

R156. Commerce, Professional Licensing.

R156-24b. Physical Therapy Practice Act Rule.

R156-24b-101. Title - Authority - Relationship to Rule R156-1.

- (1) This rule is known as the "Physical Therapy Practice Act Rule."
- (2) This rule is adopted by the Division under Subsection 58-1-106(1)(a), to enable the Division to administer Title 58, Chapter 24b, Physical Therapy Practice Act.
- (3) The organization of this rule and its relationship to Rule R156-1 is as described in Section R156-1-101.

R156-24b-102. Definitions.

Terms used in this rule are defined in Title 58, Chapter 1, Division of Professional Licensing Act, and Title 58, Chapter 24b, Physical Therapy Practice Act. In addition:

- (1) "APTA" means the American Physical Therapy Association.
- (2) "Credential evaluation" as used in Subsections R156-24b-302a(3) and (5)(b) means an educational evaluation using the Coursework Tool (CWT) owned by the Federation of State Boards of Physical Therapy to evaluate the educational equivalency of a physical therapy program outside of the United States to a CAPTE-approved program.
- (3) "CAPTE" means the Commission on Accreditation in Physical Therapy Education.
- (4) "Continuing education" or "CE" means qualified continuing professional education that meets the standards in Section R156-24b-303b.
- (5) "FCCPT" means the Foreign Credentialing Commission on Physical Therapy.
- (6) "FSBPT" means the Federation of State Boards of Physical Therapy.
- (7) "Joint mobilization" as used in Subsections 58-24b-102(15)(d)(iii), ~~and 58-24b-402(2)(d)e, and 58-24b-402(3)~~ means a manual therapy technique comprising a continuum of skilled passive movements to a joint or related soft tissue that is applied at varying speeds and amplitudes including a high-velocity low-amplitude (HVLA) therapeutic movement.
- (8) "NPTE" means the National Physical Therapy Examination administered by the FSBPT and includes:
 - (a) the NPTE for Physical Therapists (NPTE-PT) licensure; or
 - (b) the NPTE for Physical Therapist Assistants (NPTE-PTA) licensure.
- (9) "Recognized accreditation agency" as defined in Subsection 58-24b-102(12) and used in Section 58-24b-302 means ~~[a physical therapy education program that is accredited by]~~ CAPTE or another accreditation agency that is approved by the Division in collaboration with the Board.
- (10) "Routine assistance" as used in Subsections 58-24b-102(11)(b) and 58-24b-401(3)(b) means the physical therapy aide:
 - (a) engages in the assembly, disassembly, maintenance, transportation, preparation, and other operational activities relevant to the equipment and accessories necessary for treatment; and
 - (b) provides elementary and direct patient care that the patient and the patient's family members could reasonably be expected to learn and perform.
- (11) (a) "Supportive personnel" as used in Subsections R156-24b-404(1) and (2) means a physical therapist assistant or a physical therapy aide.
 - (b) "Supportive personnel" does not include a student in:
 - (i) a physical therapist program; or

- (ii) a physical therapist assistant program.

R156-24b-302a. Qualifications for Licensure - Education Requirements.

(1) Under Subsection 58-24b-302(1)(b), an applicant for licensure as a physical therapist who completed a physical therapy education program in a state, district, or territory of the United States shall:

- (a) graduate from a physical therapy education program that is CAPTE-accredited; and
- (b) ensure that the applicant's education institution sends one of the following directly to the Division:
 - (i) the applicant's transcript showing the applicant graduated from the institution's CAPTE-accredited physical therapy education program; or
 - (ii) a letter from the program director or another authorized official that includes:
 - (A) a statement that the applicant graduated from the education institution's CAPTE-accredited physical therapy education program;
 - (B) a signature of the program director or authorized official; and
 - (C) the school's seal.

(2) Under Subsection 58-24b-302(2)(b), an applicant for licensure as a physical therapist assistant who completes an education program in a state, district, or territory of the United States shall:

- (a) graduate from a CAPTE-accredited:
 - (i) physical therapy assistant education program; or
 - (ii) physical therapy education program; and
- (b) ensure that the applicant's education institution sends one of the following directly to the Division:
 - (i) the applicant's transcript showing the applicant graduated from the institution's CAPTE-accredited:
 - (A) physical therapy assistant education program; or
 - (B) physical therapy education program; or
 - (ii) a letter from the program director or another authorized official that includes:
 - (A) a statement that the applicant graduated from the education institution's CAPTE-accredited:
 - (I) physical therapy assistant education program; or
 - (II) physical therapy education program;
 - (B) a signature of the program director or authorized official; and
 - (C) the school's seal.

