

Real Life 101 Physical Therapy

There are over a hundred different types of **massage therapy** (called modalities), including Swedish massage, deep tissue, Rolfing and Shiatsu. Massage therapists work in a variety of settings: spas, chiropractor's offices, cruise ships or private yachts, and with physicians or physical therapists in providing treatment for pain, assisting in injury recovery and improving general wellbeing. States have different requirements for massage therapy licensing, but most include a certain number of hours of training in a certified school, passing the national certification exam and demonstration of continued education to keep the license. Massage schools teach anatomy and physiology, give a solid base in Swedish and introduce a variety of other modalities. The national certification exam can take three to four hours to complete and consists of a multiple-choice section and a hands-on massage test. Try job shadowing and receiving different types of massage to see if this profession interests you.

Physical therapists complete a bachelor's degree in science and a master's degree in physical therapy to enter a profession. Recently a Doctor of Pediatric Therapy, or DPT, has become the entry-level degree in the field. It takes three years to obtain a DPT after college. In practice a physical therapist might work in a general hospital setting, or specialize in such areas as:

- Sport injury rehabilitation
- Cardiopulmonary
- Geriatric
- Neurological
- Orthopedic
- Pediatric
- Integumentary

Physical therapists see patients all day long and spend a time on paperwork for insurance. The day of a **pediatric physical therapy** consist of regular hours seeing babies and school-aged children and providing them with physical rehabilitation after injuries and trauma. They also provide movement and agility training for children with congenital and developmental disabilities or delayed development.