

Resources

Geriatric Physical Therapy: Best Practice Guidelines and Reality Based Implementation

Best Practice

- Criss MG, Wingood M, Staples WH, et. al. APTA Geriatrics' Guiding Principles for Best Practices in Geriatric Physical Therapy. *J Geriatr Phys Ther*. 2022. doi: 10.1519/JPT.0000000000000342
 - [Full article](#)
 - [Bulleted summary - principles only](#)
 - [Bulleted summary - principles + action steps](#)
 - [Visual summary](#)
- Middleton A, Fritz SL, Lusardi M. Walking speed: the functional vital sign. *J Aging Phys Act*. 2015 Apr;23(2):314-22. doi: 10.1123/japa.2013-0236. Epub 2014 May 2. PMID: 24812254; PMCID: PMC4254896.
 - [Full article](#)
- Simon CB, Hicks GE. Paradigm Shift in Geriatric Low Back Pain Management: Integrating Influences, Experiences, and Consequences. *Phys Ther*. 2018 May 1;98(5):434-446. doi: 10.1093/ptj/pzy028. PMID: 29669088; PMCID: PMC6692842.
 - [Full article](#)
- [APTA Geriatrics Evidence Based Documents](#)
- [Age Friendly Health Systems](#)
- Functional Standards for Geriatric Practice

Medicare

- [Medicare Benefit Policy Manual Ch. 15 Section 220](#)
- Local Coverage Determination
 - [Palmetto GBA](#) (most of Virginia)
 - Novitas (possibly Alexandria, Arlington, Fairfax, Falls Church)

- Blog post: [Understanding Medicare Part B and Physical Therapy](#)
- Rick Gawenda's [Medbridge](#) courses
- Tony Maritato's Learn Medicare Billing [course](#) and [Facebook group](#)

Patient Education

- [APTA Geriatrics Patient Information](#)
- Podcast: [Elder Health Connection](#)

Certification Courses

- [Certified Exercise Expert for Ageing Adults \(CEEAA\)](#)
- [Functional Standards for Optimal Aging Expert Certification](#)

Continuing Education

- [APTA Geriatrics Journal Club](#)
- [Great Seminars & Books](#) / [Great Seminars Online](#)
- [Medbridge GCS Prep Program](#)

Reading

- [Clinician to Coach](#) by Jessica Drummond

Professional Organizations

- [APTA Geriatrics](#) - free for students!
- [Academy of Prevention & Health Promotion Therapies \(APHPT\)](#)