

ISM Reflection/Final Self-Assessment

Through my year in ISM 1, I changed so much and throughout perseverance and never giving up even in the challenges I faced I always strived to be the best I could be through working with my mentor and presenting myself in a professional way. Along with my mission statement of extending my knowledge in the field of physical therapy and improving my speaking skills I always was determined to improve and gain more confidence in my speeches and even as my mentor visits went along, getting more comfortable with working with patients along the guidance of my mentor.

Through the creation of my original work and final product, I definitely overcame so many challenges, going along with my quote for the year that “Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t”, said by Rikki Rogers. Through my original work, my goal still is to get my website public and get more people to be able to see it which I am still trying to accomplish, so I can help people with low back pain get back to where they want to be through my exercise program I created. At first in the creation of my original work, I came into the idea not knowing what exactly exercises look like for the back because really anything can better rehabilitate the patient. Through the end, I learned so many exercises could contribute to stretching and strengthening the low back. Specifically, I learned what McKenzie progression was and the function of it, as well as I learned how to create an exercise program for a specific injury and build a successful, professional website. Through the creation of my final product, I learned so much about the field of physical therapy. I learned how to create a whole rehabilitation program for a patient coming from rotator cuff surgery and I discovered the hardships, physical therapists are sometimes faced with such as physical therapy

not doing much for a patient and surgery is the best option so they have to be discharged which is out of the physical therapists control based on how the program worked for the patient.

Through all the hardships I faced in the creation of my final product, I gained a feeling of success and came out with an amazing final product with the help of my mentor.

Through my mentorship with Amber Ingram and relationships I gained throughout the entire year, I fully extended my knowledge of physical therapy and improved my professional skills which was stated in my mission statement and my goals for the year. In the beginning of the year because of this program I was so blessed to have an interview with Dr. Rob Landel, a graduate professor at the University of Southern California, and also be able to have a tour of the graduate Physical Therapy school at USC. This interview not only benefited me for the ISM program, but gave me a wider perspective of my future in physical therapy specifically in graduate school and what kind of classes I could take and changed me to strive to be a physical therapist and never give up. Through my mentorship with Amber Ingram, I not only gained an amazing relationship with an awesome Clinic Director/Physical Therapist, but developed a passion for physical therapy in all that it entails through relationships and seeing patients improve and gain strength back to where they want to be. I am incredibly grateful for the opportunity to have Mrs. Ingram next year as well and be able to continue my relationship with her and have real world experience in physical therapy.

The ISM program this year, changed my view on life and helped me understand more of where my future may go through giving me so many unforgettable opportunities and showing me my passion I fully know I have for physical therapy and I am so excited to be in the program

again next year, continuing my mentorship with Amber Ingram and extending my knowledge in the field of physical therapy.