(3) Under Subsections 58-1-302(3) and 58-24b-302(3)(b)(ii), an applicant for physical therapist licensure who is educated outside the United States shall submit to the Division a Type 1 Review credential evaluation from the FCCPT that verifies:

- (a) the applicant meets the requirements of Subsection 58-24b-302(3)(d); and
- (b) the applicant's education program:
 - (i) (A) has no deficiencies; and

- (B) is the equivalent to a CAPTE-approved program; or
- (ii) meets the following requirements:
 - (A) the education program is deficient;
 - (B) each deficiency in the education program is in one of the following pre-professional topic areas:
 - (I) the humanities;
 - (II) the social sciences;
 - (III) the liberal arts;
 - (IV) the physical sciences;
 - (V) the biological sciences;
 - (VI) the behavioral sciences;
 - (VII) mathematics; or
 - (VIII) advanced first aid for health care workers;
 - (C) the applicant corrected each deficiency by:
 - (I) completing college level credits in the deficient area; or
 - (II) passing the College Level Examination Program (CLEP) demonstrating proficiency in the deficient area; and
 - (D) the FCCPT determined that the applicant's education program and the completed corrective education under Subsection [R156-34b-302a](#)(3)(b)(ii)(C) is equivalent to a CAPTE-accredited physical therapy program.

(4) Under Subsection 58-24b-302(4), an applicant who holds a current unrestricted physical therapist license or physical therapist assistant license issued by another state, district, or territory of the United States, other than Utah shall:

- (a) ensure that the applicant's education institution sends documentation directly to the Division that meets the requirements of Subsection [R156-24b-302a](#)(1)(b) or (2)(b); or
- (b) ensure that the FSBPT sends the applicant's passing score transfer directly to the Division.

(5) Under Subsection 58-24b-302(2)(b), an applicant for physical therapist assistant licensure shall meet the following requirements:

- (a) graduate from a physical therapist assistant education program that is accredited by CAPTE with one of the following degrees:
 - (i) an associate's degree;
 - (ii) a bachelor's degree; or
 - (iii) a master's degree; or
- (b) under Subsection [R156-24b-302a](#)(2)(b)~~(4)(b)~~ and Section 58-1-302, if the applicant was licensed or educated in a jurisdiction outside the United States, the applicant shall submit to the Division a credential evaluation from the FCCPT that meets the requirements of Subsections [R156-24b-302a](#)(3)(a) and (b).

R156-24b-302b. Qualifications for Licensure - Examination Requirements.

(1) Under Subsections 58-24b-302(1)(c) and (f) and 58-24b-302(3)(c) and (f), an applicant for physical therapist licensure shall pass the NPTE-PT.

(2) Under Subsections 58-24b-302(2)(c) and (f), an applicant for physical therapist assistant licensure shall pass the NPTE-PTA.

(3) An applicant for licensure shall ensure that the FSBPT sends the applicant's passing examination score directly to the Division.

(4) An applicant for licensure as a physical therapist who fails the NPTE-PT is eligible to register with FSBPT to sit for the NPTE-PTA examination.

R156-24b-303a. Term, Expiration, Renewal, and Reinstatement of License.

(1) Under Subsections 58-1-308(1) and 58-24b-303(1), the renewal date for the two-year renewal cycle for licensees under Title 58, Chapter 24b, Physical Therapy Practice Act, is established in Section R156-1-308a.

(2) Renewal and reinstatement procedures shall be in accordance with Sections R156-1-308a through R156-1-308l, except as provided in Subsection (3).

