



WELCOME.

The session will begin soon.

 NYU | STEINHARDT

Welcome to Physical Therapy!

Part 1





Outline

Welcome, Intro to PT!

20 minutes

About NYU PT

Q and A

10 minutes

Icebreaker

- What is your favorite subject?



My story

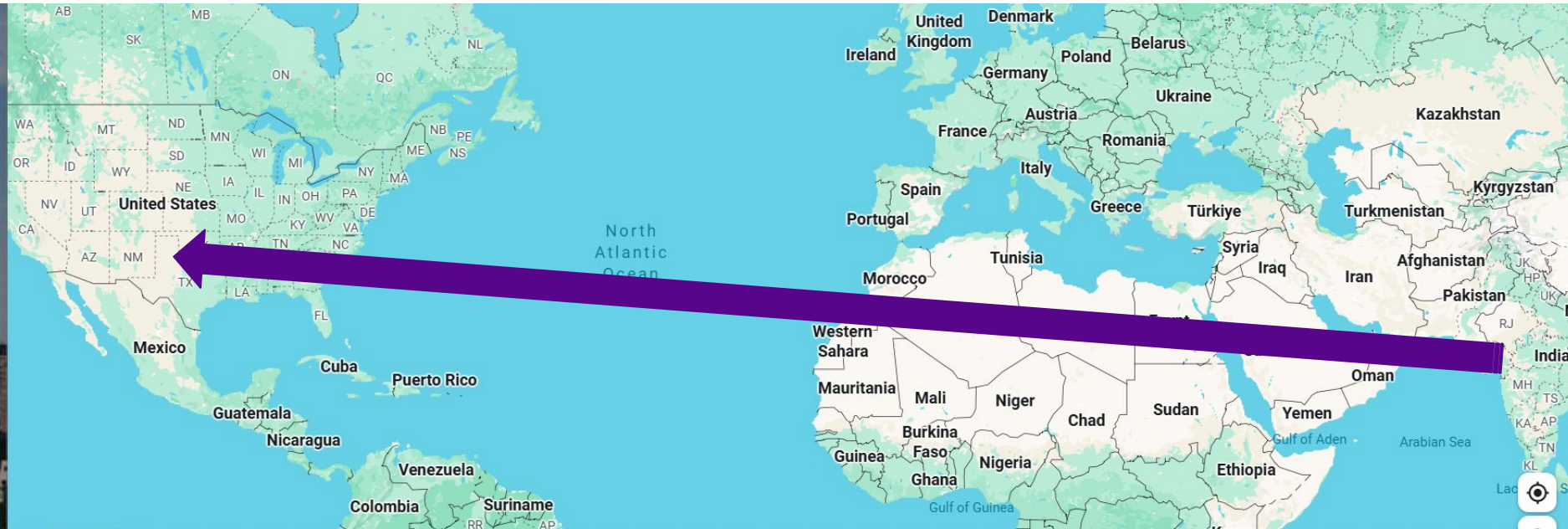
- Mumbai, “I’m good at biology”
- Volunteered with kids with CP





My story

- PhD at the University of Iowa





My story

- **Diabetes research - post doc in Rochester**





My story

- **Now NYU. Positions in engineering, orthopedic surgery**
- **2 kids, harlem**
- **CCL IGNITE - access and mentorship. What have you done that you're proud of**



Lessons: *Let it all in - feel the disappointment, feel your resilience*

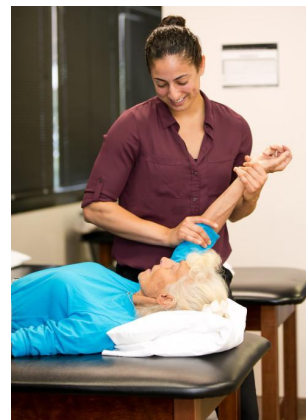
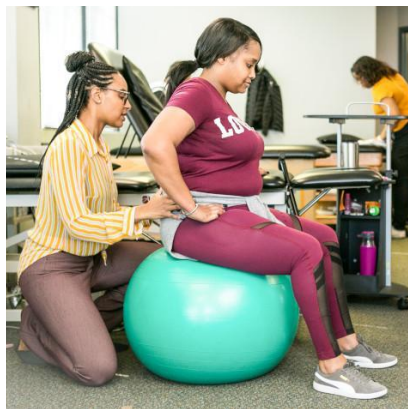
1. **Matrix theory - so daunting! Learning is not a one shot / limited time offer deal.**
2. **You don't have to be great, you have to love it - not obsessively, but enough to want to try again.**
3. **Beautiful handwriting / penmanship - curator of knowledge. I encourage my students to play, to get messy!**

Physical therapy is treatment provided by a physical therapist or physical therapist assistant that helps people improve their movement and physical function, manage pain and other chronic conditions, and recover from and prevent injury and chronic disease.



PTs and PTAs Care for People of All Ages and Abilities

They treat patients across the lifespan (birth to end of life)



PTs and PTAs Treat Multiple Body Systems

They also manage and decrease symptoms associated with diseases and disorders.



