

DEPARTMENT OF THE AIR FORCE
Headquarters US Air Force
Washington, DC 20330-7050

CHANGE 3
CFETP 4J0X2/A
17 JANUARY 2025

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**AFSC 4J0X2/A
PHYSICAL MEDICINE AND ORTHOTIC SPECIALTY
CAREER FIELD EDUCATION AND TRAINING PLAN**

Summary: This change modifies CFETP 4J0X2/A, dated 7 Jul 2014.

1. The Specialty Training Standard (STS) with Technical Reference list for 4J0X2 is replaced with the attached document.
2. The new STS removes the requirement for Career Development Courses (CDCs), but the existing CDCs will remain in use for all members. Those members who complete the new accredited Phase II formal training at St Philip's College are not required to complete CDCs.

BY ORDER OF THE SECRETARY OF THE AIR FORCE

OFFICIAL

JOHN J. DEGOES
Lieutenant General, USAF, MC, FS
Surgeon General

Attachment:
Physical Medicine Specialty Training Standard

STS 4J0X2 (Physical Medicine)

| This Block Is For Identification Purposes Only | | |
|---|---------------------------|-------------|
| Name Of Trainee | | |
| Printed Name (Last, First, Middle Initial) | Initials (Written) | SSAN |
| Printed Name Of Certifying Official And Written Initials | | |
| <i>N/I</i> | <i>N/I</i> | |
| <i>N/I</i> | <i>N/I</i> | |
| <i>N/I</i> | <i>N/I</i> | |
| <i>N/I</i> | <i>N/I</i> | |
| <i>N/I</i> | <i>N/I</i> | |
| <i>N/I</i> | <i>N/I</i> | |
| <i>N/I</i> | <i>N/I</i> | |
| <i>N/I</i> | <i>N/I</i> | |
| <i>N/I</i> | <i>N/I</i> | |

QUALITATIVE REQUIREMENTS

| Proficiency Code Key | | |
|---|-------------|--|
| | Scale Value | Definition: The individual |
| Task Performance Levels | 1 | Can do simple parts of the task. Needs to be told or shown how to do most of the task. (Extremely Limited) |
| | 2 | Can do most parts of the task. Needs only help on hardest parts. (Partially Proficient) |
| | 3 | Can do all parts of the task. Needs only a spot check of completed work. (Competent) |
| | 4 | Can do the complete task quickly and accurately. Can tell or show others how to do the task. (Highly Proficient) |
| **Task Knowledge Levels | a | Can name parts, tools, and simple facts about the task. (Nomenclature) |
| | b | Can determine step by step procedures for doing the task. (Procedures) |
| | c | Can identify why and when the task must be done and why each step is needed. (Operating Principles) |
| | d | Can predict, isolate, and resolve problems about the task. (Advanced Theory) |
| **Subject Knowledge Levels | A | Can identify basic facts and terms about the subject. (Facts) |
| | B | Can identify relationship of basic facts and state general principles about the subject. (Principles) |
| | C | Can analyze facts and principles and draw conclusions about the subject. (Analysis) |
| | D | Can evaluate conditions and make proper decisions about the subject. (Evaluation) |
| <p>Explanations</p> <p>* Performance and knowledge tasks with an asterisk (*) in column 2 are trained during war time</p> <p>** A subject knowledge scale value is used alone to define a level of knowledge for a subject not directly related to any specific task, or for a subject common to several tasks. A task knowledge scale value may be used alone or with a task performance scale value to define a level of knowledge for a specific task. (Example: b and 1b)</p> <p>^ This mark is used in column 2 to indicate the task must be certified when signed off.</p> <p>- This mark is used alone instead of a scale value to show that no proficiency training is provided in the course or CDC.</p> <p>X This mark is used alone in the course columns to show that training is required but not given due to limitations in resources.</p> <p>NOTE: When Column 2 Core tasks includes the numbers 5 or 7, this task is a requirement for 5-skill level or 7-skill level upgrade respectively</p> | | |

