

# PHYSICAL THERAPY

School of Rehabilitation Science, College of Medicine

rehabscience.usask.ca

## WHAT IS A PHYSICAL THERAPIST?

Physical therapists (PTs) are primary healthcare professionals who provide valuable health care for people of all ages within a broad range of practice settings. They assess levels of mobility, strength, endurance and other physical abilities to determine the impact of illness or injury on physical function, whether at work, rest or play. They diagnose movement disorders and develop treatment plans to restore movement and reduce pain or limitations to mobility. PTs work in a variety of settings including clinics, schools, hospitals, community health centres and peoples' homes.

## WHAT IS THE VALUE OF PHYSICAL THERAPY?

PTs support people to recover from injuries, manage pain, and improve their overall mobility and strength. Physical therapy promotes healing, supports long-term health, and helps individuals regain independence so they can return to daily activities safely and confidently.

### PHYSICAL THERAPISTS PROVIDE:



Services to people of all ages - from infants to older adults - to support movement, health and independence at every stage of life.



Collaborative care alongside other healthcare professionals including doctors, nurses, occupational therapists, speech-language pathologists and others. Together they share information and coordinate treatment plans.



Education on injury recovery and chronic condition management, empowering individuals to take an active role in the healing process.



Specialty services in areas including: pediatrics, sports, orthopedics, neurological conditions, cardiorespiratory conditions, vestibular conditions, concussion, chronic pain, and pelvic health.



Design fitness programs to improve strength, flexibility and cardiovascular health.

## WHAT ARE THE LICENSING REQUIREMENTS?

Physical therapy is a regulated health profession. To practice in Canada, physical therapists are required to successfully graduate from an accredited master's-level graduate program or equivalent. They must also pass the Canadian Physiotherapy Examination (CPTe) and apply for a license with a provincial regulatory college. To learn more, visit the [Saskatchewan College of Physical Therapists](#) or the [Canadian Physiotherapy Association](#).

## USASK'S PHYSICAL THERAPY PROGRAM:

- 27-month master's level program
- 30 weeks of clinical practice experience
- Up to 55 students admitted per year
- Emphasis on the Saskatchewan context



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