

Observation Assessment #2

Type of Observation: Initial Evaluation

Mentor: Amber Ingram

Location: ATI Physical Therapy in Coppell

Date: March 1, 2018

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

Assessment:

On March 1, I went to ATI Physical Therapy for a mentor visit and got to see an initial evaluation of a different shoulder patient other than my case study for my final product. The patient's previous history has been healthy and this was her first time in physical therapy and she is an older aged patient. Her shoulder became injured from falling on it outside and she saw the doctor later that week and got an x-ray. The x-ray showed no sign of fracture which is a good sign. Before coming to see my mentor she had worked on her range of motion independently which the patient said worked a little bit. She said when she reaches forward and pushes using shoulder it is painful and that is when the pain level is a 7, but normally the pain level for her is a 1. The patient also has sharp pain with sudden/jerky movements; other than that she is just achey. After learning about the history and asking her pain level, my mentor asked what activities to get back to in order for the patient and my mentor to have a goal to work towards. The patient said reaching out and up without pain and getting back to taking care of grandkids.

Movement measurements my mentor took during the evaluation included reaching hand across the back on both sides, strength, and flexibility. While the patient reached across the back by using the thumb as a measurement I noticed she was better on her left than right and between the

2 the distance was about 2 inches apart from each other. For strength my mentor implemented resistance by using her hand and pushing towards the patient while the patient had to push against. The patient had good strength for the most part on her injured side, apart from the fact that when my mentor checked at a 90° angle and pushed in and out that was her weakest point. From previous evaluations and check ups I have noticed that resistance is the major test for checking strength of a patient. So far, I have seen it used in all evaluations from low back to shoulder and while watching I notice a difference between the good and injured side.

Based on the evaluation my mentor decided to focus on stability because the patient has instability in the shoulder and relaxing the shoulder joint. To be able to work on those things through exercises my mentor came up with an exercise program for her and added the sleeper stretch, peck stretch, and row and others will be added as the patient progresses.

This evaluation was extremely helpful for my final product especially since I am working with a shoulder patient. I learned so much more for exercises incorporating the shoulder and how to work with different patients with the same injury because people are different and have different body types and specifics in the injury, along with different or same exercises depending on what works well.