| 1. Tasks, Knowledge And Technical References | 2. Core Tasks | 3. Certification For OJT | | | | | 4. Proficiency Codes Used To Indicate Training/Information Provided | | | | | |
|---|---------------|--------------------------|--------------|------------------|------------------|--------------------|---|------------|--------------------|------------|--------------------|------------|
| | | A | B | C | D | E | A 3 Skill Level | | B 5 Skill Level | | C 7 Skill Level | |
| | | Tng Start | Tng Complete | Trainee Initials | Trainer Initials | Certifier Initials | (1) Phase I Course | (2) CDC | (1) Course | (2) CDC | (1) Course | (2) CDC |
| 1. CAREER LADDER PROGRESSION | | | | | | | | | | | | |
| 1.1. Physical medicine career field. TR: Air Force Enlisted Classification Directory (AFECD) | * | | | | | | A | - | - | - | - | - |
| 1.2. Skill level duties and responsibilities; 4J032/A, 4J052/A, 4J072/A, 4J090, and CEM 4J000. TR: Air Force Enlisted Classification Directory (AFECD); AFMAN 36-2100, <i>Military Utilization and Classification</i> ; AFH 36-2618, <i>The Enlisted Force Structure</i> | * | | | | | | A | - | - | - | - | - |
| 2. USAF MEDICAL SERVICE | | | | | | | | | | | | |
| 2.1. Mission. TR: AFI 44-102, <i>Medical Care Management</i> ; AAFP 44-1, <i>Medical Operations</i> | | | | | | | - | - | - | - | - | - |
| 2.2. Organization. TR: AFI 38-101, <i>Manpower and Organization</i> ; AFI 44-102, <i>Medical Care Management</i> | | | | | | | - | - | - | - | - | - |
| 2.3. Function. TR: AFMAN 41-210, <i>Tricare Operations and Patient Administration</i> | | | | | | | - | - | - | - | - | - |
| 3. MEDICAL READINESS. (Initial Medical Readiness Training directed by DAFI 41-106, <i>Air Force Medical Readiness Program</i> . Continuing/on-going Medical Readiness Training for the individual is the responsibility of each medical facility.) | | | | | | | | | | | | |
| 3.1. Medical readiness. | * | | | | | | - | - | - | - | - | - |
| 4. AIR FORCE OCCUPATIONAL SAFETY AND HEALTH (AFOSH) STANDARDS FOR AFSC 4J0X2. TR: AFMAN 91-203, <i>Air Force Occupational Safety, Fire, and Health Standards</i> ; AFI 44-119, <i>Medical Quality Operations</i> | | | | | | | | | | | | |
| 4.1. Hazards | * | | | | | | B | - | - | - | - | - |
| 4.2. AFOSH standards | * | | | | | | B | - | - | - | - | - |
| 4.3. Safety precautions during job performance | * | | | | | | B | - | - | - | - | - |

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| 5. PHYSICAL MEDICINE ADMINISTRATION | | | | | | | | | | | | |
| 5.1. Schedule patients. TR: AFI 44-176, <i>Access to the Care Continuum</i> | | | | | | | - | - | - | - | - | - |
| 5.2. Document patient encounters. TR: AFMAN 41-210, <i>Tricare Operations and Patient Administration</i> ; AFI 44-102, <i>Medical Care Management</i> | * | | | | | | 2b | - | - | - | - | - |
| 5.3. Review patient records. TR: AFMAN 41-210, <i>Tricare Operations and Patient Administration</i> | * | | | | | | 2b | - | - | - | - | - |
| 5.4. Code patient encounter. TR: AFMAN 41-210, <i>Tricare Operations and Patient Administration</i> | | | | | | | - | - | - | - | - | - |
| 5.5. Medical Expense and Performance Reporting System (MEPRS). TR: AFI 44-102, <i>Medical Care Management</i> | | | | | | | - | - | - | - | - | - |
| 5.6. The Joint Commission (TJC). TR: AFI 44-119, <i>Medical Quality Operations</i> | | | | | | | A | - | - | - | - | - |
| 6. RESOURCE/MEDICAL MANAGEMENT. TR: AFMAN 41-120, <i>Medical Resource Management Operations</i> | | | | | | | | | | | | |
| 6.1. Data quality. TR: DODI 6040.40, <i>Military Health System (MHS) Data Quality Management Control (DQMC) Procedures</i> | | | | | | | - | - | - | - | - | - |
| 6.2. Personnel management. TR: AFI 38-101, <i>Manpower and Organization</i> | | | | | | | - | - | - | - | - | - |
| 6.3. Business plan | | | | | | | - | - | - | - | - | - |
| 6.4. Budget and finance | | | | | | | - | - | - | - | - | - |
| 6.5. Tricare. TR: AFMAN 41-210, <i>Tricare Operations and Patient Administration</i> | | | | | | | - | - | - | - | - | - |
| 6.6. Third-Party Collection Program | | | | | | | - | - | - | - | - | - |
| 7. MEDICAL LOGISTICS TR: AFI 41-209, <i>Medical Logistics Support</i> | | | | | | | | | | | | |
| 7.1. Materiel discipline. | | | | | | | - | - | - | - | - | - |