(3) Under Subsection 58-1-308(5)(a)(ii)(B) and except as in Subsections 58-1-308(6)(b) and (7), an applicant whose license was active and in good standing when it expired may apply for reinstatement of licensure between two years and five years after the date of expiration if the applicant meets the following practice reentry requirements:

(a) the applicant shall:

- (i) submit an application demonstrating compliance with each requirement and condition of license renewal;
- (ii) pay all license renewal and reinstatement fees for the current renewal period; and
- (iii) submit evidence of completion of qualified continuing professional education hours for each renewal period in which the license was expired;

(b) if not previously completed, the applicant shall submit to and pass a criminal background check under Section 58-1-301.5; and

(c) the applicant shall complete one or more of the following practice reentry requirements, if required by the Division in collaboration with the Board:

- (i) meet with the Board to evaluate the applicant's:
 - (A) qualifications for licensure; and
 - (B) ability to safely and competently practice physical therapy;
- (ii) pass the NPTE-PT or NPTE-PTA, if the Division in collaboration with the Board determines that examination or reexamination is necessary to verify the applicant's ability to safely and competently practice;
- (iii) complete a plan of supervision under a Board-approved supervisor that may include up to 4,000 hours of physical therapy training under a temporary physical therapist license or a temporary physical therapist assistant license before the applicant may qualify for full reinstatement of the license; or
- (iv) comply with each additional licensure requirement or condition considered necessary by the Division in collaboration with the Board to protect the public and ensure that the applicant is currently competent to engage in the profession.

R156-24b-303b. Continuing Education.

(1) Under Subsection 58-24b-303(2), the continuing education requirement for a physical therapist or physical therapist assistant during each two-year renewal cycle commencing on June 1 of each odd numbered year are established in this section.

(2) As used in this section:

(a) "Contact hour" means 50 continuous minutes of participation in a continuing education activity without a break period.

(b) "Continuing Education Unit" or "CEU" means the standard unit of measurement to signify a licensee's completion of participation in a continuing education activity.

(c) "Category I" CEU means:

- (i) a fellowship, residency, specialty certification, degree awarding education program, or in-person attendance at a live educational program event in which participants can interact with the presenter in real time; and
- (ii) one contact hour of Category I CEU equals two continuing education units.

(d) "Category II" CEU means:

- (i) in-person attendance at live educational coursework or a live education program in a school setting, an electronic course with assessment, volunteer service, clinical instructor supervision, or teaching a physical therapy education course; and
- (ii) one contact hour of Category II CEU equals 1 and 1/2 continuing education units.

(e) "Category III" CEU means:

- (i) electronic physical therapy educational coursework without assessment or examination, in-service presentations, self-study, journal clubs, or ethics or law coursework; and
- (ii) one contact hour of Category III CEU equals one continuing education unit.

(f) "Category IV" CEU means:

- (i) licensed practice by a physical therapist or physical therapist assistant, up to a total of 500 hours; and
- (ii) 50 practice hours of Category IV CEU equals one CEU.

(g) "Clinical instructor supervision" means the supervision of one or more:

- (i) non-physical therapy students;
- (ii) physical therapist assistants; or
- (iii) physical therapy students.

(h) "Fellowship" means a post-professional program focused on a defined area of practice for professionals who have already completed a residency, or who are board-certified by the American Board of Physical Therapy Specialties (ABPTS) in a related area of specialty.

(i) "Group study" means a group of two or more licensed professionals that regularly meets to discuss shared areas or fields of learning, with topics that advance professional skill and experience.

(j) "Independent study" means structured learning experiences by an individual that take place outside of traditional learning environments.

(k) "Publication" means activities undertaken by an author or coauthor to design or implement, research, draft, edit, and submit material for publication.

(l) "Renewal educational coursework" means live, in-person, or electronic education with assessment undertaken in traditional learning environments, academic coursework, lectures, seminars, conferences, or workshops.

(m) "Research" means contribution to a research project through data collection, project development, or consultation.

(n) "Residency" means a post-professional program that focuses on a defined area of physical therapy practice.

(o) "Volunteer service" means services provided at no charge that rely on the skills and advance the professional competence of a physical therapist or physical therapist assistant, such as serving on a professional board or providing services at a health fair screening.

(3) During each two-year renewal cycle, a physical therapist shall complete at least 40 CEUs, of which at least two CEUs shall be in ethics or law. A physical therapist who completes more than the required number of CEUs during a two-year renewal cycle may carry over up to ten excess CEUs to the next two-year renewal cycle.

(4) During each two-year renewal cycle, a physical therapist assistant shall complete at least 20 CEUs, of which at least ~~two~~one CEU[s] shall be in ethics or law. A physical therapist assistant who completes more than the required number of CEUs during a two-year renewal cycle may carry over up to five excess CEUs to the next two-year renewal cycle.

(5) If a licensee first becomes licensed during the two-year renewal period, the licensee's required number of CEUs shall be decreased proportionately according to the date of licensure.

(6) The Division may defer or waive CEU requirements under Section R156-1-308d.

