

Hey there,

FUTURE PHYSICAL THERAPIST!

Physical Therapists help clients move better, manage pain, and restore function after they've had an injury or illness.

TRUST THE PROCESS

To become a physical therapist, you'll have to complete a bachelor's degree and a Doctor of Physical Therapy degree, also called a DPT. After you complete your education, you'll have to pass a national examination and complete state-specific steps, like licensure paperwork.

SO MANY ROADS TO **one destination**

Colleges and universities have different pathways for future physical therapists. Here's what to know:

- ➔ **Undergrad-to-grad pathways:** At colleges like Russell Sage, you can start as an undergraduate and move straight into a physical therapy doctorate program as long as you keep the required GPA and complete the prerequisites.
- ➔ **4+3 program:** A traditional academic program to become a physical therapist is sometimes prefixed with "4+3" to symbolize four years to earn a bachelor's degree and three additional years to earn a DPT.
- ➔ **3+3 program (accelerated program):** In a "3+3" program, you'll begin DPT courses after your third year of college. As long as you maintain high grades, your first year of graduate school counts as credit toward your bachelor's and DPT, so you can complete your PT education in about six years instead of seven. The best part: You'll save a full year of tuition — and with your guaranteed spot in the DPT, the move to grad school is simple.
- ➔ **Articulation agreements:** If you want to attend different schools for your bachelor's degree and physical therapy doctorate, look for an undergraduate college that has articulation agreements with DPT programs. These agreements give qualified students preferred admission to partner graduate schools.
- ➔ **Your major makes a difference:** Doctor of Physical Therapy programs require strong preparation in anatomy and physiology, biology, chemistry, and physics (with labs), as well as in psychology and statistics. If you're thinking about a DPT degree, it's important to choose an undergraduate major that includes these prerequisites. Bachelor's programs in biology, health sciences, and psychology provide an excellent foundation.



HOT TIP

Look for an established DPT program. Russell Sage has educated physical therapists for more than 75 years!

HOW DO YOU PREPARE IN high school?

Admission to Pre-PT academic programs is competitive and the coursework is academically rigorous. To be a strong applicant and feel prepared for college:

- ➔ Take four years of math **and** science in high school: Four years of both is recommended for admission and important preparation for college coursework.
- ➔ Admission to an accelerated program is especially competitive and requires an overall high school Grade Point Average of 90%; science GPA of 90%; and class rank in the top third.
- ➔ Consider taking core science classes — like biology, chemistry, and anatomy — at the college where you're earning your bachelor's degree, even if you've taken AP or dual-enrollment versions in high school. By taking these courses at the institution where you'll earn your degree, you can be sure you have the proper foundation for the DPT program.

CAREER opportunities

According to the most recent data from the U.S. Bureau of Labor Statistics, **the median pay for a physical therapist is \$101,020 per year** and employment opportunities are expected to **grow by 14%**, which is much faster than average.

Planning to become a New York State-licensed physical therapist? Choosing a degree program in New York can help you meet state requirements.

SO WHY PICK RUSSELL SAGE FOR THIS?



The Capital Region — home to Russell Sage College, Albany Med (the largest regionally governed not-for-profit health system in northeastern New York and western New England), and dozens of agencies serving more than 19 million New Yorkers — is a great place for clinical experiences, jobs, and opportunities to get involved in public and community service.

SO MANY KINDS OF PTs ...

You don't have to choose your specialty now! In grad school, you'll get hands-on experience in different areas of physical therapy, and most PTs figure out their focus after they're licensed. When the time comes, you can earn extra certifications in specialties, such as:

- Sports
- Cardiovascular and pulmonary
- Oncology
- Women's health
- Wound management
- Geriatrics
- Neurology
- Orthopaedics
- Pediatrics



CONTACT THE OFFICE OF ADMISSION

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