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| | | Tng Start | Tng Complete | Trainee Initials | Trainer Initials | Certifier Initials | (1) Phase I Course | (2) CDC | (1) Course | (2) CDC | (1) Course | (2) CDC |
| 7.2. Prepare materiel requests. | | | | | | | - | - | - | - | - | - |
| 8. MEDICAL TERMINOLOGY AND ABBREVIATIONS. TR: Standfield's Essential Medical Terminology, 5th Edition. Cross N. & McWay D. 2018. Jones & Bartlett Learning. | | | | | | | | | | | | |
| 8.1. Medical terminology and abbreviations. | * | | | | | | B | - | - | - | - | - |
| 9. PROFESSIONAL AND PATIENT RELATIONSHIPS. TR: AFPD 36-27, <i>Equal Opportunity (EO)</i> ; AFMAN 41-210, <i>Tricare Operations and Patient Administration</i> ; AFI 44-102, <i>Medical Care Management</i> ; American Physical Therapy Association: Standards of Ethical Conduct for the Physical Therapy Assistant; Pierson and Fairchild's Principles & Techniques of Patient Care, 6th Edition. Fairchild S. L., O'Shea R. K., Washington R. 2017. Saunders. | | | | | | | | | | | | |
| 9.1. Demonstrate professional relationships and ethical conduct | * | | | | | | 2b | - | - | - | - | - |
| 9.2. Perform evidence-based research | | | | | | | 2b | - | - | - | - | - |
| 9.3. Multi-disciplinary team approach | * | | | | | | B | - | - | - | - | - |
| 10. PSYCHOLOGY OF THE DISEASED AND INJURED. TR: Experience Human Development, 13th Edition. Papalia D. E., & Martorell G. 2014. McGraw-Hill; Health Professional and Patient Interaction, 8th Edition. Purtilo R. B., Haddad A. M., Doherty R. F. 2013. Saunders; International Classification of Functioning, Disability and Health (ICF). World Health Organization. 2009. World Health Organization. | | | | | | | | | | | | |
| 10.1. Losses incurred by physical disability | * | | | | | | B | - | - | - | - | - |
| 10.2. Physical disability adaptations | * | | | | | | B | - | - | - | - | - |
| 10.3. Patient-staff interactions resulting from physical disability | * | | | | | | B | - | - | - | - | - |
| 11. HUMAN GROWTH AND DEVELOPMENT. TR: Experience Human Development | | | | | | | | | | | | |

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| | | Tng Start | Tng Complete | Trainee Initials | Trainer Initials | Certifier Initials | (1) Phase I Course | (2) CDC | (1) Course | (2) CDC | (1) Course | (2) CDC |
| 11.1. Human growth and development | | | | | | | B | - | - | - | - | - |
| 12. MEASURE VITAL SIGNS. TR: Pierson and Fairchild's Principles & Techniques of Patient Care, 6th Edition. Fairchild S. L., O'Shea R. K., Washington R. 2017. Saunders. | | | | | | | | | | | | |
| 12.1. Blood pressure | * | | | | | | 2b | - | - | - | - | - |
| 12.2. Respiration rate | * | | | | | | 2b | - | - | - | - | - |
| 12.3. Oxygen saturation | * | | | | | | 2b | - | - | - | - | - |
| 12.4. Pulse rate | * | | | | | | 2b | - | - | - | - | - |
| 12.5. Pain level | * | | | | | | 2b | - | - | - | - | - |
| 13. ANATOMY AND PHYSIOLOGY. TR: Clinical Kinesiology and Anatomy, 6th Edition. Lippert L. S. 2017. F. A. Davis Company. | | | | | | | | | | | | |
| 13.1. Cell Structure | | | | | | | A | - | - | - | - | - |
| 13.2. Body systems | | | | | | | | | | | | |
| 13.2.1. Nervous | * | | | | | | B | - | - | - | - | - |
| 13.2.2. Respiratory | * | | | | | | B | - | - | - | - | - |
| 13.2.3. Cardiovascular | * | | | | | | B | - | - | - | - | - |
| 13.2.4. Lymphatic | | | | | | | B | - | - | - | - | - |
| 13.2.5. Renal | | | | | | | - | - | - | - | - | - |
| 13.2.6. Endocrine | | | | | | | B | - | - | - | - | - |
| 13.2.7. Integumentary | | | | | | | B | - | - | - | - | - |
| 13.2.8. Digestive | | | | | | | - | - | - | - | - | - |
| 13.2.9. Skeletal | * | | | | | | B | - | - | - | - | - |
| 13.2.10. Muscular | * | | | | | | B | - | - | - | - | - |

