

## ONCOLOGY SECTION, APTA

### CONSUMER FACT SHEET GUIDELINES

1. Limit to three pages for consumers
2. Provide basic information about the topic
3. Write at a ninth grade reading level
4. Include references for information provided
5. May include additional reading list if space permits
6. Outline for Consumer Fact Sheets
  - a. Topic
    - i. What is the topic?
    - ii. What is the definition?
    - iii. What is the description?
  - b. Risk factors
  - c. Signs and symptoms
  - d. How do I know if I have “topic”
  - e. What can I do to help prevent “topic”
  - f. What are the major issues for survivors of this “topic”
  - g. How can physical therapy help with these issues
  - h. What will a physical therapist include in an evaluation
  - i. What questions should I ask my physical therapist
  - j. Where can I learn more about this “topic”
  - k. References
7. All Fact Sheets for Consumers should include the following:
  - a. **Getting in touch with a physical therapist:**

If you think you may benefit from physical therapy, ask your physician to refer you to a physical therapist who specializes in this treatment area. The American Physical Therapy Association (APTA) offers a “**Find A PT**” database at [www.apta.org](http://www.apta.org) Or follow the link to this database by visiting APTA’s Oncology Section **public resources** page at <http://www.oncologypt.org>
  - b. **Who are physical therapists?**

Physical therapists are experts in movement and function, especially when movement involves changes in “normal” movement patterns. Physical therapists are licensed by the state in which they practice, and most hold masters or doctoral degrees. Physical therapists are dedicated to promoting

health and wellness of all Americans through preventing functional decline and the development of certain conditions. To learn more about physical therapy and physical therapists, please visit the American Physical Therapy Association's (APTA's) Web site at [www.apta.org](http://www.apta.org)

c. **Disclaimer**

This (write name of fact sheet) fact sheet is a public service from APTA and the Oncology Section of the APTA. It is not intended to be a substitute for professional health care. (*please put this statement in italics*)

- d. Name of Author, credentials, and submission date (date will be changed to approval date after Fact Sheet is reviewed and approved for publication on the Web Site by the Board of the Oncology Section)