

Original Work Set-Up & Completion Summary

Materials: Laptop, Medbridge Program, Video, Paper Version of exercise program

People Involved: Mentor: Amber Ingram and her assistant physical therapist

Objective/Purpose: My purpose for my original work was to give a way for previous patients and maybe future to have access to a free online exercise program for the low back because it is such a common injury. Also, to provide a resource for people still in physical therapy or not at all to know how to do the exercise correctly using the images and videos on website, so they can not injure themselves from doing an exercise incorrectly.

Description of Process: My original idea was doing an exercise video website with all the areas of the body, such as back, hip, knee, hamstring, and quadriceps. I started outlining my website using weebly with those headers and a link to the page with the videos. Once I spoke with my mentor, Amber Ingram, about it she told me to do an exercise program for the low back, so I researched three areas which were stretching, strengthening, and mckenzie progression. Once I researched those topics that had to do with the low back, my mentor let me use the exercise program in which ATI uses which is Medbridge. Using the program I found 5 exercises for stretching and using different parts of the body to heal the pain in the low back, 5 for strengthening using a variety of areas in the body that can possibly create pain, and 4 showing the Mckenzie progression. When I was finished creating the assistant of my mentor gave permission for me to video her doing the exercises I wanted to put on my website. After videoing, I took all of the videos and put them in the sections I created on my website with a detailed description of how to do them and how many reps and sets to do. Since, I had to put the

videos as a link I looked up images showing the starting position and where to go from there as a placeholder.

Utilization of Higher-Level Thinking Skills: Based on information gathered from scholarly journal articles and the utilization of my mentor through the types of exercises used for specific injuries I utilized the information I had learned to put it on a website for more patients to see. Originally, came across the idea from an informational interview with my mentor now about insurance limitations and how some patients are not fully recovered by the time they have to be let go, so my website will provide them with an exercise program. Also, in another informational interview with a professor at the University of Southern California, he had talked about how common low back pain was, so I used that knowledge and created the website with the topic of low back pain because it is a common injury. Evaluating the ideas based on the research I came up with for the correct way to set up my original work in order to look appealing to patients and coming up with an easy to use way to do the exercises correctly. Since, the videos were a link I put an image of how to do the exercise in place of the link, so there would be an image and they can click on the image for the video because some people understand better with an image and some with a video.

Results: In conclusion, I learned there are so many different ways to utilize the low back and centralize the pain. I discovered it is common for people to wait till the pain is down to their feet, rather than higher, so the website I created will be able to help centralize the pain because I purposely put easy to advanced on website and for the easy ones I put a description of how to make it more advanced. My original work has meaning to me and my topic because I know I am helping others by creating the website, and to my topic for low back pain it is very helpful to

have another exercise program that they can choose whether they want to stretch that day or strengthen or do a little of all 3.