

Interview Assessment #6

Name of Professional: Rob Landel

Profession/Title: Professor of Clinical Physical Therapy

Business/Company name: University of Southern California

Date of Interview: September 14, 2017

My sixth interview was conducted with Rob Landel, a professor of clinical physical therapy at the University of Southern California. In the interview, I hoped to gain knowledge about specializations and education needed for undergraduate or graduate school. His specialization is lower back pain which lead me to my topic this year in ISM of specializing in how to create a new treatment or exercise that is a better and more innovative way.

Based on Mr. Landels research and in the interview he said that there is not many ways they can treat lower back pain injuries because of the anatomy of the lumbar spine. This got me interested in treatment of that area because as an athletic trainer last year with football I noticed players had major pain in this area, as well as in dance I have had pain in that area and my dance friends have as well. I want to research how this pain happens and a preventative way to not have it happen or a different way to treat it in physical therapy.

He said that he got into physical therapy because he got bored really easily and every day with patients it is new. This got me more interested in physical therapy because I am the type of person that always tries to have new experiences every day and being a physical therapist would let me be able to have a way to treat patients rather it is a different patient between each visit or the same patient and maybe the exercise is not working the way it was supposed to so modifying

the exercise helped to have progress in the patient. This certain aspect in the interview reminded me of my quote for this year of overcoming the things I once thought I couldn't.

In regards to education he said schools specifically his school, USC, look for more social sciences such as sociology or psychology. This is because physical therapy is becoming more of a mental kind of therapy rather than only a physical type of treatment. In the interview, he showed me a class that was watching an interview about someone going through treatment and how the therapist started to understand why in his head he had a perspective about his thought process to whether or not he wanted to work hard to get himself better. This interested me because from my experience in physical therapy I wanted to work hard to get my hip better so I could go back to dance, and my physical therapist was really good about getting to know how much I am passionate about dance and that I would do anything to get back to it rather than only focusing on exercises in physical therapy. He also told me prerequisites needed for graduate school such as electrical physics, anatomy and physiology, chemistry, and algebra. The class that surprised me the most was electrical physics. After researching about the class I found out that it was needed for technology used in physical therapy such as electrical stimulation treatment, so physical therapists know how to use certain technologies.

After the interview, I became more interested in physical therapy because of the experience of getting to see what types of classes are required to be taken in graduate school. Also, in the interview with him getting to have a knowledge on physical therapy from a professor who teaches it and helps to make the national test and also works with patients as an outpatient physical therapist. Based on this I want to ask my mentor about technology used in physical therapy and what types of thought processes are used to treat patients.