



# KINESIOTHERAPY

The U.S. Department of Veterans Affairs (VA) provides kinesiotherapy services to Veterans and Servicemembers to enhance the strength, endurance, and mobility of individuals with functional limitations or those requiring extended physical conditioning.

## SCOPE OF PRACTICE

The professional standards and scope of practice for KT are established by the Council on Professional Standards for Kinesiotherapy (COPSKT) and reflect the evaluation and treatment interventions that a registered KT is qualified to provide. KTs utilize a holistic approach and evidence-based practices to design and implement therapeutic exercise and techniques, health and wellness promotion, and education programs for Veterans to achieve their highest level of functional independence. KTs emphasize the physiological and psychological benefits of physical exercise.

Entry-level education requirements for the KT allied health profession include a bachelor's degree or higher from an accredited program with a concentration in KT, exercise science or a related field. This education must include clinical practice approved by COPSKT. Many KTs have advanced skills, training and certification in specialty areas such as: orthopedics, cardiopulmonary rehabilitation, therapeutic aquatics, geriatric fitness and weight management, wheelchair seating and mobility specialist, driver rehabilitation, ergonomics and home safety specialist, health coaching, adaptive sports and assistive technology.

## PATIENT POPULATION

Kinesiotherapists (KT) provide a full scope of rehabilitation services and interventions to support a wide spectrum of neurologic, orthopedic, medical, surgical, and mental health conditions, including special populations with stroke, spinal cord injury, brain dysfunction, traumatic brain injury, amputation, and geriatric needs.

## TREATMENT SETTING

KTs practice across the VHA continuum of care as independent rehabilitation providers within the interdisciplinary care team. Treatment settings include inpatient settings (medical centers, community living centers, polytrauma centers and spinal cord injury centers), outpatient clinics, telerehabilitation and Veterans' homes.