

Sports Physical Therapist Job Description

Duties and Responsibilities:

- Carry out a complete physical therapy evaluation on patients to determine the effect of sport injury on their mobility, function, and strength, and then create an effective treatment plan
- Educate client on ways to reaching their realistic mobility goals
- Perform traditional physical therapy exercises on patients
- Assist patients in reaching complete restoration of range of movement, appropriate biomechanics, and strength
- Perform dry needling on patients, which is a procedure that involves no medication or injection in treating pains and muscle tightness and restriction in patients – the procedure involves inserting a “dry” needle through the skin into the part of the muscle where pain or irritation has been observed
- Perform manual therapy by use of hand in manipulating and mobilizing joints to reduce pain from tension, muscle spasm, and joint problem
- Treat soft tissue injuries, including sprains, tendonitis, and strains by applying manual therapy – applying pressure to lengthen the tissue involved
- Apply both manual techniques and selected exercises in restoring clients’ movement patterns and natural posture
- Apply low power laser therapy on patient to stimulate injured tissue and enhance the healing process.

Sports Physical Therapist Requirements – Skills, Knowledge, and Abilities

- Knowledge of advanced physical therapy treatment procedures, such as dry needling, aquatic therapy, and concussion treatment
- Possess physical therapy license

- Possess athletic trainer certification and license
- Possess sports physical therapy certification of the American Physical Therapy Association
- Possess ability and expertise in the use of advanced equipment and latest techniques and tools, including dry needling and lasers
- Possess bachelor's degree in physical therapy from an accredited PT program and successfully completed the necessary internships
- Ability to communicate effectively with patients, families, colleagues, and other professionals.