



Job Title: Therapeutic Health Services Intern

Location: Exercisabilities, Inc

2530 Broadway Ave North

Rochester, MN 55906

Job Description: The Therapeutic Health technician intern will support the medical fitness professional staff in all areas of client care as well as office support as listed below.

Reports to: Therapeutic Health Program Director

Roles and Responsibilities:

- Clean and organize work area and disinfect equipment after treatment.
- Instruct, motivate, safeguard, or assist patients practicing exercises or functional activities, under direction of exercise staff.
- Record treatment given and equipment used to communicate with exercise specialist as needed.
- Work as part of a team under the direction of the exercise specialist.
- May provide selected treatment modalities and exercise procedures as directed and onsite supervised by the physical therapist/occupational therapist according to MN State Statute regulations. Especially at beginning or end of sessions such as aerobic equipment assist. Will not be primary assignment but will be cross trained with rehabilitation technician in order to fill in as needed.
- Greet clients at the door and assist with preparation for session.
- Open and close duties for facility including cleaning
- Transport clients to and from treatment areas, using wheelchairs or providing standing support.
- Change linens, such as bed sheets and pillow cases.
- Do Laundry throughout the day
- Secure clients safely onto exercise equipment.
- Answer phones in a friendly manner, if necessary
- Maintain full confidentiality of client records and information.

Job Requirements:

- Strength – Candidates must demonstrate sufficient upper body and trunk strength in order to assist with client lifting and completing locomotor training (assisted treadmill) skills. Must be willing to learn skill, receive feedback on technique, and deliver assist with treadmill training with no difficulties. Good flexibility and endurance strength required in all limbs and trunk to complete this task.
- No previous injuries to back, shoulder, neck, or other musculoskeletal condition that may be exacerbated by lifting, pushing, pulling, or moving in a repetitive way.
- Personality preferred is one that is outgoing, positive, and innovative. Exercisabilities strives to build a team that is able to promote health and wellness through exciting and positive personal interactions and each team member will be expected to bring a positive, motivating attitude every day.
- Desire to engage in both on the job training as well as ongoing learning both onsite and offsite or through use of online learning.

Education Pursuit of associates degree required with an Exercise Science or other science related degree. Interested individuals in the process of applying for graduate level therapy professional schools are welcome to apply.

Experience Previous experience in exercise field preferred. Demonstrated interest in the area of disability care, specialized exercise, or volunteering is required.

PHYSICAL DEMAND CAPACITY: (Generic Clinical Staff Member)

Consistent with published industry PDC norms or minimally:

- Requires the manual dexterity and general strength and endurance
- Lifting—routinely loads of 5-35 pounds from
 - Floor to waist
 - Waist to shoulder
 - Shoulder to overhead
- Carrying—routinely loads of 5-10# for 40-50'
- Pushing---routinely loads of 5-150# on casters, runners or pulleys
- Sustaining a grip---routinely for 1-2 minutes of 40-50#
- Guarding a “lift load” routinely of 120-140#

EXPOSURE DETERMINATION:

- Has the potential for Hazardous Substance Exposure due to work duties
- Has the potential for Bloodborne Pathogen Exposure due to work duties

HIPAA STATUS:

- Has been determined as eligible for access to/use of PHI & EPHI based on work duties and responsibilities in compliance with ‘minimal necessary’ standards
- All employees of the Exercisabilities, Inc will be compliant with all HIPPA/HITECH regulations within the scope of duties, including but not limited to management, administrative, financial and operational and/or support services.
- As an employee in this position I may have access to Protected Health Information (PHI) which could be in oral, written, electronic, visual, pictorial, physical, or any in any other format or medium. I may only use and/or disclose information on a ‘minimum necessary’ basis and will do so in full compliance with the Exercisabilities, Inc HIPAA/HITECH policies and procedures. I acknowledge that I am subject to investigation and/or disciplinary action should I fail to comply as noted above.

The above statements are intended to describe the general nature and level of work performed in this position. They are not intended to be an exhaustive list of all responsibilities, duties and skills required.

My signature indicates that I understand and agree to fulfill the position description as reflected above and that I have been given the opportunity to discuss and request clarification of any duties and/or responsibilities noted. Additionally, I agree to be compliant with all Federal, State and Local regulations and policies and procedures of Exercisabilities, Inc

Therapeutic Health Intern Signature	Date

Therapeutic Health Program Director Signature	Date