

## Interview Assessment #1

**Name of Professional:** Bruce LaMotte

**Profession/Title:** Physical Therapist

**Business/Company name:** Baylor Institute for Rehabilitation

**Date of Interview:** September 11, 2017

My first interview was conducted with Bruce LaMotte, a physical therapist at Baylor Institute for Rehabilitation in Frisco. Coming into the interview, I hoped to gain knowledge about a typical day as a physical therapist and the basic knowledge needed to be one. Throughout the interview I learned about the types of patients he gets along with his specialization of inpatient neuro rehabilitation and the typical day of a physical therapist.

Along with inpatient rehabilitation for neuro patients the most common treatment is working on walking and standing up again. Based on that, I now want to learn more about what specific areas physical therapists treat in order to get the patient back to normal after a car accident or brain-related injury. I am wondering what exercises they use for brain-related injuries because the brain has to do with every part in the body in regards to control of movement. What areas are specific to treating that injury and how does the physical therapist teach the patient how to do the exercise? By holding them up or letting them be independent in the beginning treatment?

In the interview, Mr. LaMotte talked about how he gets at least 8 patients a day. Before knowing now, I want to know if in his setting if he works with multiple patients at a time or more of a one on one time. I am assuming in a neuro setting physical therapist work with one patient at a time because of the injuries they treat. Based on the basic knowledge I have of a

setting in physical therapy the inpatient rehabilitation treatment was new to me. I am wondering how the process works because I only know what it looks like from my experience from being in sports outpatient therapy. From what Mr. LaMotte said was that the first part is assessing the patient and then knowing how to work from there. Based on that, I got an understanding that the beginning part in no matter what setting in physical therapy is the same in regards to the initial examination and then the treatment part is based on the patient and specialization of physical therapy, in this case a neuro patient.

I had some questions about education because I am deciding to major in biology and minor in psychology, so I wanted to know what professionals took in undergraduate school to get into graduate school with all of the prerequisites needed for physical therapy. Mr. LaMotte majored in exercise physiology. At first, I thought of either majoring in that or kinesiology, but when I get to college I do not want to be limited to only physical therapy classes. When getting into physical therapy there is continuing education that is required with the job. From what I have researched about continuing education it is more based on specialization such as neuro, sports, pediatric, etc. and not so much the required classes in college such as anatomy and physiology.

Based on the interview I had with Bruce LaMotte, it gave me an outlook over physical therapy. However, I am not interested in inpatient rehabilitation with neuro patients because I am looking more into outpatient sports rehabilitation because of my dance background. I now want to research and ask future professionals in informational interviews about the relationship aspect of physical therapy and the processes they use for treating a patient.