(7) A licensee may not apply continuing education or coursework education, including professional upgrades, that the licensee received before being granted a license, to CEUs required after the license is granted.

(8) CEU credit shall be recognized as follows, during each two-year renewal cycle:

(a) for clinical instructor supervision CEUs, up to ten CEUs for a physical therapist and up to five CEUs for a physical therapist assistant;

(b) for lecturing or instructing a course at an accredited university or college, continuing education course, or as an invited guest lecturer, up to ten CEUs for a physical therapist and up to five CEUs for a physical therapist assistant, subject to the following:

(i) one CEU shall be awarded for each hour of instruction;

(ii) credit shall be awarded for lecturing or instructing the same course up to two times; and

(iii) documentation of completion shall include a certificate or record from the human resources department.

(c) for volunteer service CEUs, up to ten CEUs for a physical therapist and up to five CEUs for a physical therapist assistant; and

(d) for practice hours CEUs, up to ten CEUs for a physical therapist and up to five CEUs for a physical therapist assistant.

(9) A continuing education course for a physical therapist or physical therapist assistant shall meet the following requirements:

- (a) have content relevant to the practice of physical therapy;
- (b) have learning objectives that are clearly stated in course material;
- (c) be prepared and presented by individuals who are qualified by education, training, and experience; and
- (d) be approved by, conducted by, or under the sponsorship of one of the following:
 - (i) a recognized accredited college or university;
 - (ii) a state or federal agency;
 - (iii) a professional association, organization, or facility involved in the practice of physical therapy; or
 - (iv) a commercial continuing education provider;
- (e) may be completed as any of the following:
 - (i) department in-service;
 - (ii) seminar;
 - (iii) lecture;
 - (iv) conference;
 - (v) training session;
 - (vi) webinar;
 - (vii) internet course;
 - (viii) distance learning course;
 - (ix) journal club;
 - (x) authoring of a scholarly peer-reviewed journal article or textbook publication;
 - (xi) poster platform presentation;
 - (xii) specialty certification through the American Board of Physical Therapy Specialties;
 - (xiii) post-professional clinical residency or fellowship approved by the American Physical Therapy Association;
 - (xiv) post-professional doctorate from a CAPTE accredited program;
 - (xv) lecturing or instructing a continuing education course; or
 - (xvi) study of a scholarly peer-reviewed journal article; and
- (f) for an ethics or law continuing education course, include any of the following subjects:
 - (i) patient-physical therapist relationships;
 - (ii) confidentiality;
 - (iii) documentation;
 - (iv) charging and coding;
 - (v) compliance with state or federal laws that impact the practice of physical therapy; or
 - (vi) a subject in the American Physical Therapy Association Code of Ethics ~~[§]~~and Guide for Professional Conduct or the Utah Physical Therapy Code of Ethics and Standards of Practice [EFFECTIVE DATE].

(10) A licensee shall maintain adequate documentation as proof of compliance with this section, such as certificate of compliance, school transcript, course description, or other course

materials, for two years after the end of the renewal cycle for which the continuing education is due, as follows:

- (a) at minimum, CEU course documentation shall include:
 - (i) date of the course;
 - (ii) name of the course provider;
 - (iii) name of the instructor;
 - (iv) course title;
 - (v) course objectives; and
 - (vi) number of contact hours of continuing education credit; and
- (b) if the CEU is self-directed, such as independent study, group study, authoring, or in-service, documentation shall include:
 - (i) dates of study or research;
 - (ii) title and an abstract of an article, textbook chapter, poster, or platform presentation;
 - (iii) objectives of a self-study course; and
 - (iv) number of contact hours of continuing education credit.

R156-24b-305. Temporary Licensure.

(1) Under Subsection 58-1-303(1), the Division may issue a temporary physical therapist license or temporary physical therapist assistant license to an applicant who meets each qualification for licensure as a physical therapist or physical therapist assistant except for the passing of the required examination if the applicant meets the following requirements:

- (a) has graduated from a CAPTE-accredited physical therapy school within three months before submitting an application for licensure;
- (b) is under the direct and on-site supervision of a physical therapist who has an active and non-temporary license, if the applicant is employed as a physical therapist; and
- (c) has registered with the FSBPT to take the required licensure examination.

(2) A temporary physical therapist license or temporary physical therapist assistant license issued under Subsection (1) expires the earlier of:

- (a) six months from the issuance date;
- (b) the date the examination agency notifies the Division that the applicant has failed the examination; or
- (c) the date that the Division issues the full licensure to the applicant.