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| | | Tng Start | Tng Complete | Trainee Initials | Trainer Initials | Certifier Initials | (1) Phase I Course | (2) CDC | (1) Course | (2) CDC | (1) Course | (2) CDC |
| 14. PATHOPHYSIOLOGICAL CONDITIONS. TR: Essentials of Musculoskeletal Care, 5th Edition. Armstrong A. D. & Hubbard M. C. 2015. American Academy of Orthopaedic Surgeons; Textbook of Disorders and Injuries of the Musculoskeletal System, 3rd Edition. Salter R. B. 1998. Lippincott Williams & Wilkins. | | | | | | | | | | | | |
| 14.1. Nervous | * | | | | | | B | - | - | - | - | - |
| 14.2. Cardiopulmonary | * | | | | | | B | - | - | - | - | - |
| 14.3. Musculoskeletal | * | | | | | | B | - | - | - | - | - |
| 15. FUNCTIONAL ANATOMY. TR: Essentials of Kinesiology for the Physical Therapist Assistant, 3rd Edition. Mansfield P. J. & Neumann D. A. 2018. Mosby; Orthopedic Physical Assessment, 6th Edition. Magee D. J. 2013. Saunders. | | | | | | | | | | | | |
| 15.1. Palpate axial skeleton | * | | | | | | 2b | - | - | - | - | - |
| 15.2. Palpate upper extremity | * | | | | | | 2b | - | - | - | - | - |
| 15.3. Palpate lower extremity | * | | | | | | 2b | - | - | - | - | - |
| 16. PHYSICAL MEDICINE PROCEDURES | | | | | | | | | | | | |
| 16.1. Therapeutic exercise. TR: Therapeutic Exercise: Foundation and Techniques, 7th Edition. Kisner C, Colby L. A. & Borstad J. 2017. F. A. Davis Company. | | | | | | | | | | | | |
| 16.1.1. Physiological effects | * | | | | | | B | - | - | - | - | - |
| 16.1.2. Apply principles of exercise progression | * | | | | | | 2b | - | - | - | - | - |
| 16.1.3. Exercise programs. TR: Therapeutic Exercise: Foundation and Techniques, 7th Edition. Kisner C, Colby L. A. & Borstad J. 2017. F. A. Davis Company. | | | | | | | | | | | | |
| 16.1.3.1. Instruct ROM | | | | | | | | | | | | |
| 16.1.3.1.1. Axial skeleton | * | | | | | | 2b | - | - | - | - | - |
| 16.1.3.1.2. Upper extremity | * | | | | | | 2b | - | - | - | - | - |

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| | | | | | | | | | | | | |
| 16.1.3.1.3. Lower extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.1.3.2. Instruct strengthening | | | | | | | | | | | | |
| 16.1.3.2.1. Axial skeleton | * | | | | | | 2b | - | - | - | - | - |
| 16.1.3.2.2. Upper extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.1.3.2.3. Lower extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.1.3.3. Instruct stretching | | | | | | | | | | | | |
| 16.1.3.3.1. Axial skeleton | * | | | | | | 2b | - | - | - | - | - |
| 16.1.3.3.2. Upper extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.1.3.3.3. Lower extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.1.4. Conduct gross motor control activities | * | | | | | | 2b | - | - | - | - | - |
| 16.1.5. Conduct fine motor control activities | * | | | | | | 2b | - | - | - | - | - |
| 16.1.6. Conduct advanced therapeutic exercise programs | * | | | | | | 2b | - | - | - | - | - |
| 16.2. Measure/Assess | | | | | | | | | | | | |
| 16.2.1. Joint range of motion. TR: Measurement of Joint Motion, A guide to Goniometry, 5th Edition. Norkin C. C. & White D. J. 2016. F. A. Davis Company. | | | | | | | | | | | | |
| 16.2.1.1. Axial skeleton | * | | | | | | 2b | - | - | - | - | - |
| 16.2.1.2. Upper extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.2.1.3. Lower extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.2.2. Leg length. TR: Clinical Kinesiology and Anatomy | | | | | | | 2b | - | - | - | - | - |
| 16.2.3. Extremity girth. TR: Clinical Kinesiology and Anatomy | | | | | | | 2b | - | - | - | - | - |
| 16.2.4. Postural analysis. TR: Clinical Kinesiology and Anatomy, 6th Edition. Lippert L. S. 2017. F. A. Davis Company. | * | | | | | | 2b | - | - | - | - | - |

