

## **Mentor Visit Assessment #1**

**Mentor:** Amber Ingram

**Profession:** Clinic Director/Physical Therapist

**Location:** ATI Physical Therapy in Coppell

**Date of Visit:** December 7, 2017

**Time:** 7:30 a.m. - 9:15 a.m.

### **Assessment:**

In my first mentor visit with Amber, we focused on the foundation of how the visits are going to look and thinking of some exercises to use for my original work that have to do with mainly the low back. After presenting my idea of creating a website for my original work she told me to research different exercises in order to take videos with other physical therapists at ATI Physical Therapy and patients. Over the duration of the visit I watched her work with 3 different patients in the time period I was there each visit being 30 minutes.

In order to fully understand all the processes Amber uses and why I will need to focus more on how physical therapists come up with exercises for the specific injury. With the use of an exercise program and through education of the different types of injuries and what areas to focus on while treating the patient. While shadowing her working with patients, I noticed physical therapy is a quick thinking job because of thinking of what would be the best for patient and if that one does not work doing a different exercise. Managing time is a big one as well by doing the exercises for a specific time and then working on the patient, while depending on how much time the patient can be there for. From previous experience, I remember it being managed and

depending on what I could do that day and how much. I did not realize before how quick minded you have to be as a physical therapist until my first mentor visit.

Discussing what to do as my original work with the topic as low back, my mentor said that I should still do the website, but find three or four topics to focus on for an exercise program.

From previous research assessments, the top were stretching, strengthening, and mckenzie progression. I have learned mckenzie progression focuses on stretching out the low back and going from prone press up on elbows to prone press up as the patient is more relaxed and can do more. Incorporating those three topics into my original work I want to choose a couple of exercises encompass the areas that correlate with the low back using mentor visits in the future.

Looking at documentation with my mentor, physical therapists have to do it while they are with a patient like take notes during times they can. In the ATI program each color means a different type of exercise which are activity, neuromuscular functioning, and stretching. Coming in I did not know these different categories of exercises and find it very interesting and helpful to know what to do. From this information I want to incorporate it into my original work and focus on different types of exercises to get an equal amount on the body.

Over my next mentor visits I want to focus on how my mentor works with patients through exercises they do and when to use specific techniques, such as dry-needling or electrical stimulation. Also figuring out specific exercises to put in my original work focusing on the low back.