

PHYSICAL THERAPY SIDE JOB STARTUP CHECKLIST

STEP #1: EXPLORE SIDE BUSINESS STRUCTURES

- Duration:** Permanent, Temporary or Flexible
- Location:** Mobile vs Fixed Location
- Hours:** Part time (regular schedule), Flexible
- Employer-Employee Relationship:** Standard employer, PRN/Causal/Per-Diem, Independent Contractor/Freelancer
- Practice Setting:** Hospital, Transitional, Home Health, Outpatient, Mobile

STEP #2: SET GOALS AND MAKE A STRATEGY

- Define what is most important to you (e.g. flexibility, not dealing with insurance, growing skills, additional income, etc.)
- Identify a target market (location, types of conditions, individual vs group setting, etc.)
- Set a goal and calculate how many patients are needed per month to meet the goal

STEP #3: UNDERSTAND DIRECT ACCESS

- Become familiar with Direct Access in your state
Resources:
[General APTA Direct Access Resources](#)
[APTA Direct Access per State](#)

STEP #4: GATHER EQUIPMENT

Start with the essentials and add equipment as needed.

- Portable exam table (\$75-100)

Other potential tools as needed:

- | | |
|--|---|
| <input type="checkbox"/> Stethoscope | <input type="checkbox"/> Reflex hammer |
| <input type="checkbox"/> Blood pressure cuff | <input type="checkbox"/> Resistance bands |
| <input type="checkbox"/> Pulse oximeter | <input type="checkbox"/> Light dumbbells |
| <input type="checkbox"/> Gait belt | <input type="checkbox"/> Cones |
| <input type="checkbox"/> Tape measure | <input type="checkbox"/> Agility ladder |
| <input type="checkbox"/> Goniometer | <input type="checkbox"/> Tape |
| <input type="checkbox"/> Inclinometer | <input type="checkbox"/> Dowel rod |

STEP #5: PROTECT YOURSELF FROM LIABILITY

- Determine if Liability Insurance is appropriate for you
HSPO is an example provider of liability insurance
- Decide if filing for a Limited Liability Company (LLC) is appropriate for your situation

STEP #6: MARKETING

- Develop a marketing plan
- Build marketing collateral
- Develop referral relationships
- Social media marketing