

# PTNow Tips for PTA Students

---

By Alana Papa, SPT, The University of Scranton

## What is PTNow?

PTNow is a website that is available for **FREE** with your APTA membership that provides clinical resources for physical therapists, physical therapist assistants, and students.

## What is evidence-based practice?

Evidence-based practice is using the most recent and high-quality evidence to make decisions regarding the treatment of patients. Evidence-based practice helps us make sure that our patients are receiving the greatest care by taking into account systematic review of research evidence, clinical expertise, and patient values.

## How can I use PTNow to understand applied clinical content?

- **Rehabilitation Reference Center** access includes general practice resources (textbooks and clinical reviews) and patient education materials (handouts, summaries of health conditions, and exercise images).
- **Clinical practice guidelines and Cochrane reviews:** Systematic review of current evidence, information published within 5 years by APTA sections and other health care organizations.
- **Clinical summaries** use evidence on managing patient diagnoses, including overview of condition, diagnosis, prognosis, and medical management, and case study examples.

## What else can PTNow help me with?

**ArticleSearch:** Full-text access to research databases.