
Kentucky State Board of Physical Therapy

9110 Leesgate Road, Suite 6

Louisville, KY 40222-5159

502/327-8497

Fax: 502/423-0934

Re: Opinion and Declaratory Ruling regarding state law governing wellness, fitness, or obstetrics programs by the Kentucky State Board of Physical Therapy

This correspondence is in response to various inquiries over the years asking for information, advice, or an opinion from the Kentucky State Board of Physical Therapy on several issues regarding the services provided during a wellness, fitness, or obstetrics program by a physical therapist or physical therapist's assistant.

Please keep in mind that this correspondence is an opinion of the Board based solely on the facts set forth, which will be summarized below. The Board has authorized this opinion as an Opinion and Declaratory Ruling pursuant to KRS 13A.130(3) and KRS 13A.010(2)(b) as the agency with jurisdiction to interpret the statutes and regulations governing the practice of physical therapy in the Commonwealth of Kentucky.

I. Wellness, Fitness, and Obstetric Programs

The Board is presented with the question whether an individual, who is credentialed as a licensed physical therapist or certified physical therapist's assistant may provide and lead group instruction in various wellness, fitness, and obstetric programs.

The Board interprets the general functions of pre and postnatal classes, general calisthenics, preventative back exercise programs, and body mechanics instruction not to be the "practice of physical therapy" as defined by KRS 327.010(1).

Such persons who are credentialed by this Board should not call themselves physical therapists or physical therapist's assistant during those services which may be misinterpreted by the public that those services being provided are indeed physical therapy services. The physical therapist or certified physical therapist's assistant shall not represent the instruction as carrying out physical therapy or providing a therapeutic service other than the general functions and goals inherent in a wellness, fitness, or obstetrics programs.

Like any exercise or athletic endeavor, participants should be informed that they must meet minimal physical requirements to participate.

II. Conclusion.

As the agency authorized by the Kentucky General Assembly to regulate the practice of physical therapy in this state, the Board is empowered to interpret its statutes and regulations. In summary, the Board interprets its statutes and regulations such that wellness, fitness, and obstetrics programs led by physical therapists and physical therapist's assistants do not constitute the practice of physical therapy. However, credential holders of the Board must not make any misleading statement that the services provided are "physical therapy" even when the person leading the group is a credential holder of this Board.

Sincerely yours,

Kentucky State Board of Physical Therapy
Joan S. Dalton, P.T., Chair

By:

Rebecca Klusch Hughes, Executive Director

cc: Board members