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| 16.2.5. Muscle strength. TR: Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 10th Edition. Avers D. & Brown M. 2018. Saunders. | | | | | | | | | | | | |
| 16.2.5.1. Axial skeleton | * | | | | | | 2b | - | - | - | - | - |
| 16.2.5.2. Upper extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.2.5.3. Lower extremity | * | | | | | | 2b | - | - | - | - | - |
| 16.2.6. Sensation. TR: Physical Rehabilitation, 7th Edition. O'Sullivan S. B., Schmitz T. J., & Fulk G. 2019. F. A. Davis Company. | * | | | | | | 2b | - | - | - | - | - |
| 16.3. Joint mobilization principles. TR: Maitland's Peripheral Manipulation, 4th Edition. Hengeveld E. & Banks K. 2005. Butterworth-Heinemann. | * | | | | | | B | - | - | - | - | - |
| 16.4. Perform upper extremity physiological joint mobs. TR: Maitland's Peripheral Manipulation, 4th Edition. Hengeveld E. & Banks K. 2005. Butterworth-Heinemann. | | | | | | | | | | | | |
| 16.4.1. Shoulder | * | | | | | | 2b | - | - | - | - | - |
| 16.4.2. Elbow | * | | | | | | 2b | - | - | - | - | - |
| 16.4.3. Wrist | * | | | | | | 2b | - | - | - | - | - |
| 16.5. Perform lower extremity physiological joint mobs. TR: Maitland's Peripheral Manipulation, 4th Edition. Hengeveld E. & Banks K. 2005. Butterworth-Heinemann. | | | | | | | - | - | - | - | - | - |
| 16.5.1. Hip | * | | | | | | 2b | - | - | - | - | - |
| 16.5.2. Knee | * | | | | | | 2b | - | - | - | - | - |
| 16.5.3. Ankle | * | | | | | | 2b | - | - | - | - | - |
| 16.6. Perform upper extremity accessory joint mobs. TR: Maitland's Peripheral Manipulation, 4th Edition. Hengeveld E. & Banks K. 2005. Butterworth-Heinemann. | | | | | | | | | | | | |
| 16.6.1. Shoulder | * | | | | | | 2b | - | - | - | - | - |
| 16.6.2. Elbow | * | | | | | | 2b | - | - | - | - | - |

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| 16.6.3. Wrist | * | | | | | | 2b | - | - | - | - | - |
| 16.7. Perform lower extremity accessory joint mobs. TR: Maitland's Peripheral Manipulation, 4th Edition. Hengeveld E. & Banks K. 2005. Butterworth-Heinemann. | | | | | | | | | | | | |
| 16.7.1. Hip | * | | | | | | 2b | - | - | - | - | - |
| 16.7.2. Knee | * | | | | | | 2b | - | - | - | - | - |
| 16.7.3. Ankle | * | | | | | | 2b | - | - | - | - | - |
| 16.8. Soft tissue mobilization. TR: Greenman's Principles of Manual Medicine, 5th Edition. DeStafano L. A. 2016. Lippincott Williams & Wilkins | | | | | | | | | | | | |
| 16.8.1. Physiological effects | * | | | | | | B | - | - | - | - | - |
| 16.8.2. Apply procedure | * | | | | | | 2b | - | - | - | - | - |
| 16.9. Perform transfer techniques. TR: Pierson and Fairchild's Principles & Techniques of Patient Care, 6th Edition. Fairchild S. L., O'Shea R. K., Washington R. 2017. Saunders. | | | | | | | | | | | | |
| 16.9.1. Independent | | | | | | | 2b | - | - | - | - | - |
| 16.9.2. Assisted | | | | | | | 2b | - | - | - | - | - |
| 16.9.3. Dependent | | | | | | | 2b | - | - | - | - | - |
| 16.10. Wound care management. TR: Comprehensive Wound Management, 2nd Edition. Irion, G. 2009. Slack Incorporated. | | | | | | | | | | | | |
| 16.10.1. Wound classifications | * | | | | | | B | - | - | - | - | - |
| 16.10.2. Wound prevention | * | | | | | | B | - | - | - | - | - |
| 16.10.3. Use aseptic techniques | 5* | | | | | | b | - | - | - | - | - |
| 16.10.4. Apply dressing and bandages | 5* | | | | | | b | - | - | - | - | - |
| 16.10.5. Remove dressings and bandages | 5* | | | | | | b | - | - | - | - | - |
| 16.11. Ambulation. TR: Pierson and Fairchild's Principles & Techniques of Patient Care, 6th Edition. Fairchild S. L., O'Shea R. K., Washington R. 2017. Saunders. | | | | | | | | | | | | |
| 16.11.1. Principles of gait | * | | | | | | B | - | - | - | - | - |