For example:

- **Cardiovascular:** Coronary artery disease
- **Respiratory:** Chronic obstructive pulmonary disease
- **Integumentary:** Skin burns
- **Muscular/Skeletal:** Back pain, dislocations/fractures
- **Nervous:** Stroke, traumatic brain injury, vertigo
- **Urinary/Renal:** Incontinence
- **Reproductive:** Pelvic pain
- **Immune/Lymphatic:** Lymphedema
- **Digestive:** SIBO, GERD, IBS
- **Cancer Rehab**
- **Pelvic Health**

PTs and PTAs Work Throughout the Health Care System



Pathway to DPT



* Some DPT programs offer freshman entry



How to prepare

- Do your research - apta.org, ptcas.org
- Go to Open Houses (zoom or in person)- individual programs, connect with the Admissions Coordinator

- Observe / shadow a PT or PTA
- Work as an aide (must be 18)

- Diversify your experience - multiple days and settings (inpatient + outpatient, pediatrics + adults)



How to prepare



- Find a mentor. Connect on LinkedIn, May be send an email every 6 months. Share updates.

- Financial literacy. Ask about costs - application costs, tuition.
- Speak with a financial planner.

- Build your network

Think Pair Share

- Review one activity / new idea from the previous two slides that you may want to try.
- How will you do it?

Costs, Opportunities and Resources

1. Costs
 - a. Application
 - b. In-state versus out-of-state, Public versus Private
2. Opportunities
 - a. Working part time - as a PT aide, in billing

— **Asking**
is
powerful

You get in life what
you have the courage
to ask for.

Oprah Winfrey





Activity: Busting myths

1. I need to be good at science / math to have a successful career as a PT (or in healthcare)
2. I will know if I love something right away!
3. But I hate (needles / touching feet / sweaty backs), can I be a PT/OT/ATC/DO/NP?

Why PT? Physical Therapy Is a Personally, Professionally, and Financially Rewarding Career!

- Meaningful health care profession
- Allows you to see the direct impact and benefit of your work
- Connect with people!
- Median salaries: \$101,020 (PT) and \$65,520 (PTA)
- <https://www.bls.gov/ooh/healthcare/physical-therapists.htm>



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Why NYU

Part 2



NYU DPT

Home / Physical Therapy

DOCTORAL

Doctor of Physical Therapy Entry-Level Degree

How to Apply

Physical
Therapy ▾

Curriculum

How
to
Apply

Open
Houses

Clinical
Placements

FAQ

Tuition,
Fees,
and
Financial

What Makes
Our Physical
Therapy
Program

Job
Search
Resources

NYU DPT

 ... / Physical Therapy

DOCTORAL

Doctor of Physical Therapy

Entry-Level Degree

[How to Apply](#)

[Physical Therapy](#) ▾

[Curriculum](#)

[How to Apply](#)

[Student Experience](#)

[Funding Your Degree](#)

Why NYU

1. Curriculum - 133 credits, 4 affiliations, 8 observations, ICE - **rigorous**
2. Small class size
3. “can do” entrepreneurial ethos, Steinhardt and NYC community

Why NYU - Part 2

4. Career-boosting Certifications

5. Emerging areas of PT - forward thinking

6. 12 placements, 50 guest speakers, job fair, fundraising = **100 mini-recruitment networking, opportunities**

Student Spotlight



Ben Moore
PT Student - NYU

HSS

hssrehabforpros



HSS

hssrehabforpros Student Spotlight! Ben Moore is a PT student from NYU, and he recently completed his clinical affiliation at HSS Sports Rehabilitation and Performance. Shown here with his CI Olivia Wuest, PT, DPT, CSCS, SMFA, his work included an inservice on "Mind Over Muscle: Fear Avoidance Post-ACL Reconstruction."

"Have a plan for your sessions beforehand," Ben advised, "and be efficient with how you structure them. Prioritizing two-three interventions and leaving time to answer patients' questions helped me make sure sessions stayed productive and had a good flow while also building rapport / trust."

Thank you for your amazing work Ben!!

[#HospitalForSpecialSurgery](#) [#PTSchool](#) [#PhysicalTherapy](#)
[#PhvsicalTherapyStudent](#) [#SportsPT](#)



Liked by nyu_pt and 61 others

July 29, 2025

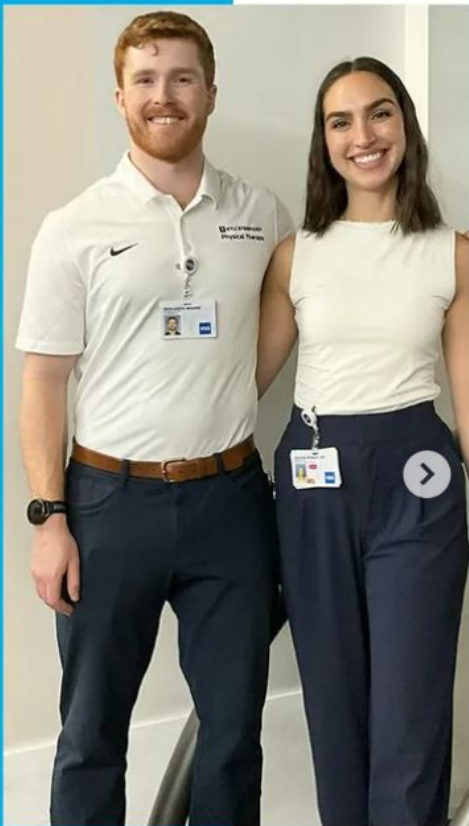


Add a comment...

