

### Interview Assessment #3

**Name of Professional:** Brett Holland

**Profession/Title:** Clinic Director

**Business/Company name:** ATI Physical Therapy

**Date of Interview:** September 29, 2017

My third interview, was conducted with Brett Holland, an outpatient sports physical therapist and clinic director at ATI Physical Therapy. Coming into the interview, I hoped to gain knowledge about specializations in regards to areas of the body and how to do documentation. In the interview he showed me an example of what his documentation looked like. It was similar to what a research or interview assessment looks like. First, it is the initial examination and what the physical therapist did in the visit. Then, it is what their thought process was as to what the patient said where they felt pain. Lastly, they analyze where the patient was at, such as how they did and progress the patient has made and what treatment the physical therapist is going to use the next time the patient comes. I had previous knowledge about what kinds of things they put into documentation, although I did not know it was split up into sections and more of an analysis type of documentation.

During the interview, Mr. Holland repeated that he works with shoulders. This interested me because I did not know that a physical therapist could specialize in an area of the body and thought it was more general in what types of injuries they get. Since this year in ISM I want to focus on the lower back I want to research what types of injuries relate to pain in the lower back. I know that the core is the main part that related to pain in the lower back and if you do not have a strong core than you could have pain in the lower back. Although, I want to know what other

areas of the body relate to an injury in the lower back and what type of treatment physical therapists use to get the patient back to normal.

Continuing education can be specialized to what the physical therapist wants to learn about. Mr. Holland talked about how he likes how he can focus on only outpatient sports physical therapy rather than what he did in college which was a more broad perspective in all of the specializations of physical therapy. I am excited when I am in college to get a deeper perspective about what each specialization in physical therapy deals with because as of right now I want to specialize in sports although, it could change later in the future as I have had experience with a mentor this year and through observation hours in college.

In undergraduate school he majored in health and kinesiology, although he gave me advice not to do that because then it is limiting to what you can do such as an athletic trainer or physical therapist. Previously, I had thought about majoring in kinesiology, but after researching about that major I realized graduate schools do not see it as a unique major because it is limiting. Knowing this now based on what Mr. Holland told me I still want to major in biology and minor in psychology so I could have the classes needed for graduate school as well as having a broader perspective of different types of classes that are not just prerequisites for physical therapy. I want to ask in future interviews or with my mentor how much of their education is used every day as a physical therapist.