

# KINESIOTHERAPIST

**Entry Level:** Bachelor's Degree

Kinesiology is the study of body-movement mechanics.<sup>3</sup> Kinesiotherapy is defined as the application of scientifically based exercise principles adapted to enhance the strength, endurance, and mobility of individuals with functional limitations or those requiring extended physical conditioning.<sup>1</sup>

## JOB REQUIREMENTS

**What is the exact job title?**

- Kinesiotherapist

**How do I become one?**

- Pass a kinesiotherapy program from a university accredited by the Commission on Accreditation of Allied Health Education Programs.<sup>4</sup>
  - The programs are typically offered at the bachelor's level, take four to five years to complete, and require 128 semester hours. You may be required to take basic coursework in human anatomy, exercise physiology, therapeutic exercise, gerontology, kinesiology, neurology, pathology and ethics.<sup>4</sup>
- Once you have completed a kinesiotherapy program, you can take the American Kinesiotherapy Association exam to become a registered kinesiotherapist.<sup>4</sup>

**What skills or talents do I need?**

- To be a successful kinesiotherapist, you must be intelligent and honest, practice good judgment and have good interpersonal skills and the capacity to react to emergencies in a calm reasoned manner.<sup>2</sup>

## TYPICAL WORK DAY

**What do they do?**

- Kinesiotherapists develop and monitor exercise programs to help people regain muscle strength and function lost due to injury or disease. Some kinesiotherapists focus on specific types of patients or conditions, such as people recovering from injuries or those with degenerative musculoskeletal disease.<sup>2</sup>
- Evaluate the person's mobility, strength and endurance.<sup>2</sup>
- Discuss treatment goals.<sup>2</sup>
- Educate the patient about how the body works and what is causing the impairment.<sup>2</sup>
- Develop an appropriate, targeted treatment plan.<sup>2</sup>
- Guide the patient in performing exercises correctly.<sup>2</sup>
- Monitor progress.<sup>2</sup>
- Modify the plan as needed to achieve specific goals.<sup>2</sup>
- Provide appropriate adaptive equipment and training.<sup>2</sup>
- Provide training for caregivers.<sup>2</sup>

**Where do they normally work?**

- Most kinesiotherapists are employed by the Veterans Health Administration. Others work in establishments such as public and private hospitals or clinics, rehabilitation facilities, colleges

1<https://akta.org/>

2<https://explorehealthcareers.org/career/sports-medicine/kinesiotherapist/>

3<https://www.bls.gov/careeroutlook/2014/youre-a-what/kinesiotherapist.htm>

4[https://learn.org/articles/Kinesiotherapist\\_Job\\_Duties\\_Career\\_Outlook\\_and\\_Education\\_Prerequisites.html](https://learn.org/articles/Kinesiotherapist_Job_Duties_Career_Outlook_and_Education_Prerequisites.html)

and universities, and fitness or wellness centers.<sup>3</sup> Kinesiotherapists may also work in sports medicine facilities and Workman's Compensation programs.<sup>2</sup>

### **What hours do they work?**

- In clinics, hospitals, and other settings, kinesiotherapists may have standard, 9-to-5 hours and work entirely onsite. Home-care kinesiotherapists travel to visit their patients instead of working in a fixed location.<sup>3</sup>

### **BENEFITS**

#### **What is a typical salary in this field?**

- Starting salaries: \$36,000-\$47,000/year.<sup>2</sup>
- National average salary for registered kinesiotherapist: \$77,998/year.<sup>2</sup>

#### **Does this job come with any benefits? (vision, dental, 401k, PTO, etc.)**

- Since most Kinesiotherapists are federal employees, the federal government offers benefits such as low-cost life insurance and paid vacation and sick leave that begin accruing on the first day of work. Some agencies allow flexible work arrangements, such as alternative schedules. And, when funding is available, agencies may pay for workers to get additional education, such as a professional certificate or graduate degree.<sup>3</sup>

### **GROWTH**

#### **What is the projected job growth?**

- The Bureau of Labor Statistics links kinesiotherapists with exercise physiologists, and states that between 2018 - 2028, job growth is projected to be 10%.<sup>3</sup>

**Last Updated:** October 2019

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4[https://learn.org/articles/Kinesiotherapist\\_Job\\_Duties\\_Career\\_Outlook\\_and\\_Education\\_Prerequisites.html](https://learn.org/articles/Kinesiotherapist_Job_Duties_Career_Outlook_and_Education_Prerequisites.html)