

## TCC PTA Alternative Hours Option: Spring 2022 Application

Due to COVID-19 restrictions, twenty (20) of the forty (40) required observation hours will be waived for the spring 2022 application cycle only. PLEASE NOTE: Applicants are still REQUIRED to complete at least 20 hours in one physical therapy setting. In lieu of the second set of 20 hours, applicants for the spring 2022 semester are REQUIRED to complete the following alternative hours option.

**Directions:** Include your full name and TCC ID # on the top of your documents. Summaries are to be typed using 12-point font, double-spaced with standard margins. One-page limit per topic. Please be sure to use proper spelling, grammar, syntax, and transitions. Include documents and the attestation form with your health professions application.

### [Physical Therapy Information From Physical Therapists](#) | [ChoosePT](#) | [Choose PT](#)

1. On the APTA website (link listed above), review the information on how Physical Therapist Treatment Can Help You. Choose one topic from each of the following 3 categories:
  - a. **Prevent or improve many chronic conditions-** Long COVID, Heart Disease, Diabetes, Obesity, Cancer, Chronic Fatigue Syndrome, and Headaches
  - b. **Manage pain, avoid surgery, and minimize use of prescription drugs –** Low Back Pain, Chronic Pain, COPD, Osteoarthritis of the Knee, Neck Pain, Herniated Disk, Hip Pain, and Dry Needling for Pain
  - c. **Recover from and prevent injuries-** ACL Tear, Falls Prevention, Concussion, Achilles Tendinopathy, Groin Strain, Little League Shoulder, Shin Splints, and Shoulder Labral Tear
2. After reviewing the topics, answer the following 5 questions for each topic selected:
  - a. What is the injury or condition and how is it diagnosed?
  - b. What are the signs and symptoms?
  - c. How can Physical Therapy help?
  - d. Can this injury or condition be prevented?
  - e. What did you learn about this injury or condition and how will it impact your future as a PTA?
3. Faculty will grade each Alternative Hours Option using the following grading scale (20 points total).
  - a. Written Content/Organization – 5 points per topic
    - i 5=complete, thorough, and accurate submission
    - ii 0= incomplete, not thorough, or inaccurate submission
  - b. Spelling, grammar, syntax, and content transitions – 1 point per topic
    - i 1= error free
    - ii 0=contains errors
  - c. Format Requirements – 2 points overall
    - i 2=follows directions
    - ii 0=does not follow directions
4. Please print, sign, and date the *TCC PTA Alternative Hours Attestation Form* located on the next page and include it with your summaries. Include both with the Health Professions Application.

## TCC PTA Alternative Hours Attestation Form: Spring 2022 Application

I attest that I have reviewed the provided information about physical therapy in lieu of observation hours for the April 15, 2022 application deadline, and I am thoughtfully making the decision to pursue a career as a physical therapist assistant with a clear understanding of the job opportunities and expectations. I feel pursuing this career path aligns with my professional goals and skill set and I submit this application willingly and purposefully.

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**Student Printed Name**

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**Student Signature**

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**Date**