

## GTC PTA Program Essential Function and Technical Standards

### Physical Competency Assessment

After demonstration, Phase II admitted students must be able to successfully complete the following physical competency assessment at 100% in 30 **minutes without a sitting rest break** prior to being allowed to begin Clinical Education courses.

| #1: Physical Competency Assessment Static Balance Needed for Gait Training, Transfers, Patient Education | Y = Yes<br>N=No | Comment |
|--|-----------------|---------|
| Able to stand on both legs, not using arms for support, eyes open for 30 seconds                         |                 |         |
| Able to stand on right leg, not using arms for support, eyes open for 30 seconds                         |                 |         |
| Able to stand on left leg, not using arms for support, eyes open for 30 seconds                          |                 |         |
| Able to stand on both legs, not using arms for support, eyes closed for 10 seconds                       |                 |         |
| Able to stand on right leg, not using arms for support, eyes closed for 10 seconds                       |                 |         |
| Able to stand on left leg, not using arms for support, eyes closed for 10 seconds                        |                 |         |

| #2: Physical Competency Assessment Dynamic Balance Needed for Gait Training, Transfers, Patient Education  | Y = Yes<br>N=No | Comment |
|--|-----------------|---------|
| <b>Timed: 45 seconds Total</b><br><b>May not grab on with hands or step out with other foot.</b>           |                 |         |
| Able to step at least 15" forward and 15" backward / behind with right leg                                 |                 |         |
| Able to step at least 15" out to right side and back with right leg  |                 |         |
| Able to step at least 15" forward in right diagonal and 15" back / behind in left diagonal with right leg. |                 |         |
| Able to step at least 15" forward in left diagonal and 15" back / behind in right diagonal with right leg. |                 |         |
| Able to step at least 15" forward and 15" backward / behind with left leg                                  |                 |         |
| Able to step at least 15" out to left side and back with left leg  |                 |         |
| Able to step at least 15" forward in left diagonal and 15" back / behind in right diagonal with left leg.  |                 |         |
| Able to step at least 15" forward in right diagonal and 15" back / behind in left diagonal with left leg.  |                 |         |

| #3: Physical Competency Assessment Dynamic Balance Needed for Gait Training, Transfers, Safely Lowering Patients to Floor, Exercise Demonstrations               | Y = Yes<br>N=No | Comment |
|--|-----------------|---------|
| <b>Timed: 3x/30 seconds.</b><br><b>May not push up on floor or wall with hands.</b>  |                 |         |
| Able to sit down on floor and get up off of the floor in any manner without using hands to lower self to floor or push off the floor. Three times in 30 seconds. |                 |         |

| #4: Physical Competency Assessment Arm/Grip Strength for Safe Patient Transfers, Gait Guarding, Manual Therapy, Managing Therapeutic Equipment | Y = Yes<br>N=No | Comment |
|--|-----------------|---------|
| Minimum Grip Strength right or dominant hand Female norm=60 psi  |                 |         |
| Minimum Grip Strength left or non-dominant hand Female norm = 50 psi   |                 |         |
| Minimum Grip Strength right or dominant hand Male norm=100 psi   |                 |         |
| Minimum Grip Strength left or non-dominant hand Male norm = 90 psi   |                 |         |

| #5: Physical Competency Assessment Dynamic Balance and Trunk Strength Needed for Safe Patient Mobility, Exercise Demonstration, Heavy Equipment Management<br><br>Timed: 25 seconds  | Y = Yes<br>N=No | Comment |
|--|-----------------|---------|
| Able to bend over (flex spine) in attempt to touch floor with both hands, knees slightly bent, then extended spine straight and reach over head with both hands in attempt to reach ceiling. 10 times in 25 seconds.                       |                 |         |
| #6: Physical Competency Assessment Dynamic Balance and Trunk, Arm and Leg Strength Needed for Safe Patient Transfers, Exercise Demonstration, Heavy Equipment Management<br><br>Timed: 3x/30 seconds                                       | Y = Yes<br>N=No | Comment |
| Using good body mechanics, able to move 50 pounds from a mat table to a wheelchair and back. 3 times in 30 seconds.  |                 |         |
| #7: Physical Competency Assessment Leg Strength and Endurance Needed for Safe Patient Transfers, Exercise Demonstration, Heavy Equipment Management, Gait Training on Uneven Terrain<br><br>Timed: maintains position for 2 minutes        | Y = Yes<br>N=No | Comment |
| With back flat on wall, be able to maintain knees flexed to 45 degree position for 2 minutes without shifting position.  |                 |         |
| #8: Physical Competency Assessment Arm, Trunk and Leg Strength and Balance Needed for Safe Patient Transfers, Exercise Demonstrations and Catching Falling Patients/Equipment and Safely Lowering to Ground<br><br>Timed: 5x in 30 seconds | Y = Yes<br>N=No | Comment |
| Able to catch an 8 pound medicine ball, dropped from a height of 7", lowering it to the floor using proper body mechanics, then raising it up and handing it to examiner, repeating motion 5 times in 30 seconds.                          |                 |         |
| #9: Physical Competency Assessment Arm, Trunk and Leg Strength and Balance Needed for Safe Patient Wheelchair Mobility Transport and Training.<br><br>Timed: 3x in 60 seconds  | Y = Yes<br>N=No | Comment |
| Able to push 150# in a wheelchair up a ramp forward and down a ramp backward 3 times in 60 seconds.  |                 |         |
| #10: Physical Competency Assessment Dynamic Balance and Trunk /Leg Strength Needed for Gait Training On stairs without using rails.<br><br>Timed: 45 seconds   | Y = Yes<br>N=No | Comment |
| Able to manage flight of 15 stairs without holding onto rails, two steps up, one step down in 45 seconds   |                 |         |