

University of Missouri – St. Louis

Contact to schedule your appointment

Select Physical Therapy
314-839-0002
 3501 Dunn Road #108
 Florissant, MO 63033

Office Hours: Mon., Tues., & Thurs-7:30 am-5:30 pm
 Wed., & Fri.-7:30 am – 11:30 am



You have been selected to fill the **{position title}** position. Before you begin employment, the University of Missouri – St. Louis requires that you undergo a short physical test to determine you are physically capable of performing the essential duties of the position. Your offer may be rescinded based on the results. There will not be a written test.

It is your responsibility to contact the clinic listed above to schedule your appointment **within 24 hours of your job offer. If an emergency occurs which requires you to be unable to make the appointment, notify the clinic immediately. Your failure to show for a scheduled clinic appointment may result in the job offer being withdrawn.**

The test will take about an hour. However, you need to arrive 10 – 15 minutes prior to the appointment time. The test you will be taking involves a series of tests to measure your strength, range of motion, and body positional tolerance. Throughout the test your heart rate will be monitored to assure safe levels for physical activity.

Following are some do’s and don’ts related to the testing:

Prior to testing:

Do’s	Don’ts
Maintain a regular eating schedule on the day of your test.	Drink beverages containing caffeine or alcohol 2 hours prior
Take any regularly prescribed medication on the day of your test.	Take over-the-counter cold medications 12 hours prior
Wear comfortable clothing that allows good range of motion.	Smoke cigarettes or chew tobacco 2 hours prior
Wear comfortable, closed-toe shoes with good traction.	

During Testing:

Do’s	Don’ts
Ask questions: The test administrator will provide an explanation and demonstration of how to perform each task. Make sure you understand the test instructions.	Over-exert on any of the test activities
Breathe normally during each task.	Hold your breath

Call **Joann Westbrook at (314) 516-5639** if any questions.