



PRE-PHYSICAL THERAPY CLUB

Oklahoma State University
Founded: Fall 2014

ANNOUNCEMENTS

T-Shirts

- \$17

OUR PURPOSE

“To promote interest in the physical therapy profession, share information and guidelines through the application process, and provide a network of DPTs and students to gain shadowing or volunteering opportunities.”

OFFICERS

President

Rachel Campbell

rachel.c.campbell@okstate.edu

- Schedule and preside at all meetings
- Appoint committees

Vice President

Mitch Leippert

mitch.leippert@okstate.edu

- Act in the absence of President
- Assist in conducting business of organization

Secretary

Bailey Brook

bailekb@okstate.edu

- Maintain list of active members and members with dues
- Keep attendance
- Take meeting minutes

Treasurer

Payton Van Meter

paytonv@okstate.edu

- Maintain financial records
- Collect all dues and fees

Reporter

Katie Taylor

katie.taylor12@okstate.edu

- Chalk and hang fliers on campus
- Take pictures at club happenings

Advisor

Dr. Bert Jacobson

bert.jacobson@okstate.edu

- Help and advice members

SCHEDULE

September 1st at 7 p.m. CLB 112 : Intro Meeting/Application Process

September 21st at 7 p.m. CLB 118 : Michelle Crew

October 6th at 7 p.m. CLB 118: Scott Anthony, PT

October 20th at 4 p.m.: Field Trip to Langston University PT Program

November 3rd at 5:30 p.m. CLB 118 : OU Advisor?

PHYSICAL THERAPY OVERVIEW

The main goal of physical therapist:

- “to promote the patient's ability to move, reduce pain, restore function, and prevent disability” (apta.org)

Job Facts:

- Demand for PTs is rising (baby boomers)
- Only health care profession in the top 5 of a job satisfactory survey
- Over 20% of PTs are owners or partners of a physical therapy practice
- Median salary: \$85,000 a year

Work Areas:

- Hospitals
- Rehabilitation facilities
- Sports centers
- Nursing homes
- Academic institutions
- Public and private clinics
- Various offices of therapists, both physical and occupational
- Private homes for home health care services

MORE INFO:

<http://physicaltherapyschoolsite.com/physical-therapy/physical-therapist-what-do-they-do-and-their-work-environment/>

<http://www.apta.org/PTCareers/Benefits/>

PT SCHOOLS

Texas

- Army Baylor
- Texas Women's University
- UT Southwestern (Dallas)
- UT Medical Branch (Galveston)
- Texas State
- UTHSCSA (San Antonio)
- Texas Tech
- Angelo State
- **Hardin-Simmons**
- UT El Paso
- **Incarnate Word**
- UNTHSC (Fort Worth)
- **U of St. Augustine for HS (Austin)**

Oklahoma

- OU Health Sciences Center
- Langston University

Arkansas

- U of Central Arkansas
- Arkansas State University
- **Harding University**

Kansas

- KU Medical Center
- **University of Saint Mary**
- Wichita State University

Find more schools here:

<http://www.apta.org/apta/directories/accreditedschools.aspx?navID=10737423273>

PHYSICAL THERAPY SCHOOL

- 3 years straight of school (Doctorates Program)
- Required GPA: 3.0
 - Langston and OU are an exception (2.75)
 - Average GPA: 3.6-3.85
- Pre-Req GPA: 3.0
- Pre-Req Science GPA: 3.0
- Take GRE
- Get recommendation letters
- Interviews: some schools require it and some do not

PTCAS: THE CENTRALIZED APPLICATION SERVICE

www.ptcas.org

The Physical Therapist Centralized Application Service (PTCAS) is a service of the American Physical Therapy Association (APTA). PTCAS allows applicants to use a single application and one set of materials to apply to multiple DPT programs.

Has every PT program listed by state, admission requirements, and non-participating programs.

Non-participating programs: Langston University, University of Oklahoma Health Sciences Center, Texas Woman's University

Applying through PTCAS: send all transcripts, GRE scores, essays, personal statement, observation hours, and references.

PREREQUISITES (PTCA'S DOCUMENT ON CAMPUSLINK)

OKLAHOMA

OU Health Sciences Center (not on ptca)

- Developmental Psychology (3 hrs)
- General Chemistry with lab (4-5 hrs)
- Human Anatomy (4-5 hrs)
- Human Physiology (4 hrs)
- Intro to Zoology or Concepts in Biology (4-5 hrs)
- Physics I (4 hrs)
- Physics II (4 hrs)
- Understanding Statistics (3 hrs)

TEXAS

UT Southwestern Medical Center at Dallas

- General Psychology (3 hrs)
- Developmental Psychology (3 hrs)
- General Chemistry I & II with lab (8 hrs)
- Human Anatomy (4 hrs)
- Human Physiology (4 hrs)
- General Biology I & II (8 hrs)
- Physics I & II (8 hrs)
- Algebra or higher (3 hrs)
- Statistics (3 hrs)

HOW TO DECIDE WHERE TO APPLY

Strong GPA but weak extra curriculars?

