

DoD Space Planning Criteria for Health Facilities

Physical Therapy

3.9.1. PURPOSE AND SCOPE:

This section specifies the space planning criteria for outpatient physical therapy services. The purpose of physical therapy is to provide evaluation, treatment and consultation, which maintains, restores or improves physical functions.

3.9.2. DEFINITIONS:

Exercise Station: Any combination of weight training devices, exercise devices, exercise tables, parallel bars, mats, tilt tables, isokentic machines and gait training areas.

Full-Time Equivalent (FTE): A work force equivalent to one individual working full time for a specific period, which may be made up of several part-time individuals or one full-time individual. This will include everyone working in the facility; military, civilian and contractor personnel.

Office: **Room** Code OFA01 is a private office outfitted with standard office furniture. Room Code OFA02 is a private office outfitted with systems furniture. Room Code OFA03 is a cubicle outfitted with systems furniture.

Pain Manager: Pain managers provide the skills to manage pain in an effective manner.

Physical Therapy: Physical therapy provides therapeutic interventions for inpatients and outpatients whose ability to function is impaired by disease, injury, or other causes. Patients treated include, but are not limited to, those with pain, neuromuscular, musculoskeletal, cardiopulmonary, and integumentary conditions. Physical therapy includes the prevention of injury and impairment through the promotion and maintenance of fitness. The profession also actively engages in consultation, education, and research.

Physical Therapist: Physical therapists provide the examination, evaluation, diagnosis, and treatment of individuals with potential or actual functional impairment. Physical Therapists are credentialed to serve as physician extenders / primary care providers evaluating and managing neuromusculoskeletal disorders. Physical Therapists provide ergonomic assessments, injury prevention studies and counseling, wellness/physical fitness counseling, and health promotion activities.

Physical Therapy Technician: This may be a military enlisted person, specifically trained to perform certain physical therapy treatments, or this may be a civilian Physical Therapy Assistant (PTA). A civilian PTA is usually licensed by the state where the MTF is located and is a graduate of an accredited training program. The Commission on Accreditation of Physical Therapy Education (CAPTE) accredits such programs.

Wall Storage: Wall storage in a physical therapy clinic, normally in the exercise and the cubicle area, is open storage for weights, components of the equipment crutches and other physical therapy devices. This open storage is made possible by wall mounted heavy-duty pegboards, dowels and shelf units.

3.9.3. POLICIES:

Where physical therapy is a service in a hospital, a physical therapy room will be programmed on the ward where orthopedic patients are located.

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3.9.4. PROGRAM DATA REQUIRED:

- Number of physical therapists projected.
- Number of physical therapy technicians or aides/assistants projected.
- Is there an Extremity Whirlpool?
- Is there a Hydro-Therapy Suite?
- Is there a Physical Therapy education program in this clinic?
- Total number of staff assigned to the clinic.
- Total number of staff without a designated cubicle or office.
- Is there a secretary assigned to the Training program director?
- Maximum number of physical therapy students present at one time.

3.9.5. SPACE CRITERIA:

Note to Programmer: Hydrotherapy is not being widely used in military hospitals and is not being taught in the “in hospital rotation” portion of the DoD Physical Therapy Master Degree program as of the year 2000. The new Brooke Army Medical Center has had all whirlpools removed from the PT clinic facilities. Most PT training to include Masters and PhD. programs is conducted at BAMC for all three services. Therefore, the programming of hydrotherapy should be questioned in any new facilities.

NOTE: GP indicates that a guideplate exists for that particular Room Code.

Part Time Operation or Full-Time operation with staffing of no more than one provider or technician staffing only - this is a minimum size physical therapy clinic.

RECEPTION AREAS - Minimum clinic				
Clinic Waiting Area	WRC01	13.01	140	Minimum, provide 7 seats. Provide 5 @ 16 nsf and 2 @ 25 nsf for handicapped waiting.
Reception (GP)	RECP1	11.15	120	One reception station per clinic.
Public Toilets	NA	NA	NA	Space provided in the Common Areas. See Section 6.1
PATIENT AREAS - Minimum clinic				
Physical Therapist Exam (GP)	EXRG1	11.15	120	Army/Air Force. One per physical therapist (FTE) projected as full-time or part-time.
	EXRG2			Navy. One per physical therapist (FTE) projected as full-time or part-time.
Treatment Cubicle (GP)	PTTC1	13.01	440	Minimum (allows for four cubicles). Provide 1.5 cubicles per technician at 110 nsf per cubicle. This is a treatment area, which is defined by a front wall and ceiling hung curtains with additional workspace outside the curtained area. The curtained treatment area is 96 nsf.

