

## Interview Assessment #4

**Name of Professional:** Amber Ingram

**Profession/Title:** Clinic Director

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

**Date of Interview:** October 26, 2017

My fourth interview was conducted with Amber Ingram, a clinic director at ATI Physical Therapy in Coppell. My goal in the interview was to gain information about techniques in the areas of treatment and stretching, as well as some electricity techniques used in treatment.

A technique I learned in regards to using electricity and helping the recovery of the injury was called dry-handling. This technique is used generally in any type of injury and it is a metal needle that makes a little acupuncture in the muscle to get feeling back and feel the muscle so the patient can do more. I had never heard about this type because before I only knew about the electrical stimulation treatment that is relatively the same goal, although the dry-handling is used with a needle instead of pads. Based on this, I want to learn what the major purpose of using electricity for treatment of a patient is and if it is needed for everyone based on the type of injury.

In regards to the types of patients received Ms. Ingram said that she gets half surgical patients and half orthopedic. Based on basic knowledge I had previously I assumed that is what it was, but more surgical patients. I am wondering if all surgeries require physical therapy or if some simply take time to heal and there is not much to do about it. In regards to other types Ms. Ingram talked about a patient who had a motorcycle accident and has a gap in his lower leg with no bone and the doctors are replacing it with part of his hip bone. I never knew that was a thing to replace a bone with another bone or how someone could do that because it is either one bone

in the leg where it is missing or the small bone in the hip and the more important one gets replaced. She said they focused on stretching and mobility to be able to walk. I wonder how long the patient has to be in physical therapy in regards to recovery time and what types of exercises he can do at home individually.

Mainly, when I ask a question about the least favorite part of physical therapy usually the answer is documentation because of how time consuming it is. Although, she said the least favorite part is insurance because of the limited amount of time a patient can visit. Since, the physical therapist is limited on the amount of visits there is really nothing they can do about it, so it is more of a time crunch. When the patient is not fully recovered, I wonder how they can keep updated on how the patient is doing with their exercises and if there is a certain area that is different from what was hurting before that needs to be looked at, or if the exercises are greatly helping the recovery and it was more of a time healing. I learned that while in the process of going on visits and working through stretching and exercises new areas of pain can appear, previously I had known basic information about this and have been asking the same question of what changes differently in regards to treatment when working with that new area of pain.