I am interning at Professional Rehab Associates under the supervision of Dr. Nolan Stewart and Dr. Brittany Stewart. At the clinic, we see a variety of Physical Therapy patients and wellness members. I often wait at the front desk between patients to see who is on the schedule next and greet patients when they arrive for their appointments.
A very important part of working in a Physical Therapy clinic is the charts full of patient information. Charts are used to keep their diagnosis, doctor referrals, insurance information, rehab program and evaluations. Part of my internship involves assisting with chart organization in the office.
In ESHE 463, one of my objectives was to learn to effectively use modalities. In Professional Rehab Associates we utilize hot and cold packs, electrical stimulation, ultra sound and various other techniques. In my internship, I always volunteer to go get hot packs for patients when working with my supervisors. I often participate in other modalities by observing the supervisor or practicing the skills myself.
In the gym section of the clinic there is a variety of machines and free-weights for physical therapy patients and wellness members to utilize. In this photo I am demonstrating how to use the Body Masters Multi-Hip machine. This machine can be used for multiple exercises including hip extension, flexion, adduction, adduction and other body movements to rehab various injuries.
Professional Rehab Associates has an aquatic component in their facility. Patients and members can use their pool for therapy and exercise. The clinic has various equipment for the pool. The DPTs at the clinic instruct aquatic therapy from outside and inside the pool depending on the patient or program. In this photo I am putting away equipment a patient used for rehab.
In this photo I am working directly with a patient at the clinic. In the gym during warm-ups I get to be hands on with the patient. I program the arm bike for the proper time and intensity. This patient requires a slightly different set-up. We remove the arm bike sliding chair and adjust the height of the machine to accommodate the wheel chair. I enjoy this part of therapy because it gives me time to interact with the patients and talk about how they are doing.
Cleaning the facility and the equipment is a necessary task in all physical therapy clinics. This task is also one of my objectives for my internship. Pictures below show me moping in the gym and wiping down a treatment table. As an intern I want to be as helpful as possible so I always try to be the first to help clean up.