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		m ²	nsf	

PATIENT AREAS - Minimum clinic (cont)

Physical Therapy Cubicle Workstation	PTCW1	5.57	40	One per every 4 cubicles.
Exercise Area	PTES1	18.58	200	Minimum. One per clinic. Allows space for 3 machines with circulation (includes isokinetic workstation). Provide justification if greater area required.
Mat/Platform Area	PTEA1	20.44	220	One per clinic.
Dressing Room (GP)	DR001	5.57	60	One per clinic.
Wall Storage in Exercise Area	SRE01	5.57	60	One per clinic.

STAFF AND ADMINISTRATIVE AREAS - Minimum clinic

Physical Therapist's (GP)	OFD01	11.15	120	Army/Air Force. One per physical therapist (FTE) projected as full-time or part-time.
	OFD03			Navy. One per physical therapist (FTE) projected as full-time or part-time.
NCOIC/LCPO/LPO	OFA01	11.15	120	One per clinic. Private office, Standard Furniture. This is an office for the senior physical therapy technician. If this clinic is only operated part-time and is staffed by a technician, then this is that part-time technician's office.
	OFA02			Private office, System Furniture.
Physical Therapy Technician's Office - Army/Navy	WRCH1	11.15	120	One office per every three or fraction of three technician FTEs projected. (Do not include the senior technician who is the LCPO or LPO).
Physical Therapy Technician's Office - Air Force	OFA03	5.57	60	One cubicle for 50% of the projected FTE technicians. (Do not include the NCOIC)
Reproduction room	RPR01	3.72	40	For Copier/Fax/Mailbox distribution
Form / Literature Storage	SRS01	9.29	100	One per clinic.
Administrative Cubicle	OFA03	5.57	60	System Furniture cubicle. Per projected FTE. See Section 2.1.
Staff Toilets	TLTU1	5.57	60	Provide one if there are more than 15 projected FTE. Add one TLTU1 For each 15 FTE or see section 6.1 for male/female breakdown.

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CLINIC SUPPORT AREAS Minimum clinic
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Litter/Wheelchair Storage	SRLW1	5.57	60	One per clinic.
Equipment Storage	SRE01	9.29	100	One per clinic.
Supply Storage Room	SRS01	9.29	100	One per clinic.
Linen Storage	LCCL1	1.86	20	One per four cubicles.

Space Planning Criteria for Physical Therapy Services – with multiple qualified physical therapists:

RECEPTION AREAS

Clinic Waiting Area	WRC01	5.57	60	Minimum. Provide 2 seats per PT and PT Technician. 90% of seats @ 16 nsf and 10% of seats @ 25 nsf for handicapped waiting.
Reception (GP)	RECP1	13.01	140	One reception station per clinic.
Public Toilets	NA	NA	NA	Space provided in the Common Areas. See Section 6.1

PATIENT AREAS

Provider's Exam Rooms (GP)	EXRG1	11.15	120	Army. One per projected physical therapist FTE provider.
	EXRG2			Navy.
	EXRG3			Air Force.
Treatment Cubicle (GP)	PTTC1	13.01	440	Minimum (allows for four cubicles). Provide 1.5 cubicles per provider/technician at 110 nsf per cubicle. This is a treatment area, which is defined by a front wall and ceiling hung curtains with additional workspace outside the curtained area. The curtained treatment area is 96 nsf.
Physical Therapy Cubicle Workstation	PTCW1	5.57	40	One per every 4 cubicles.
Treatment Room	TROR1	13.01	140	One per clinic to allow increased privacy for treatment. Provide a second such room when the number of PTs projected exceeds 8.
Exercise Area	PTES1		400	Minimum, one per clinic. One exercise station per PT and technician/aide projected. Add 65 nsf per station over three. This includes the space for exercise machines, and also to include Isokinetic machines.

