

Observation Assessment #1

Type of Observation: Initial Evaluation

Mentor: Amber Ingram

Location: ATI Physical Therapy in Coppell

Date: February 6, 2018

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

Assessment:

On February 6, I went to ATI Physical Therapy for a mentor visit and got to see an initial evaluation of a low back patient in the clinic with my mentor, Amber Ingram. The patient was around 30 years old which is pretty young for a low back injury and pain in the left leg. She had gone to physical therapy in the past, but stopped in November and just came back to physical therapy. First, my mentor observed her walking and it was easy to tell she was crooked and put more weight on her right leg than her left from her limping. Also, I did not notice before my mentor told me because the patient had shoes on, but her arch on her left foot had gone down. She said she could sit or stand for only about 30-40 minutes because of the back pain. Also, she has trouble sleeping through the night, mainly because of the leg pain and some reference to back pain. When asked her pain level on a scale of 10 she said it was a 7 at the moment, and sometimes it can be up to a 10.

Through their program at ATI, my mentor followed it and she looked at flexion, extension, and side bending. Most of what was put in place to check was resistance and strength which included pushing against my mentors hand. I could tell where the patient had more strength because when my mentor checked one side could resist her hand and the other side barely could resist from the

injury. This was clear to see that when a patient is injured, you have to check both sides to see how much strength or flexibility the patient has lost. Next, my mentor checked the arch of her back stretching forward and back from standing. I was looking at the back and my mentor looked more at the front. From the back, I could tell when the patient went forward she could not go very far and back the arch was bare minimum. To check the angle of the back my mentor used a tool called a goniometer. A goniometer is an instrument used to measure angles. In regards to its purpose in physical therapy it measures the total amount of available motion in a specific joint, in this case the arch of the back. Also it can measure both active and passive range of motion. Flexibility wise, my mentor pulled back on the leg while the patient laid on the stomach. Between the legs, the right could stretch back more than the left. Through exercises when checking strength doing one legged bridges at first the patient went up using the right leg. When the patient said she was using the right leg and when doing this exercise you are supposed to use the glute to pull up.

This experience was incredibly eye opening for me and super helpful for learning what it looks like to do an initial evaluation for my final product and in the future of wanting to be in the field of physical therapy. Through observing my mentor in the initial evaluation I noticed more things of how something is normally supposed to look like, such as a small thing like walking. This was extremely helpful for my final product and continuing research of low back pain, based on what to look for specifically and in this case, the leg as well.