- Apply to programs that look at a very high GPA.
- Programs with average GPA 3.75 or higher
- Programs with high average science GPA
- Apply to about 4-6 programs

Weak GPA but strong extra curriculars?

- Apply to programs that look at the overall student.
- Programs with average GPA 3.5 or lower
- Programs that require more pre-reqs, so you can get your GPA up
- Apply to about 4-10 programs

PHYSICAL THERAPISTS IN STILLWATER

Ken Schaecher DPT, OCS
Northern Therapy
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Kari Fields PT, MS
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Megan Ripley, DPT
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Joe Ogle, PT
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John Stemm, PT
Director of Athletic
Training - OSU
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405-744-3294
*will not do observations

OBSERVATION/SHADOWING HOURS

Clinics In Stillwater:

- OrthoOklahoma – Megan Ripley
 - 511 Windsor Drive
- Northern Physical Therapy and Rehabilitation – Ken Schaecher, Amanda Coble
 - 904 West 6th Avenue
- Select Physical Therapy
 - Lakeview Pointe 2270 South Perkins Road

PT School Requirement:

- 40 hours (OU)
- Advise to get over 100 hours
- Different settings: school, hospital, clinical, pediatric

OBSERVATION/SHADOWING EXPERIENCE

How to get the most out of your shadowing experience:

- Dress Attire: closed toed shoes, slacks/khaki pants, dress shirt/collared shirt
- Ask any questions you may have either during the patient's session or before/after depending on what the PT prefers
- Bring a notebook and take notes!
- Help clean or retrieve things for PT when they ask (some shadowing experiences require to not help)
- Keep a log sheet with date/time of observations and get PT signature
- Follow up with a thank you letter/email and ask for their business card so you can keep them in mind as a reference when applying to PT schools

RECOMMENDATION LETTERS

Require 3:

1. Academic Source (professor, advisor)
2. Licensed Physical Therapist (PT you observed)
3. Varies: Additional Licensed DPT or work related

Send each person the link to website to fill out
PTCAS will automatically email reference to fill out

Follow up with Thank You Letter!

PERSONAL STATEMENT AKA “THE APPLICATION ESSAY”

- Main Focus: people, events, situations and education that influenced your decision to work in health care
- Generally 1-1.5 pages
- Create an outline
- Build on your thesis
- Write what you want the reader to know about you:
 - 1) Who are you?
 - 2) How have you prepared for the health profession?
 - 3) How do you explain difficulties in your application?

Cathy Southwick

Pre-Health Coordinator

cathy.southwick@okstate.edu

Make an appointment at
cascareeres.okstate.edu

GRE

Recommended Book:
Kaplan

- Create GRE account at ets.org/gre
- Cost \$200 to take
- Can retake it every 21 days up to 5 times a year
- Choose a testing date and a testing center
- Sign up 1-3 months in advance (seats fill quick!)
- Start studying at least 2 months in advance!
- Consists of:
 - Verbal Reasoning — Measures your ability to analyze and evaluate written material and synthesize information obtained from it, analyze relationships among component parts of sentences and recognize relationships among words and concepts.
 - Quantitative Reasoning — Measures problem-solving ability, focusing on basic concepts of arithmetic, algebra, geometry and data analysis.
 - Analytical Writing — Measures critical thinking and analytical writing skills, specifically your ability to articulate and support complex ideas clearly and effectively.

SPECIALIST CERTIFICATION

ABPTS Specialties:

- Cardiovascular & Pulmonary
- Clinical Electrophysiology
- Geriatrics
- Neurology
- Orthopedics
- Pediatrics
- Sports
- Women's Health

Read More About It:

<http://www.abpts.org/Certification/>

It is not required to specialize in something,
but it could open more doors for you

MEMBERSHIP REQUIREMENTS

Membership Fee: \$5 due next meeting

Officers: Must attend at least 2 meetings and maintain a 3.0 GPA

CONCLUSION

Like us on Facebook! @OSU Pre-Physical Therapy Club

Follow us on Twitter! @Okstate_PrePT

Join on CampusLink!

Email our Secretary, Bailey, (bailekb@okstate.edu) to sign up for email roster