| 1. Tasks, Knowledge And Technical References | 2. Core Tasks | 3. Certification For OJT | | | | | 4. Proficiency Codes Used To Indicate Training/Information Provided | | | | | |
|--|---------------|--------------------------|--------------|------------------|------------------|--------------------|---|------------|--------------------|------------|--------------------|------------|
| | | A | B | C | D | E | A 3 Skill Level | | B 5 Skill Level | | C 7 Skill Level | |
| | | Tng Start | Tng Complete | Trainee Initials | Trainer Initials | Certifier Initials | (1) Phase I Course | (2) CDC | (1) Course | (2) CDC | (1) Course | (2) CDC |
| 16.11.2. Instruct patient in gaits | * | | | | | | 2b | - | - | - | - | - |
| 16.11.3. Adjust/fit aids | * | | | | | | 2b | - | - | - | - | - |
| 16.11.4. Instruct patient on use of assistive devices. TR: Pierson and Fairchild's Principles & Techniques of Patient Care, 6th Edition. Fairchild S. L., O'Shea R. K., Washington R. 2017. Saunders. | | | | | | | | | | | | |
| 16.11.4.1 Crutches | * | | | | | | 2b | - | - | - | - | - |
| 16.11.4.2 Walkers | | | | | | | 2b | - | - | - | - | - |
| 16.11.4.3 Canes | | | | | | | 2b | - | - | - | - | - |
| 16.11.4.4 Wheelchairs | | | | | | | 2b | - | - | - | - | - |
| 16.12. Perform compression therapy. TR: Manual of Physical Agents, 4th Edition. Hayes K. W. 1999. Prentice Hall. | | | | | | | 1b | - | - | - | - | - |
| 16.13. Thermotherapy. TR: Manual of Physical Agents, 4th Edition. Hayes K. W. 1999. Prentice Hall. | | | | | | | | | | | | |
| 16.13.1. Physiological effects | * | | | | | | B | - | - | - | - | - |
| 16.13.2. Methods of heat exchange | * | | | | | | B | - | - | - | - | - |
| 16.13.3. Thermal modalities | | | | | | | | | | | | |
| 16.13.3.1. Ultrasound | | | | | | | | | | | | |
| 16.13.3.1.1. Apply direct contact methods | | | | | | | 2b | - | - | - | - | - |
| 16.13.3.1.2. Apply indirect contact methods | | | | | | | b | - | - | - | - | - |
| 16.13.3.1.3. Phonophoresis | | | | | | | B | - | - | - | - | - |
| 16.13.3.2. Apply moist heat | * | | | | | | 2b | - | - | - | - | - |
| 16.13.3.3. Perform hydrotherapy | | | | | | | 1b | - | - | - | - | - |
| 16.13.3.4. Perform light therapy | | | | | | | - | - | - | - | - | - |
| 16.13.3.5. Biofeedback | | | | | | | A | - | - | - | - | - |
| 16.14. Electrical stimulation. TR: Manual of Physical Agents, 4th Edition. Hayes K. W. 1999. Prentice Hall. | | | | | | | | | | | | |

