

Product Progress Assessment

At this point in my final product which was originally having a case study patient and doing a write-up of what my mentor and I did with the patient; instead I will be doing a theoretical write-up of the process taken after rotator cuff surgery. My idea changed because my case study patient discharged to have rotator cuff surgery; the patient was in physical therapy at ATI Physical Therapy in Coppell, Texas, from February 16, 2018 and ending around March 16, 2018. During that time period my mentor and I focused on posture and strength in his shoulder working with a body blade which included using it horizontally, vertically, and diagonally and many more exercises working on strengthening the shoulder. Also working with strength the patient was on the arm bike at the beginning of each visit for 6 minutes. The patient did progress during the time period he was there; although physical therapy was not working to where he needed to be, so surgery was the next choice.

Since the patient was discharged, it has brought some difficulties in coming up with another plan for my final product and what specifically to put in. In light of that, my mentor is graciously helping me in regards to what to put in the process that looks professional and helpful tips to what works well and what does not for post surgery patients, specifically for my final product the area of the shoulder. I have already started creating a write-up of a theoretical process with a post rotator cuff surgery patient. From what I have research the estimated time, assuming no insurance limitation, is 12 weeks and the first half is mostly passive and assisted motion and the second half is active motion.

I have learned so much about physical therapy in regards to the creation of my final product from my original idea to now. This includes, things happen and physical therapy does not always work

for patients, so as a physical therapist you have to do as much as you can and it may make improvement within the patient and it may not. This series of events has taught me to always have another plan in place in case something like this happens where the patient is discharged or there is an insurance limitation where you only have a couple of weeks for an injury that should take longer. This far in my final product process, I have gone through many challenges already and learned how to go through exercises with a patient from experience with the case study patient upon approval. I am making progress in regards to the product change and in relation with my calendar have the final write up done by the end of April when I originally said my previous idea would be done by. In regards to dates things would be done by in my calendar I have stayed on track, but details in it have changed from mid-March and on because of the challenges faced.