations progress reports daily notes discharge reports and re evaluations The How To Manual for Rehab Documentation Third Edition A Complete Guide to Increasing Reimbursement and Reducing Denials outlines proper documentation strategies starting from the moment a patient registers and receives treatment to billing for time and services Gawenda encourages b documentation methods that have worked for him and help you conquer potentially tough concepts such as maintenance therapy and CPT codes This comprehensive book and CD ROM helps you Improve therapy billing through better documentation Prevent denials as a result of better documentation practices Maintain quality assurance

through proper documentation Optimize your reimbursement from both Medicare and third party payers Avoid audits and targeted medical reviews Document care in a more efficient way Take the critical steps to verify therapy benefit coverage prior to a patient s initial visit Support skilled therapy services with inclusion of required documentation Understand Medicare certification and recertification time frames and requirements for all therapy settings Understand and use the most commonly used CPT codes and modifiers in rehabilitation therapy

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Physical Therapy Management of Patients with Spinal Pain Deborah Stetts, Gray Carpenter, 2024-06-01 In this rapidly changing health care environment a challenge today s physical therapist faces is finding evaluating and implementing current best evidence into practice an integral part of health care professional educational programs With that goal in mind Physical Therapy Management of Patients With Spinal Pain An Evidence Based Approach provides a comprehensive research based overview of the examination and physical therapy interventions of the spine Inside Physical Therapy Management of Patients With Spinal Pain Drs Deborah M Stetts and J Gray Carpenter evaluate the current evidence related to spinal pain and present it in a format that allows for an easy transition to the clinical environment By providing effective clinical interventions rather than relying on habits or tradition patients benefit from an increased likelihood of improved quality of life with the least potential of personal and financial risk Some features include Over 650 photographs images and tables Access to a supplemental video Website with new book purchase Best practice for evaluating and treating the lumbar spine thoracic spine and cervical spine Comprehensive coverage of the clinical presentation of spine related

pathologies from evaluation to treatment Each chapter outlines the history physical examination physical therapy diagnosis evidence based management guidelines and case studies for each topic Case studies will challenge the reader s clinical reasoning skills with the use of current best evidence throughout the initial examination and subsequent treatment sessions Bonus Also included with Physical Therapy Management of Patients With Spinal Pain is access to a supplemental Website containing more than 375 video demonstrations corresponding to the tests and measures examination evaluation and intervention procedures covered within the text Physical Therapy Management of Patients With Spinal Pain An Evidence Based Approach is the go to reference text and accompanying Web site for the physical therapy students or clinicians who are reaching for best practice through providing the highest level of evidence informed care in the evaluation and management of patients with spinal pain

Rehabilitation Goal Setting Richard J. Siegert, William M. M. Levack, 2014-07-10 Written to provide clinicians educators researchers and students in rehabilitation with a comprehensive overview of the theory practice and evidence base of goal setting this first of its kind reference provides an authoritative state of the art knowledge of the practice The authors cover a broad range of different approaches to goal setting with input from experts from North America Europe and Australia This book is applicable to patients with stroke traumatic brain injury neurological disorders spinal cord injury and other conditions

Dreeben-Irimia's Introduction to Physical Therapy Practice for Physical Therapist Assistants Christina M. Barrett, 2019-11-12 Dreeben Irimia s Introduction to Physical Therapy Practice for Physical Therapist Assistants Fourth Edition introduces students to the role of the physical therapist assistant in physical therapy care

Physical Therapy Documentation Mia Erickson, Mia L. Erickson, Rebecca McKnight, Ralph Utzman, 2008 Complete accurate documentation is one of the essential skills for a physical therapist This book covers all the fundamentals includes practice exercises case studies throughout

Therapeutic Exercise for Children with Developmental Disabilities Barbara H. Connolly, Patricia Montgomery, 2024-06-01 Therapeutic Exercise for Children With Developmental Disabilities has been expanded and updated to include everything a student or professional needs to know when working with children with developmental disabilities Continuing the emphasis on evidence based practice from the previous editions this comprehensive Fourth Edition enhances critical thinking and evaluation skills Throughout the course of the text Drs Barbara H Connolly and Patricia C Montgomery present case studies of 5 children with various developmental disabilities to bring a problem solving approach to each individual chapter topic The case studies include 2 two children with cerebral palsy GMFCS Levels I and V a child with myelomeningocele a child with Down syndrome and a child with developmental coordination disorder and attention deficit hyperactivity disorder Each chapter s examination evaluation and intervention recommendations are accompanied by specific treatment objectives and therapeutic activities plus a companion website with 17 videos which contains 90 minutes of content to illustrate concepts Recent research and clinical recommendations as well as related references are also provided in each chapter This Fourth Edition utilizes the American Physical Therapy

Association's Guide to Physical Therapist Practice 3.0 and the World Health Organization's International Classification of Functioning, Disability and Health Children and Youth as its framework. The focus of the chapters is on children's participation and empowerment rather than body function and structure. Examples of new and updated topics in the Fourth Edition Practice in the NICU, Early mobility strategies, Communication strategies with children and families, Aquatic therapy, Upper extremity constraint induced therapy, Mirror therapy, Lower extremity treadmill training. With helpful videos, informative figures and compelling case studies, *Therapeutic Exercise for Children With Developmental Disabilities* Fourth Edition is the perfect resource for both students and practicing clinicians.

