

## DoD Space Planning Criteria for Health Facilities

### Physical Therapy

#### **3.9.1. PURPOSE AND SCOPE:**

This chapter 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:**

**Administrative Personnel:** Administrative personnel are all personnel who do not counsel, diagnosis, examine or treat patients, but who do work that is essential for the accomplishment of the missions of a medical treatment facility. This does include military (assigned and borrowed), contract and civilian personnel. It does not include volunteers.

**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:** A private office is an enclosed room outfitted with either standard furniture (Room Code OFA01) or systems furniture (Room Code OFA02). An administrative cubicle is within an open room and is constructed out of system furniture (Room Code OFA03)

**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.

**Visit:** Each time a patient presents himself/herself to the Physical Therapy Clinic; it is counted as one visit. One visit may generate several treatments. Visits to any areas outside the clinic, such as nursing units and homes, are not to be counted for space allocation.

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#### **3.9.2. DEFINITIONS: Continued**

**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 or Medical Center, an exercise area will be provided on the Orthopedic Unit.

**Offices, Private:** With the exception of the office provided for “Key Personnel,” all other private offices will be 120 net square feet as stated in Chapter 2.1 (General Administration), paragraph 2.1.5. Private offices will be provided to following personnel:

- a) Staff who must meet with patients/customers on a regular basis and hold private consultations/discussion.
- b) The senior officer and enlisted member of a department.
- c) Staff who supervise others and must hold frequent, private counseling sessions with their junior staff. This does not include staff who supervise a very small number of people, and who would only occasionally need private counseling space. These staff can use available conference rooms or other private areas for their infrequent counseling needs
- d) Any personnel who interview or counsel patients with patient privacy concerns.

**Office, Non-Private or Shared Space:** Personnel, who require office space, but not a private office, will be provided space in a shared office. Non-private or shared office space will be programmed at 60 net square feet per occupant.

**Public Toilets, Staff Lounges and Locker Areas:** The criteria for public toilets, staff lounges and locker rooms are provided in Chapter 6.1 (Common Areas).

#### **3.9.4. PROGRAM DATA REQUIRED:**

How many FTE Physical Therapists are projected?

How many FTE PT technicians are projected?

How many FTE NCOIC/LCPO/LPO are projected?

How many FTEs on peak shift are projected? **Note:** This information is used to calculate the number of Staff Toilets and the size of the Staff Lounge.

How many staff will require a locker? **Note:** Do not include staff with offices or cubicles.

Will a radiology reading room be required?

Will an extremity whirlpool be required?

Will a hydro-therapy suite be required?

Will an amputee training area be required?

Will vending machines be provided in the staff lounge?

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#### 3.9.5. SPACE CRITERIA:

**Note:** 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 (BAMC) 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.**

FUNCTION	Room Code	AUTHORIZED		PLANNING RANGE/COMMENTS
		m <sup>2</sup>	nsf	

#### **RECEPTION AREAS - Minimum clinic**

Clinic Waiting	WRC01	13.01	140	Minimum, provide seven seats. Provide five @ 16 nsf and two @ 25 nsf for handicapped waiting.
Reception (GP)	RECP1	11.15	120	One per clinic.
Public Toilets	NA	NA	NA	Space provided in Chapter 6.1 (Common Areas).

#### **PATIENT AREAS - Minimum clinic**

Physical Therapy Exam (GP)	EXRG1	11.15	120	Army. One per projected FTE Physical Therapist or technician.
	EXRG2			Navy.
	EXRG3			Air Force.
Treatment Cubicle (GP)	PTTC1	20.44	220	Provide two cubicles 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.
Cubicle Workstation	PTCW1	3.72	40	One per clinic.
Exercise Area	PTES1	18.58	200	Minimum. One per clinic. Allows space for three 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.

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FUNCTION	Room Code	AUTHORIZED		PLANNING RANGE/COMMENTS
		m <sup>2</sup>	nsf	

**STAFF AND ADMINISTRATIVE AREAS - Minimum clinic**

Physical Therapist Office (GP)	OFD01	11.15	120	Army. One per projected FTE Physical Therapist or technician.
	OFD02			Navy.
	OFD03			Air Force.
Copy Room	RPR01	5.57	60	For Copier/Fax
Forms/Literature Storage	SRS01	5.57	60	One per clinic. Can be combined with Copy Room.
Patient/Staff Toilet	TLTU1	4.65	50	One per clinic.

**CLINIC SUPPORT AREAS Minimum clinic**

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 clinic.

