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Message from the Board President



The year was 435 BC when Hippocrates began advocating the use of massage, hydrotherapy, and manual therapy techniques to treat his patients. This is believed to have been the very first origins of what would become today's physical therapy. Modern physical therapy began to take shape in the late 1800's as a way to treat rampant bone disorders throughout Europe. Rapid advancements in physical therapy techniques developed with the Polio outbreak in 1916 and the onset of World War I. Wounded soldiers and children with disabilities soon received physical therapy treatments leading to the formal incorporation of physical therapy as a healthcare practice. Physical therapy became recognized as an effective non-pharmacological tool in treating patients with pain.

Fellow licensees, I need you to hear and respond to the cry of the opioid epidemic that is affecting our nation. Opioid overdose deaths in Virginia continued to rise in 2017—and are now at their highest level in history. As physical therapists, we are uniquely qualified to be the front line responders to this matter; after all, the root cause of the need for the prescription is “pain.”

According to the CDC, patients should receive “the lowest effective dosage,” and opioids “should be combined” with non-opioid therapies, such as physical therapy.

I believe through working in a collaborative effort with physicians, psychologists, psychiatrists, social workers and drug addiction specialists, we can make a difference.

I have enjoyed the privilege of serving as your board's president for the past two years. On behalf of my fellow board members and the great staff that serve you, we wish you a pleasant summer.

Dr. Allen R. Jones, Jr., PT, DPT

Upcoming Board Meetings

All meetings of the Board take place at the Department of Health Professions, 9960 Mayland Drive, Suite 200, Henrico, Virginia, 23233:

- Full Board Meeting - August 16, 2018 - 9:30 a.m. - Board Room 3
- Full Board Meeting - November 13, 2018 - 9:30 a.m. - Board Room 4





Pending Regulatory Actions

Practice of Dry Needling

Stage: Re-proposed

Summary: The proposed regulatory action will replace Guidance Document 112-9 on dry needling. It includes reference to the statutory requirement for referral and direction from a medical practitioner, requirements for additional post-graduate training and the content of such training, and a requirement for informed consent.

Status: Governor's Office review in progress.

Type 2 CE Credit for Attendance of Board Meetings and Formal Hearings

Stage: Fast-Track

Summary: The Board has proposed this regulatory action to allow physical therapists and physical therapist assistants to count up to two hours of the Type 2 continuing education hours required for renewal of licensure to be satisfied by attending a Board meeting, an informal conference, or a formal hearing.

Status: Secretary of Health and Human Resources review in progress.

For more information or updates on these pending regulatory actions, please visit **The Virginia Regulatory Townhall Website** at <http://townhall.virginia.gov>.



Track Your CE Hours With aPTitude!

aPTitude is a free continuing competence resource developed by FSBPT, that can be used by PT and PTA licensees, providers of continuing competence and continuing education (CC/CE) activities, and state licensing boards.

- **Licensees** can use aPTitude to maintain a record of their continuing education (CE) activities in one place; track their CE requirements and deadlines and completion progress; and search for available CE programs and activities.
- **CE Providers** can use aPTitude to market and list their available CE offerings and receive feedback from PTs and PTAs who participate in their courses or activities.
- **State licensing boards** can use aPTitude to provide information to licensees about CE requirements.

For more information about aPTitude or to register for an account, visit the [aPTitude website](#), or the aPTitude/Continuing Competence page on the [FSBPT website](#).

Board Recognizes FSBPT's oPTion Assessment Tool



Effective February 7, 2018, updates to the Board's regulations became effective to recognize the oPTion online assessment tool offered by the Federation of State Boards of Physical Therapy (FSBPT) as a means for physical therapists to self-assess their competency level and to review PT concepts. The updates replace reference to the Practice Review Tool (PRT), which was discontinued by FSBPT in November 2016.

As FSBPT describes the tool, "oPTion is a self-assessment tool ... to allow physical therapists to compare their knowledge, skills, and abilities to current entry-level general physical therapy practice. It is also an opportunity to review PT fundamentals."

Licensees may earn continuing education credit for completion of the oPTion assessment tool (18VAC112-20-131(B)(5)):

5. A physical therapist who can document that he attained at least Level 2 on the FSBPT assessment tool may receive five hours of Type 1 credit for the biennium in which the assessment tool was taken. A physical therapist who can document that he attained at least Level 3 or 4 on the FSBPT assessment tool may receive 10 hours of Type 1 credit for the biennium in which the assessment tool was taken. Continuing competency credit shall only be granted for the FSBPT assessment tool once every four years.

In addition, licensees seeking reinstatement of their lapsed or inactive licenses have the choice of using the FSBPT assessment tool to meet certain requirements for reinstatement or reactivation, as applicable. For more information, please refer to 18VAC112-20-135 (Inactive License) and 18VAC112-20-136 (Reinstatement Requirements), or contact the Board with questions.

For more information or to access oPTion, please visit [FSBPT's oPTion webpage](#).

Guidance Document Updates

At its Board meeting on May 1, 2018, the Board made a number of changes to its Guidance Documents.

The Board **adopted a new** Guidance Document, [112-24, Board Guidance for Supervision of Physical Therapy Students in Clinical Settings](#).

The Board **revised** the following Guidance Documents:

- [112-7 - Board Guidance on Physical Therapists and Individualized Educational Plans in Public Schools](#)
- [112-10 - Board Guidance on credit for Continuing Education](#)
- [112-11 - Board Guidance on Functional Capacity Evaluations](#)
- [112-12 - Physical Therapy services in Home Health](#)
- [112-14 - Electromyography \(EMG\) and Sharp Debridement in Practice of Physical Therapy](#)
- [112-18 - Disposition of Disciplinary Cases for Practicing on Expired Licenses](#)
- [112-19 - Physical Therapists Performance of the Prothrombin Time and International Normalize Ration \(INR\) tests in Home Health Settings](#)

Guidance Document Updates, Continued

The Board **readopted** the following Guidance Documents with no changes:

- [112-4 - Board Guidance on Requirement for Licensure for Instructors in a Physical Therapy Program](#)
- [112-15 - Supervision of Unlicensed Support Personnel in any Setting](#)
- [112-16 - Guidance on the Use of Your Professional Degree in Conjunction with Your Licensure Designation](#)
- [112-20 - Guidance on Supervision Students in Non-Approved Programs](#)

The Board **repealed** the following Guidance Documents:

- 112-3 - Board Guidance for Conduct of an Informal Conference by an Agency Subordinate
- 112-5 - Board Guidance on Acceptance of TOEFL iBT as equivalent to TOEFL and TSE examinations
- 112-6 - Board Guidance on Licensure of Kinesiotherapists as Physical Therapists
- 112-8 - Board Guidance on Review of Non-Routine Applications from Non-Approved Schools

The Board's updated Guidance Documents may be accessed by clicking on the above links, or by visiting the [Board's website](https://www.dhp.virginia.gov/PhysicalTherapy/physther_guidelines.htm) (https://www.dhp.virginia.gov/PhysicalTherapy/physther_guidelines.htm).

Recent Case Decisions



Did you know that you can access information related to disciplinary cases considered by the Board?

To search the Board's recent case decisions and to access the public orders associated with those cases, please visit the [Board's Case Decisions](#) page.

Contact the Virginia Board of Physical Therapy:

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