

Mentor Visit Assessment #4

Mentor: Amber Ingram

Profession: Clinic Director/Physical Therapist

Location: ATI Physical Therapy in Coppell

Date of Visit: January 19, 2018

Time: 8:00 a.m. - 9:45 a.m.

Assessment:

On January 19th for a mentor visit at ATI Physical Therapy in Coppell, I saw a couple different patients over the time period I was there. I saw my mentor working with patients who had impingement syndrome, shoulder injury and another who was only there for manual therapy.

Over the course of this mentor visit, I learned so much about the processes such as tissue scraping and dry needling for various injuries.

The shoulder injury patient I had seen consecutively in previous mentor visits. When my mentor stretched him with his arm bent when she pulled back the shoulder bone went forward instead of going diagonally with the arm. When pushing forward the bone should roll back, but instead the patients bone went forward because of his injury. This was interesting to me because of previous knowledge of the anatomy of the body from taking anatomy and physiology last year. I had known that the bone should go with the muscle, but till my mentor pointed it out to me about the specifics of the mobilization of the bone. I had not known the specifics of stretching in the shoulder and where the bone should go in place of where the arm is moving, whether forward or back. Another thing that was really interesting was when my mentor used the tissue scraper for his scar. When she pushed the skin back where the scar was from surgery it made a dent in the

skin which should not happen. Using the tissue scraper she scraped the scar in the hope of getting it to get that part as gone as possible. Over time she got it from scraping the scar for a couple minutes and there was a significant difference between when I saw it before and after. I have seen tissue scraping many times in previous visits, but had never seen it to remove a dent in the skin from the scar which I found interesting because it was a new way to use the tissue scraper.

Another patient that stood out to me in the duration of the mentor visit is a patient who had impingement syndrome and my mentor is trying to get mobility in the back. Impingement syndrome is also called swimmer's shoulder and is shoulder pain caused by a connective tissue rubbing on a shoulder blade. For the exercises for this patient my mentor focused on low back and stretching out the shoulder. For example, she looked at how far the patient could reach their arm back and touch the other shoulder and from looking I could tell a difference between the injured side and the not injured side. I could tell because the injured side she couldn't reach back as far as the other side. For low back exercises my mentor had the patient doing knee to chest stretches which helps the low back and hip flexor, trunk rotations, and bridges. I have noticed bridges are a common exercise for the low back over the course of the mentor visits I have been to so far because they help with strengthening the glute which is a common cause of low back pain. For future mentor visits, I am so excited to continue learning and observing a variety of injuries and patients to increase my knowledge of physical therapy.