Post

“
What was the most interesting aspect of the affiliation?

The most interesting aspect of my affiliation was learning how to tailor what I learned in school to the individual in front of me. No two patients present exactly the same, which is something that’s difficult to replicate in the classroom but is hugely important in a clinical setting.



hssrehabforpros



hssrehabforpros Student Spotlight! Ben Moore is a PT student from NYU, and he recently completed his clinical affiliation at HSS Sports Rehabilitation and Performance. Shown here with his CI Olivia Wuest, PT, DPT, CSCS, SMFA, his work included an inservice on “Mind Over Muscle: Fear Avoidance Post-ACL Reconstruction.”

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[#PhysicalTherapyStudent](#) [#SportsPT](#)



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Add a comment...

Post



Community

NYU DPT Class of 2020 Multi
Cultural Food Festival

Financial Literacy - Tuition and Outcomes

Tuition and Fees

Attending graduate school is an investment in your future and a serious commitment of time and money. NYU Steinhardt is committed to assisting graduate applicants in the process of financing their education. To better meet the needs of our physical therapy students, a **Secured Tuition Plan** is in place. Tuition and fees for the entire 133-credit, 10-semester DPT program will total \$181,770 for the class entering Summer 2025. This means that you will not incur annual tuition increases during your course of study. Additionally, payment will be billed each semester as outlined below.

Most Recent Outcomes

Based on information collected on the classes of 2022 and 2023, student outcomes were as follows: the two-year graduation rate was 97.6%, the first-time two-year licensure exam pass rate was 81.2% and the ultimate pass rate was 98.6%. The two-year employment rate was 100%.

Funding your degree

- Secured tuition plan (no annual increases)
- We award over \$350,000 each year in scholarships!
- NYU Office of Financial Aid
<https://www.nyu.edu/admissions/financial-aid-and-scholarships.html>

Student life

Housing

- Commute
- Close to campus

Facilities

- Gym
- Libraries





NYU Bobst library







A day in the life of a DPT Student



NYU Steinhardt School of Culture, Education, and Human Development

23,997 followers

3d • 🌐

Subway rides, classwork, and lab time: just another day for Ben, a third-year Doctor of Physical Therapy (DPT) student! ...more



How to Apply

Doctor of Physical Therapy

[Physical Therapy](#) ▾ [Curriculum](#) [How to Apply](#) [Student Experience](#) [Funding Your Degree](#)

<https://steinhardt.nyu.edu/degree/doctor-physical-therapy/how-apply>

Start early!

1. Holistic admissions - tell us who you are:
Leadership, Service
2. Essays
3. Letters
4. Observation
5. Transcript
6. GRE

GRE!

Resources for Students

- **Fee reductions:** [Fee Reduction Program](#)
- **Free prep:** [FREE test prep](#); [FREE GRE mini quiz](#); [Subject test prep](#)

Advising Resources for Faculty

- **Advisor & workshop materials:** [GRE Advisor Toolkit](#); [Test prep modules for student workshops](#)
- **Research:** [ETS research](#); [Compendium of studies](#); [Meta-analysis of predictive validity](#)

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Q and A with one of our current students, Tour Department

Part 3



Stay Connected



@APTAPics @NYU_PT



@ChoosePTVideos



@AmericanPhysicalTherapyAssociation



<https://www.linkedin.com/in/smitaraoptphd>

<https://www.linkedin.com/company/american-physical-therapy-association>

Undergrad Experience

<https://www.tiktok.com/@meetnyu>

<https://www.tiktok.com/@meetnyu/video/7394891656773782814>



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PTMovesMe

Provided by  **APTA**

APTA Helpful Resources

American Physical Therapy Association

apta.org

Physical Therapist Centralized Application Service

ptcas.org

Physical Therapist Assistant Centralized Application Service

ptacas.liasoncas.com

Commission on Accreditation in Physical Therapy Education

capteonline.org

APTA Financial Solutions Center

enrich.apta.org

Questions about PT Careers or Pathway to PT/PTA

studentrecruitment@apta.org



6. You Do Not Have To Be a Science Major* To Pursue a Career in Physical Therapy



Popular Majors

- Exercise/health science
- Spanish
- Business administration
- Psychology
- Liberal arts

*You will have to take science courses, but you do not have to be a science major.