| 1. Tasks, Knowledge And Technical References | 2. Core Tasks | 3. Certification For OJT | | | | | 4. Proficiency Codes Used To Indicate Training/Information Provided | | | | | |
|--|---------------|--------------------------|--------------|------------------|------------------|--------------------|---|------------|--------------------|------------|--------------------|------------|
| | | A | B | C | D | E | A 3 Skill Level | | B 5 Skill Level | | C 7 Skill Level | |
| | | Tng Start | Tng Complete | Trainee Initials | Trainer Initials | Certifier Initials | (1) Phase I Course | (2) CDC | (1) Course | (2) CDC | (1) Course | (2) CDC |
| | | | | | | | | | | | | |
| 16.14.1. Physiological effects | * | | | | | | B | - | - | - | - | - |
| 16.14.2. Apply modality | * | | | | | | 2b | - | - | - | - | - |
| 16.14.3. Iontophoresis | | | | | | | B | - | - | - | - | - |
| 16.14.4. Electromagnetic fields | | | | | | | - | - | - | - | - | - |
| 16.14.5. Perform electromagnetic therapy | | | | | | | - | - | - | - | - | - |
| 16.15. Apply ultrasound-electrical stimulation | | | | | | | b | - | - | - | - | - |
| 16.16. Traction. TR: Manual of Physical Agents, 4th Edition. Hayes K. W. 1999. Prentice Hall. | | | | | | | | | | | | |
| 16.16.1. Physiological effects | | | | | | | B | - | - | - | - | - |
| 16.16.2. Apply modality | | | | | | | | | | | | |
| 16.16.2.1. Cervical | | | | | | | 2b | - | - | - | - | - |
| 16.16.2.2. Pelvic | | | | | | | 2b | - | - | - | - | - |
| 16.17. Cryotherapy. TR: Manual of Physical Agents, 4th Edition. Hayes K. W. 1999. Prentice Hall. | | | | | | | | | | | | |
| 16.17.1. Physiological effects | * | | | | | | B | - | - | - | - | - |
| 16.17.2. Apply modality | | | | | | | | | | | | |
| 16.17.2.1. Cold packs | * | | | | | | 2b | - | - | - | - | - |
| 16.17.2.2. Ice massage | * | | | | | | 2b | - | - | - | - | - |
| 16.17.3. Contrast baths | | | | | | | B | - | - | - | - | - |
| 17. SPECIAL POPULATIONS. TR: Pathology: Implications for the Physical Therapist, 3rd Edition. Goodman C. C. & Fuller K. S. 2008. Saunders. | | | | | | | | | | | | |
| 17.1. Pediatrics | | | | | | | B | - | - | - | - | - |
| 17.2. Geriatrics | | | | | | | B | - | - | - | - | - |
| 17.3. Pregnancy | | | | | | | B | - | - | - | - | - |
| 17.4. Burns | * | | | | | | B | - | - | - | - | - |
| 17.5. Diabetics | | | | | | | B | - | - | - | - | - |

| 1. Tasks, Knowledge And Technical References | 2. Core Tasks | 3. Certification For OJT | | | | | 4. Proficiency Codes Used To Indicate Training/Information Provided | | | | | |
|--|---------------|--------------------------|--------------|------------------|------------------|--------------------|---|------------|--------------------|------------|--------------------|------------|
| | | A | B | C | D | E | A 3 Skill Level | | B 5 Skill Level | | C 7 Skill Level | |
| | | Tng Start | Tng Complete | Trainee Initials | Trainer Initials | Certifier Initials | (1) Phase I Course | (2) CDC | (1) Course | (2) CDC | (1) Course | (2) CDC |
| 17.6. Perform neurological rehabilitation techniques | * | | | | | | 2b | - | - | - | - | - |
| 17.7. Oncology | * | | | | | | B | - | - | - | - | - |
| 17.8. Cardiopulmonary | * | | | | | | B | - | - | - | - | - |
| 17.9. Treat special populations | * | | | | | | b | - | - | - | - | - |
| 18. ORTHOTICS AND THERAPEUTIC AIDS. TR: Introduction to Splinting: A Clinical Reasoning and Problem-Solving Approach, 3rd Edition. Coppard B. M. & Lohman H. 2007. Mosby; Rehabilitation of the Hand and Upper Extremity, 6th Edition. Skirven T. M., Osterman A. L., Fedorczyk J., & Amadio P. C. 2011. Mosby; Willard and Spackman's Occupational Therapy. 13th Edition. Schell B. & Gillen G. 2018. Lippincott Williams & Wilkins | | | | | | | | | | | | |
| 18.1. Fit patient with pre-fabricated orthopedic supports | | | | | | | | | | | | |
| 18.1.1. Axial skeleton | * | | | | | | 2b | - | - | - | - | - |
| 18.1.2. Upper extremity | * | | | | | | 2b | - | - | - | - | - |
| 18.1.3. Lower extremity | * | | | | | | 2b | - | - | - | - | - |
| 18.2. Upper extremity splints | | | | | | | | | | | | |
| 18.2.1. Construct Static splint | * | | | | | | a | - | - | - | - | - |
| 18.2.2. Dynamic splints | | | | | | | A | - | - | - | - | - |
| 18.2.3. Static progressive splints | * | | | | | | A | - | - | - | - | - |
| 18.3. Perform therapeutic taping | | | | | | | - | - | - | - | - | - |
| 19. CERTIFICATION AND LICENSES | | | | | | | | | | | | |
| 19.1. Obtain and maintain certification in healthcare provider basic life support (BLS). TR: American Red Cross BLS for Healthcare Providers | 5* | | | | | | - | - | - | - | - | - |
| 19.2. Obtain and maintain Physical Therapy Assistant (PTA) Licensure | ^ | | | | | | - | - | - | - | - | - |

Training/Technical Reference (TR) Source Summary for STS 4J0X2

List of commercial and service publications

Note. Some non-government publications published by organizations are updated quite often, and these may not include edition numbers, year of publication, or an author. Government publications are listed per that department's naming convention. Later or earlier editions of the same publications are acceptable after evaluation. For the purposes of this CFETP, the terms "Technical Reference" and "Training Reference" (TR) are synonymous.

