

Mentor Visit Assessment #2

Mentor: Amber Ingram

Profession: Clinic Director/Physical Therapist

Location: ATI Physical Therapy in Coppell

Date of Visit: December 15, 2017

Time: 7:30 a.m. - 9:45 a.m.

Assessment:

Before Christmas break, this was one of my favorite mentor visits which was Friday December 15th, 2017. Through the mentor visit I got to witness a variety of different things which gave me more insight into what it entails to be a physical therapist.

Witnessing a first evaluation with a patient, the physical therapist has to check to see where the patient has pain and see their medical history. The first visit is the part with the most documentation is put in place and scheduling of visits. From previous experience, I knew of what they had to make sure of in order to get the background of the injury down, although I did not know that the physical therapist has to stretch the patient on the areas where they think the pain could be based on what the patient and doctor told them. Based on this experience, I have learned that a patient and therapist relationship is very important in regards to telling the physical therapist everything, in order for them to help the patient correctly.

Parts of the initial evaluation for the shoulder specifically that my mentor used was the impingement test crossover which was to see the flexibility of the patient in order to see how far they can cross their arm posteriorly. Getting to see the process of an initial evaluation and techniques used helped me learn more about more stretches for a shoulder injury in which I had

not researched before. Also, for future mentor visits I want to focus on how the healing process is over time with the same patient. Another method, was getting measurements of the elbow or in another patient's case the knee in which they have to do before and after. A patient with an it band injury had his last day on this mentor visit so after he did all of his exercises my mentor measured the angle of his knee bent. The measurement was supposed to be about 135° by the last visit which is a normal range of motion for the knee however it was a little under that which was not as pleasing. While my mentor checked his measurement, I got to push his leg in so it would be as far as it could go without him moving the knee so it could be exact. In this situation I noticed how much physical therapists have to be exact with measuring and making sure to document everything. Also, education wise I have noticed why it is required to have math in a physical therapy major because you do use some of it in the job with time and measuring, as well as with exercises in which I had never known why before until I started going on mentor visits. Through this mentor visit I learned so much through initial evaluations and having to discharge someone and also witnessed tissue scraping. The process of tissue scraping is used to get blood flow back to the area specifically my mentor used it on a patient with left hip pain. I learned tissue scraping can be used on any type of injury based on what the physical therapist thinks is right. Over the next mentor visits I want to focus on how Amber uses different techniques such as tissue scraping on different patients whether it is the same injury or different.