(3) A temporary physical therapist license or temporary physical therapist assistant license issued under this section may not be renewed or extended except as in Subsection 58-1-302(6)(c)(ii).

R156-24b-306. ~~Trigger Point~~ Dry Needling - Education and Experience Required - Registration.

(1) Under Subsection 58-24b-306(1)(b)(i), for a ~~trigger point~~ dry needling course to be approved by the Division, the course shall be, approved, conducted, or sponsored by one of the following:

- (a) a recognized accredited college or university;
- (b) a state or federal agency;

- (c) a professional association, organization, or facility involved in the practice of physical therapy; or
- (d) the Board.

(2) Under Subsections 58-24b-306(1)(e) and (2)(b), a physical therapist shall complete an approved ~~trigger point~~ dry needling course and required supervised patient treatment hours under Subsection 58-24b-306(1)(b)(ii)(B) within three calendar years from the date the course started.

(3) Under Subsection 58-24b-306(1)(c), a physical therapist who completes the ~~trigger point~~ dry needling course shall register with the Division by submitting:

- (a) a completion certificate for the course that is issued by the organization that approved, conducted, or sponsored the course under Subsection R156-24b-306(1); and
- (b)
 - (i) a log verifying completion of the physical therapist's supervised patient treatment hours under Subsection 58-24b-306(1)(b)(ii)(B); or
 - (ii) a letter from the supervising physical therapist that:
 - (A) states that the supervised physical therapist completed the supervised patient treatment hours required under Subsection 58-24b-306(1)(b)(ii)(B);
 - (B) is on the letterhead of the supervising physical therapist's organization; and
 - (C) is signed by the supervising physical therapist.

R156-24b-403. Ordering Laboratory Testing – Required Reporting of Results.

(1) Under 58-34b-403, a licensed physical therapist acting within the scope of the physical therapist's license and experience may order laboratory testing if:

- (a) the licensed physical therapist designates a physician to receive the results of the laboratory testing; and
- (b) the designated physician agrees to receive the results of the laboratory testing.

(2) A licensed physical therapist who orders laboratory testing under Subsection R156-24b-403(1) shall:

- (a) communicate with the patient's physician to ensure coordination of care; and
- (b) refer a patient to the appropriate provider when the findings of the laboratory testing ordered by the licensed physical therapist indicate that the needed services exceed the licensed physical therapist's experience or scope of practice.

(3) A licensed physical therapist is not subject to Subsections R156-24b-403(a) and (b) if:

- (a) a health care provider with appropriate education and experience has interpreted the laboratory testing results and has not identified a significant finding;
- (b) the patient does not have a primary care physician; and
- (c) the patient was not referred to the licensed physical therapist for health care services by another health care provider.

R156-24b-404. Physical Therapist Supervisory Authority and Responsibility.

(1) Under Section 58-24b-404, a physical therapist who supervises supportive personnel as defined in Subsection R156-24b-102(11) shall meet the requirements of this section.

(2) A full-time physical therapist may supervise up to ~~three~~ five full-time equivalent supportive personnel at one time unless otherwise approved by the Division in collaboration with the Board.

(3) A supervising physical therapist shall:

- (a) meet each patient of the supervised physical therapist assistant at least every tenth visit or within 30 days from the last date the supervising physical therapist met with the patient, whichever is sooner; and
- (b) further assess the patient, evaluate treatment, and modify the patient's treatment plan.

R156-24b-502. Unprofessional Conduct.

Under Subsection 58-24b-502(4), "unprofessional conduct" includes:

(1) as a physical therapist, violating one of the following:

(a) the APTA's Code of Ethics for the Physical Therapist, last amended August 12, 2020, which is incorporated by reference;

(b) the APTA's Guide for Professional Conduct, last amended March 2019, which is incorporated by reference; ~~or~~

~~—(c) Section R156-24b-404;~~

(2) as a physical therapist assistant, violating one of the following:

(a) the APTA's Standards of Ethical Conduct for the Physical Therapist Assistant, last amended August 12, 2020, which is incorporated by reference; or

(b) the APTA's Guide for Conduct of the Physical Therapist Assistant, last amended March 2019, which is incorporated by reference.

KEY: licensing, physical therapy, physical therapist, physical therapist assistant, physical therapy aide

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