



 **spear**

**Physical &  
Occupational Therapy  
Career Guidebook**

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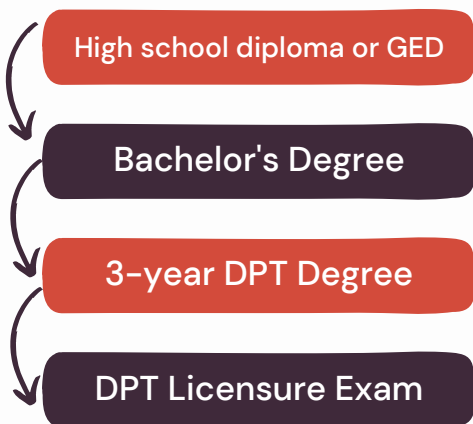
**High School Students**

## Physical therapists or PTs are:

- Licensed doctors
- Movement experts that reduce pain by diagnosing and treating movement dysfunctions
- They maintain, restore, and improve the body's ability to move and perform functional activities.

In many cases, this occurs without expensive surgery and it often reduces the need for long-term use of prescription medications.

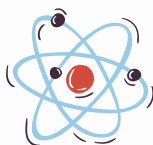
## Pathway to DPT



## Popular Undergraduate Majors



Exercise Science  
Health Science  
Psychology  
Kinesiology  
Biology



## Physical Therapy Assistants or PTAs:

- Work directly under the supervision of licensed PT
- NOT a physical therapy aide
- Will not be able to diagnose or discharge a patient
- Allowed to treat and progress a patient's plan of care (collaborate with the PT as necessary)

## Pathway to PTA



**The possibilities are endless!  
There are opportunities across  
the healthcare system.**

## **Jobs in PT/OT:**

- Outpatient Clinics
- Nursing Homes/Assisted Living
- Corporate Offices
- Home Health
- Schools
- Research/Academia
- Schools (Early Intervention, Special Needs)
- Sports and Fitness
- Hospital and Acute Care



## Occupational therapists

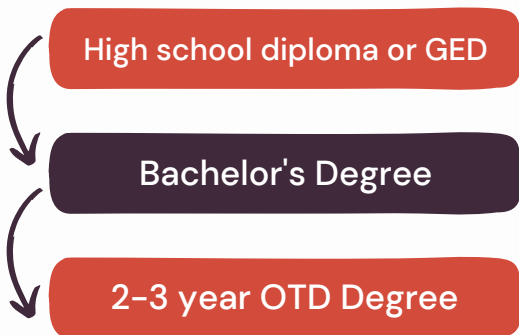
- Health professionals that focus on helping patients develop, recover and improve the skills required for daily living
- Work through the therapeutic use of daily activities

## Pathways to OT

### Entry Level Master's Degree Program

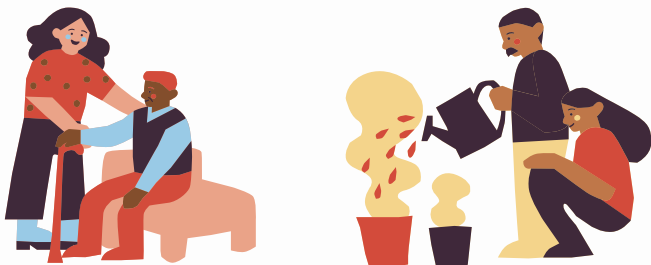


### Entry Level OTD Degree Program



## Occupational Therapy Assistants or OTAs:

- Work under the direct supervision of OTs
- Provides rehabilitative services to patients with physical, emotional or developmental impairments
- Similar to PTA, but in an OT setting



## Pathway to OTA



# What's the difference between PT and OT?

## Physical

Restore mobility

Improve quality of movement & promote healing

Physical rehabilitation

Focuses on movement & functional abilities

## Occupational

Focuses on everyday activities

Restore independence

Mental care & physical rehabilitation

Improve quality of life & maintain dignity

We are here to help you achieve your goals!

For more information, contact us at [careers@spearcenter.com](mailto:careers@spearcenter.com)

Scan here to view the digital version of this guidebook!



# Notes!