Physical Therapy in Acute Care Daniel Joseph Malone, Kathy Lee Bishop Lindsay, 2006. Safe and effective management is a top priority for every physical therapy student or clinician involved with patients in the acute care setting. *Physical Therapy in Acute Care: A Clinician's Guide* is a user-friendly, pocket-sized evidence-based text that guides and reinforces successful acute care patient management. *Physical Therapy in Acute Care* provides clinicians with an understanding of the basic physiological mechanisms underlying normal function of all major organ systems contrasted with the pathophysiology of the disease and disorders that physical therapists will most often encounter in an acute care environment. Inside the pages of *Physical Therapy in Acute Care*, Daniel Malone and Kathy Lee Bishop Lindsay provide a comprehensive review of acute physical therapy best practice. This text builds upon fundamental knowledge by addressing important components of patient examination, discussing relevant medical tests and listing diseases and diagnoses alphabetically with brief medical management. Some Chapter Topics Include Cardiovascular, pulmonary, musculoskeletal, gastrointestinal, genitourinary and neurological diseases and disorders, The immune system and infectious disease, Oncology, rehabilitation, Wound care, Transplantation. Each chapter highlights important physical therapy concerns, examination findings and rehabilitation interventions. In addition, *Physical Therapy in Acute Care* includes numerous tables, figures, review questions and case studies that highlight the physical therapy patient care model as outlined in the *Guide to Physical Therapist Practice*. Exciting Features: An in-depth description of laboratory tests and procedures incorporating the physiologic significance of abnormal findings, Pharmacologic information for each organ system chapter including side effects of common medical interventions, A chapter on deconditioning and bed rest effects in the acute care environment, A discharge recommendation decision tree. Whether you are a student of physical therapy, a physical therapist entering the acute care environment or an experienced acute care physical therapist, *Physical Therapy in Acute Care* is the only resource for successful patient management you will need by your side.

Medicare Outpatient Physical Therapy and Comprehensive Outpatient Rehabilitation Facility Manual, 1990

Introduction to Physical Therapy for Physical Therapist Assistants Olga Dreeben-Irimia, 2010-08-27

Documentation for Rehabilitation Lori Quinn, James Gordon, 2015-12-11. Better patient management starts with better documentation. *Documentation for Rehabilitation: A Guide to Clinical Decision Making in Physical Therapy* 3rd Edition shows how to accurately document treatment progress and patient outcomes. Designed for

use by rehabilitation professionals documentation guidelines are easily adaptable to different practice settings and patient populations Realistic examples and practice exercises reinforce concepts and encourage you to apply what you ve learned Written by expert physical therapy educators Lori Quinn and James Gordon this book will improve your skills in both documentation and clinical reasoning A practical framework shows how to organize and structure PT records making it easier to document functional outcomes in many practice settings and is based on the International Classification for Functioning Disability and Health ICF model the one adopted by the APTA Coverage of practice settings includes documentation examples in acute care rehabilitation outpatient home care and nursing homes as well as a separate chapter on documentation in pediatric settings Guidelines to systematic documentation describe how to identify record measure and evaluate treatment and therapies especially important when insurance companies require evidence of functional progress in order to provide reimbursement Workbook textbook format uses examples and exercises in each chapter to reinforce your understanding of concepts NEW Standardized Outcome Measures chapter leads to better care and patient management by helping you select the right outcome measures for use in evaluations re evaluations and discharge summaries UPDATED content is based on data from current research federal policies and APTA guidelines including incorporation of new terminology from the Guide to Physical Therapist 3 0 and ICD 10 coding EXPANDED number of case examples covers an even broader range of clinical practice areas

Documentation for the Physical Therapist Assistant Wendy D.

Bircher,2021-10-15 Build your documentation skills and your confidence Step by step this text workbook introduces you to the importance of documentation to support quality patient care and appropriate reimbursement It shows you how to develop and write a proper and defensible note and prepares you to meet the technological challenges you ll encounter in practice You ll learn how to provide the proper documentation to assure all forms of reimbursement including third party for your services You ll also explore issues of patient confidentiality HIPAA requirements and the ever increasing demands of legal and ethical practice in a litigious society

Trends in Cerebral Palsy Research Helen D. Fong,2006 Cerebral palsy is an umbrella like term used to describe a group of chronic disorders impairing control of movement that appear in the first few years of life and generally do not worsen over time The disorders are caused by faulty development of or damage to motor areas in the brain that disrupts the brain s ability to control movement and posture Symptoms of cerebral palsy include difficulty with fine motor tasks difficulty maintaining balance or walking involuntary movements The symptoms differ from person to person and may change over time Some people with cerebral palsy are also affected by other medical disorders including seizures or mental impairment but cerebral palsy does not always cause profound handicap Early signs of cerebral palsy usually appear before 3 years of age Infants with cerebral palsy are frequently slow to reach developmental milestones such as learning to roll over sit crawl smile or walk Cerebral palsy may be congenital or acquired after birth There is no standard therapy that works for all patients Drugs can be used to control seizures and muscle spasms special braces can

compensate for muscle imbalance Surgery mechanical aids to help overcome impairments counselling for emotional and psychological needs and physical occupational speech and behavioural therapy may be employed This new book gathers outstanding new research and insights from throughout the world

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