

# YOU CAN BE ME – A CAREER IN PHYSICAL THERAPY

## BACKGROUND

### Video: You Can Be Me – a Career In Physical Therapy

[\(132\) You Can Be Me - A Career in Physical Therapy \(APTA\) - YouTube](#)

*In this video from the American Physical Therapy Association (APTA), some physiotherapists share their passion for the job they love. They list the core skills and attributes as well as the role requirements of this career path. Learn about physical therapist careers and physical therapist assistant careers and find out which is best for you.*

#### Task 1.

Alison - a physical therapist- says: 'I teach, I learn, I treat, I invent, and I care.'

**What else do physical therapists need to be able to do?** Listen to other physical therapists describe their professional roles and make a list of what they do /what their core attributes are:

- a. I a.....
- b. I c.....
- c. I e.....
- d. I e.....
- e. I e.....
- f. I h.....
- g. I h.....
- h. I s.....
- i. I.....

#### Task 2.

The following are quotes from some of the physical therapists describing their work experience.

**Match the beginnings with the endings:**

<i>'There is no</i>	<i>as much as they can themselves.'</i>
<i>'We need to go in with a completely open mind</i>	<i>a passion for the human body.'</i>
<i>'We're helping those</i>	<i>cookie-cutter approach.'</i>
<i>'Make them do</i>	<i>is your business.'</i>
<i>'It's just fun</i>	<i>who can't do.'</i>
<i>'If you want to be a physical therapist you want to have</i>	<i>they make it extreme challenge every day.'</i>
<i>'It's fun, it's creative,</i>	<i>because sth odd may come out.'</i>
<i>'The human body</i>	<i>because you've made the difference.'</i>

Which statement do you think best describes this profession?

#### Task 3.

Where do these physiotherapists work? Who do they work with? What skills do they need on the job? **Complete the box below:**

Physiotherapist (PT)	Facility	Patient/ Condition	PT's Skills
Pat	<i>National Hospital Rehabilitation</i>	<i>patients with heart conditions</i>	<i>thinking, analytical skills, problem-solving</i>
Tony			
Yvonne			
Joanna			
Tim			
Denise			
Carlo			
Dan			
Virginia			
Alison			

#### Task 4.

This video also highlights the importance of choosing the right career. All of the physios seem to have found a job they love – they all say: 'You can be me', which actually sounds encouraging.

**So who can you be? Substantiate your choice of career.** To simplify the process, outline your core skills and strengths and then consider to what extent they match the role requirements of the profession.

#### Źródła:

*You Can Be Me – a Career in Physical Therapy (APTA)*, American Physical Therapy Association, YouTube 19.03.2019, online: 20.10.2024, [\(132\) You Can Be Me - A Career in Physical Therapy \(APTA\) – YouTube](#).

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