

# COLLEGE OF NATURAL AND SOCIAL SCIENCES

# HEALTH SCIENCE



## PRE-PHYSICAL THERAPY

### HEALTH SCIENCE PRE-PROFESSIONAL PROGRAM

Physical therapists, also known as PTs, provide services that help improve mobility, restore function, relieve pain and prevent or limit permanent physical disabilities of patients with injuries or disease. PTs work closely with patients to restore, maintain and promote their overall fitness and wellness for healthier and more active lifestyles. Different types of physical therapy include orthopedic, acute care, cardiovascular and pulmonary rehab, post-operative care and more.

### Responsibilities of a physical therapist

- Diagnose patients' dysfunctional movements by watching them stand or walk, and by listening to their concerns
- Set up a plan for their patients, outlining the patient's goals and the planned treatments
- Use exercises, stretching maneuvers, hands-on therapy, and equipment to ease patients' pain and to help them increase their ability to move
- Evaluate a patient's progress, modifying a treatment plan and trying new treatments as needed
- Educate patients and their families about what to expect during recovery from injury and illness and how best to cope with what happens

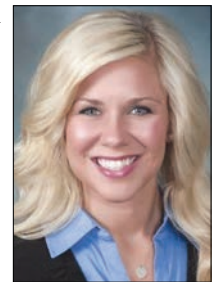
### Conditions treated by a physical therapist

- Traumatic brain injury
- Fractures, dislocations
- Sports injuries
- Balance
- Incontinence
- Burns
- Headaches
- Back pain
- Arthritis
- Carpal tunnel
- Strokes
- Osteoporosis

**Physical therapists** can work in a variety of settings such as hospitals, home health agencies, private practices, outpatient clinics, nursing homes, schools and even emergency rooms.

## Alumni profile

"I was introduced to the physical therapy profession following a traumatic car accident in high school. I was so inspired by my personal physical therapists and all they were able to do to help me return to my normal daily and recreational activities, that I decided to pursue the profession myself," Janae (Nienhueser) Greer said.



JANAE GREER

The 2010 UNK graduate majored in exercise science and completed the pre-physical therapy program before getting accepted into the University of Nebraska Medical Center - Doctor of Physical Therapy program.

"The UNK programs provided me with a solid foundation once I began physical therapy school and gave me a great baseline of the human anatomy and kinesiology that I have been able to build upon in order to develop into the professional I am now."

Greer, a physical therapist at Crossroads Physical Therapy in Lincoln, Neb., evaluates and treats patients with orthopedic diagnoses.

### Successful students

Students majoring in health sciences display good moral character, value healthcare, communicate well, lead with confidence, adapt to change and show compassion.

## HEALTH SCIENCE PRE-PROFESSIONAL PROGRAM

### Pre-Physical Therapy

#### SUGGESTED SEQUENCE FOR KEY PREREQUISITE COURSES

Consult with your academic adviser.

<b>Semester 1</b>	<b>Semester 2</b>
CHEM 160 MATH See adviser for placement BIOL See adviser for placement	CHEM 161 BIOL See adviser for placement
<b>Semester 3</b>	<b>Semester 4</b>
BIOL 225	BIOL 226
<b>Semester 5</b>	<b>Semester 6</b>
PHYS 205	PHYS 206
<b>Semester 7</b>	<b>Semester 8</b>
Complete required major courses	Complete required major courses

#### Advantages that UNK has to offer health science students

- Smaller class size
- Low student-to-faculty ratio
- Laboratory experiences
- Opportunities for student research
- Strong science preparation
- Academic advising
- Mentoring
- Contact with local professionals
- Extensive health careers course
- Health science seminar course
- Application process assistance
- Shadowing programs
- Health Science Club
- Health Careers Fair

## STUDENT PROFILE – Bill Westman



**Pre-professional program:** physical therapy  
**Major:** biology/health science comprehensive  
**Hometown:** Kearney, Neb.  
**Graduation:** fall 2015

“What I like most about the health science department is the incredibly helpful staff and advisers. Biology is challenging, but the major makes me a more competitive applicant for graduate school!”

## Health Science Club

**Members in Health Science Club would love to have you join!**

- Be sure to check your LoperMail for the weekly edition of the Health Science Weekly newsletter that will include information on upcoming activities.
- Interested students can also **Like** UNK Health Sciences on Facebook to learn more about the organization.



## Did you know?

**More than 700 students are enrolled in Health Science programs at UNK.**

That means, one of 10 Loper students are interested in health-related careers.

**UNK has an excellent record helping health science students gain acceptance into professional schools or clinical programs.**

For more than a decade, the overall acceptance rate of UNK students into various health programs has been approximately 70 percent.

**Job shadowing leads to employment according to the U.S. Department of Labor.**

Not only will you benefit from the on-the-job training and gain insight into a particular career, industry, or company, but you will also be mentored.

**Learn more at**  
[www.unk.edu/healthsciences](http://www.unk.edu/healthsciences)

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