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PATIENT AREAS (cont)

Mat/Platform Area	PTEA1	11.15	120	Minimum of one mat/platform. One mat/platform per every four providers projected.
Dressing Room (GP)	DR001	5.57	60	One per clinic, minimum. Provide one additional dressing room for every four-treatment cubicles.
Wall Storage in Exercise Area	SRE01	3.72	40	Minimum. Add 4 nsf (1 linear foot) of wall storage per exercise station projected over three.
Radiology Reading Room (GP)	XVC01	11.15	120	Special justification required.
Gait Lane & Parallel Bar Area	PTGL1	18.58	200	One per clinic with greater than 4 providers.
Patient Toilet/ Shower	TLTS1	7.43	80	Minimum of one shower per dressing room. Provide one additional patient locker (LR001) for patient belongings.
Extremity Whirlpool	PTEW1	5.57	60	One per clinic. May be deleted on authority of clinic chief.
Hydro-Therapy Suite (GP)	PTWT1	39.48	425	Special study required. If justified, this includes two extremity whirlpools, and one shower trolley.
Physical Therapy Whirlpool Workstation	PTWW1	5.57	60	If in clinic concept of operations
Amputee Training Area	PTAT1	37.16	400	Provide if in concept of operations
Inpatient Physical Therapy (on the ward) - Treatment cubicles (GP)	PTTC1	13.01	140	If in clinic concept of operations. Provides space for exercise stations, treatment station and wall storage. NOTE: This requirement is restated in inpatient section.
Inpatient Physical Therapy (on the ward) - Exercise station	PTES1	18.58	200	If in clinic concept of operations. Provides space for exercise stations, treatment station and wall storage. NOTE: This requirement is restated in inpatient section.

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STAFF AND ADMINISTRATIVE AREAS

Physical Therapist's (GP)	OFD01	11.15	120	Army/Air Force. One per physical therapist (FTE) projected as full-time or part-time.
	OFD03			Navy. One per physical therapist (FTE) projected as full-time or part-time.
NCOIC/LCPO/LPO	OFA01	11.15	120	One per clinic. Standard Furniture. This is an office for the senior physical therapy technician.
	OFA02			Private office system furniture
Physical Therapy Technician's Office -	WRCH1	11.15	120	Army/Navy - One office per every three or fraction of three technician FTEs projected. (Do not include the senior technician who is the LCPO or LPO).
	OFA03	5.57	60	Air Force - One cubicle for 50% of the projected FTE technicians. (Do not include the NCOIC).
Conference Room (GP)	CRA01	23.23	250	Minimum. One per clinic with between four to eight physical therapist FTEs. Combine with another clinic if fewer than four PT FTEs. See Section 2.1.
Reproduction Room	RPR01	9.29	100	If more than 6 FTE physical therapists projected. For Copier/Fax/Mailbox distribution.
Administrative Cubicle	OFA03	5.57	60	System Furniture cubicle. Per projected FTE. See Section 2.1.
Staff Lounge (GP)	SL001	13.01	140	Minimum. See Section 6.1.
Staff Lockers (GP)	LR001	1.86	20	Lockers for personal property. See Section 6.1
Staff Toilets	TLTU1	5.57	60	Provide one if there are more than 15 projected FTE. Add one TLTU1 For each 15 FTE or see section 6.1 for male/female breakdown.

CLINIC SUPPORT AREAS

Trash/Linen Collection	UTLC1	7.43	80	One per clinic.
Litter/Wheelchair Storage	SRLW1	5.57	60	One per clinic.
Crash Cart Alcove	RCA01	1.86	20	One per clinic. Can be shared between several clinics if fully accessible to all.
Equipment Storage	SRE01	9.29	100	One per clinic.
Supply Storage Room	SRS01	9.29	100	One per clinic.
Linen Storage	LCCL1		20	Minimum, provide 20 nsf per 4 cubicles. Provide an alcove when 6 or fewer PTs. Provide a room when more than 6 PTs.

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Functions that are required for Teaching Program in Physical Therapy Services:

TEACHING STAFF AND ADMINISTRATIVE AREAS

Director of Teaching Program (GP)	OFD01	11.15	120	Army/Air Force. One per director of an in-hospital Physical Therapy Education Program. (Typically the Chief Physical Therapist in the Clinic.)
	OFD03			Navy. One per director of an in-hospital Physical Therapy Education Program. (Typically the Chief Physical Therapist in the Clinic.)
Secretary to Director with visitor waiting.	SEC01	11.15	120	One per Director of a Training Program, if there is a projected FTE secretary position.
Student Cubicle	OFA03	5.57	60	Minimum. 60 nsf per projected Student.
Library	LIBB1	13.01	140	One per Teaching Program.
Conference Room (GP)	CRA01	23.23	250	Minimum, one per Training Program. For increased sizing see Section 2.1.