

## **Original Work Assessment**

Starting out my original work, I originally came across the idea of creating a website over a variety of areas in the body. These areas were the hip, low back, quadriceps, hamstrings, and knee, and I was going to do videos for each of these areas. This idea came across because in a previous informational interview with my mentor now, Amber Ingram, she said the part she dislikes most about physical therapy is the insurance limitation. I had not known much about insurance limitation in physical therapy before, but she said sometimes patient will have to be exited because of their insurance before they are fully healed.

My website I created for my original work takes that idea of insurance limitation and is there to help those patients and non patients with how to know to do the exercises correctly. It reflects the knowledge I had been researching early in the year having to do with different exercises that deal with the low back which is where I got the idea of having McKenzie progression in there because of a previous research assessment. Discussing with my mentor about different exercises to heal the pain in the low back helped me learn more of what areas correlate with it, what treatments, when to add more advanced exercises, or make the previous ones harder. I found it most difficult to come up with the topics to focus on for the website and whether it was good to do just low back or a variety of areas. After discussing with my mentor, she said it would be beneficial to focus on one area and create an exercise program. Figuring out how to put videos on the website and making the descriptions look like a normal exercise program was also difficult because this was the first time creating a program like this. I had looked at ones previously, such as the paper copy patients get for home exercises, but had never looked online.

I learned so much from creating the website that was very beneficial for me to understand exactly how the low back works while in mentor visits watching both my mentor and another physical therapist, Hannah, who works with my mentor and she explained to me how to centralize the pain in the low back from the foot up. Without my original work, I would have never known as much information and detail about creating an exercise program which will help me when I am possibly a physical therapist in the future and would have never created something that has the potential to help so many people who have been patients or do not have the right insurance and just have low back pain because it is a common injury.

For my final product, my original work helped me have a start up and outline to the information in my final product. In order to raise the bar from what I did on my original work, I need to come up with ideas to incorporate my original work, but make it much more impactful. I have previously talked to my mentor about ideas for my final product and am thinking of a brochure incorporating the website and adding more information on the low back. My goal overall is to help people with low back pain and come up with programs and as much information as possible to get people to know about their body and be able to heal it correctly.