

## **SCPT Practice Resource**

### **Exercise Therapists**

#### **Standards of Practice for Physical Therapists and Practice Resources**

Along with the implementation of the Standards of Practice document (as of September 1, 2022), Practice Guidelines are being transitioned to Practice Resources. Practice Resources are educational documents for physical therapists when considering broader topics that may involve multiple standards or regulations.

As part of the transition, Practice Guidelines will be renamed Practice Resources until they can be incorporated into new revamped Practice Resources.

*The Physical Therapists Act* and SCPT Bylaws, which includes the Ethical Code, and the Standards of Practice document are the approved documents for physical therapy practice in Saskatchewan providing the foundation for which practitioners are governed within the regulatory environment.

#### **Background**

Physical therapists commonly work with exercise therapists in facilities within Saskatchewan. Currently, exercise therapy is not a self-regulating profession in Saskatchewan and exercise therapists are therefore neither licensed nor regulated.

The undergraduate education of an exercise therapist does not include biomechanical assessment or exercise prescription for clients with acute injury or acute or chronic pathology.

The practice of direct referral to an exercise therapist of a client with an acute or chronic disease process or injury with no planned, consistent monitoring or follow up by a physical therapist within the facility puts the client at risk.

#### **The SCPT Code of Ethical Conduct provides:**

##### **A. Responsibilities to the Client**

14. Take responsibility for the client care delegated to students and other members of the health care team.

##### **B. Responsibilities to the Public**

1. Conduct themselves with integrity and professionalism.

##### **C. Responsibilities to Self and the Profession**

1. Commit to maintaining and enhancing the reputation and standing of the physiotherapy profession, and to inspiring public trust and confidence by treating everyone with dignity and

respect in all interactions.

3. Act honestly, transparently and with integrity in all professional and business practices to uphold the reputation of the profession.

### **Practice Resource**

1. Physical therapists who own or control treatment facilities and/or provide direct therapy are responsible for ensuring the safety of their clients. If a client is known or suspected to have an acute or chronic disease process or injury, the client should be screened by a physical therapist to determine that the client can safely proceed with a specific exercise program prior to seeing an exercise therapist.
2. Physical therapists who own or control facilities that provide exercise therapy services should require that an intake screening assessment be undertaken by one of the facility's own physical therapists, regardless of the source of the referral, in order to ensure both that the referral is appropriate and that liability insurance coverage is in place to protect the client.