Commercial Texts (All Skill Levels)

American Physical Therapy Association: Standards of Ethical Conduct for the Physical Therapy Assistant

American Red Cross BLS for Healthcare Providers

Applied Anatomy & Physiology, Shmaefsky, B. R. 2008. CBS Publishers

Clinical Kinesiology and Anatomy, 6th Edition. Lippert L. S. 2017. F. A. Davis Company.

Comprehensive Wound Management, 2nd Edition. Irion, G. 2009. Slack Incorporated.

Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 10th Edition. Avers D. & Brown M. 2018. Saunders.

Essentials of Kinesiology for the Physical Therapist Assistant, 3rd Edition. Mansfield P. J. & Neumann D. A. 2018. Mosby.

Essentials of Musculoskeletal Care, 5th Edition. Armstrong A. D. & Hubbard M. C. 2015. American Academy of Orthopaedic Surgeons.

Experience Human Development, 13th Edition. Papalia D. E., & Martorell G. 2014. McGraw-Hill.

Greenman's Principles of Manual Medicine, 5th Edition. DeStafano L. A. 2016. Lippincott Williams & Wilkins

Health Professional and Patient Interaction, 8th Edition. Purtilo R. B., Haddad A. M., Doherty R. F. 2013. Saunders.

International Classification of Functioning, Disability and Health (ICF). World Health Organization. 2009. World Health Organization.

Introduction to Splinting: A Clinical Reasoning and Problem-Solving Approach, 3rd Edition. Coppard B. M. & Lohman H. 2007. Mosby.

Maitland's Peripheral Manipulation, 4th Edition. Hengeveld E. & Banks K. 2005. Butterworth-Heinemann.

Manual of Physical Agents, 4th Edition. Hayes K. W. 1999. Prentice Hall.

Measurement of Joint Motion, A guide to Goniometry, 5th Edition. Norkin C. C. & White D. J. 2016. F. A. Davis Company.

Orthopedic Physical Assessment, 6th Edition. Magee D. J. 2013. Saunders.

Pathology: Implications for the Physical Therapist, 3rd Edition. Goodman C. C. & Fuller K. S. 2008. Saunders.

Physical Rehabilitation, 7th Edition. O'Sullivan S. B., Schmitz T. J., & Fulk G. 2019. F. A. Davis Company.

Pierson and Fairchild's Principles & Techniques of Patient Care, 6th Edition. Fairchild S. L., O'Shea R. K., Washington R. 2017. Saunders.

Rehabilitation of the Hand and Upper Extremity, 6th Edition. Skirven T. M., Osterman A. L., Fedorczyk J., & Amadio P. C. 2011. Mosby.

Standfield's Essential Medical Terminology, 5th Edition. Cross N. & McWay D. 2018. Jones & Bartlett Learning.

Textbook of Disorders and Injuries of the Musculoskeletal System, 3rd Edition. Salter R. B. 1998. Lippincott Williams & Wilkins.

Therapeutic Exercise: Foundation and Techniques, 7th Edition. Kisner C, Colby L. A. & Borstad J. 2017. F. A. Davis Company.

Willard and Spackman's Occupational Therapy. 13th Edition. Schell B. & Gillen G. 2018. Lippincott Williams & Wilkins

Air Force, DoD, and Other Federal Publications (All Skill Levels)

Air Force Enlisted Classification Directory (AFECD)

AFH 36-2618, *The Enlisted Force Structure*

AFI 38-101, *Manpower and Organization*

AFI 44-102, *Medical Care Management*

AFI 44-119, *Medical Quality Operations*

AFI 44-176, *Access to the Care Continuum*

AFMAN 36-2100, *Military Utilization and Classification*

AFMAN 41-120, *Medical Resource Management Operations*

AFMAN 41-209, *Medical Logistics Support*

AFMAN 41-210, *Tricare Operations and Patient Administration*

AFMAN 91-203, *Air Force Occupational Safety, Fire, and Health Standards*

AFPD 36-27, *Equal Opportunity (EO)*

AFPD 44-1, *Medical Operations*

DAFI 41-106, *Air Force Medical Readiness Program*

DODI 6040.40, *Military Health System (MHS) Data Quality Management Control (DQMC) Procedures*