**Space Planning Criteria for Physical Therapy Services – with multiple qualified Physical Therapists:**

**RECEPTION AREAS**

Clinic Waiting	WRC01	13.01	140	Minimum. Provide two seats per Physical Therapist and PT technician. 90% of seats @ 16 nsf and 10% of seats @ 25 nsf for handicapped waiting.
Reception (GP)	RECP1	13.01	140	One per clinic.
Public Toilets	NA	NA	NA	Space will be provided in Chapter 6.1 (Common Areas).

**PATIENT AREAS**

Physical Therapy Exam (GP)	EXRG1	11.15	120	Army. One per projected FTE Physical Therapist.
	EXRG2			Navy.
	EXRG3			Air Force.
Treatment Cubicle (GP)	PTTC1	40.88	440	Minimum (allows for four cubicles). Provide 1.5 cubicles per Physical Therapist and 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.
Cubicle Workstation	PTCW1	3.72	40	One per every four cubicles.

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FUNCTION	Room Code	AUTHORIZED		PLANNING RANGE/COMMENTS
		m <sup>2</sup>	nsf	

**PATIENT AREAS Continued**

Treatment Room	TROR1	13.01	140	One per clinic to allow increased privacy for treatment. Provide one additional room for every eight projected Physical Therapists and technicians.
Exercise Area	PTES1	37.16	400	Minimum, one per clinic. One exercise station per Physical Therapist and technician projected. Add 65 nsf per station over three. This includes the space for exercise machines, and includes Isokinetic machines.
Mat/Platform Area	PTEA1	20.44	220	Minimum, one mat/platform per every four Physical Therapists projected.
Dressing Room (GP)	DR001	4.65	50	Minimum, one per clinic. 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	Provide if in Clinic Concept of Operations.
Gait Lane & Parallel Bar Area	PTGL1	18.58	200	One per clinic with greater than four Physical Therapists.
Extremity Whirlpool	PTEW1	5.57	60	One if in Clinic Concept of Operations.
Hydro-Therapy Suite (GP)	PTWT1	39.48	425	Special study required. If justified, this includes two extremity whirlpools, and one shower trolley.
Whirlpool Workstation	PTWW1	5.57	60	Provide if in Clinic Concept of Operations.
Amputee Training Area	PTAT1	37.16	400	Provide if in Clinic Concept of Operations.

**STAFF AND ADMINISTRATIVE AREAS**

Physical Therapist Office (GP)	OFD01	11.15	120	Army. One per projected FTE Physical Therapist. Do not include residents. Resident's cubicles are included in the Residency Functional Area.
	OFD02			Navy.
	OFD03			Air Force.
NCOIC/LCPO/LPO Office	OFA01	11.15	120	Private Office - Standard Furniture. One per projected FTE. This is an office for the senior physical therapy technician.
	OFA02			Private Office - System Furniture
Technician Office - Army/Navy	WRCH1	11.15	120	One per every three or fraction of three projected FTE Physical Therapy technician. <b>Note:</b> Do not include the senior technician who is the NCOIC/LCPO/ LPO.

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		m <sup>2</sup>	nsf	

**STAFF AND ADMINISTRATIVE AREAS Continued**

Technician Office - Air Force	OFA03	5.57	60	One cubicle for 50% of the projected FTE technicians. <b>Note:</b> Do not include the NCOIC.
Conference Room (GP)	CRA01	23.23	250	Minimum. One per clinic with between four to eight FTE Physical Therapists. Combine with another clinic when less than four Physical Therapist.
	CRA02	27.87	300	Greater than eight FTE Physical Therapists.
Copy Room	RPR01	5.57	60	If more than six FTE Physical Therapists projected. For Copier/Fax/Mailbox distribution.
Staff Lounge (GP)	SL001	13.01	140	Minimum 140 nsf for 10 FTEs on peak shift. Add 5 nsf for each peak shift FTE over 10. Maximum size is 300 nsf without vending machines and 320 nsf if vending machines are included.
Personal Property Lockers (GP)	LR001	2.32	25	Minimum for the first 10 FTEs on peak shift. Add 2.5 nsf for FTE over 10. For staff without a dedicated office/cubicle space. See Chapter 6.1 (Common Areas) for Locker Room, Changing criteria.
Staff Toilet	TLTU1	4.65	50	Minimum of one for the first 15 FTEs on peak shift. Add one TLTU1 for every additional 15 FTEs on peak shift. Can be combined into multi-stall toilets.

**CLINIC SUPPORT AREAS**

Trash and 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	1.86	20	Minimum, provide 20 nsf per four cubicles.