

Product Proposal

Introduction and Statement of Purpose

My final product is going to be a case study over a patient at ATI Physical Therapy who I will be allowed to work on showcasing what I have learned from research and my mentor. I am hoping to go through the process of being a physical therapist towards a patient and hope to gain a learning experience in what I want to do in the future while helping a patient get healed. My goal is to gain real world experience in the field and hope to gain a better understanding of what encompasses being a physical therapist. Through this case study I will help the patient rehabilitate with the guidance of my mentor, as well as help me gain an understanding of the process used to rehabilitate a patient.

Review of Skills and Research

There are several research topics that will be instrumental in the creation of my final product. Firstly, I will need to gain a better understanding of what goes into the initial evaluation, what types of techniques used, questions, processes for the first time with a patient. It will also be important to learn the best way of how to treat the patient with the correct exercises that will work for the specific injury. Also, discussing with my mentor and her assistant of what their previous approaches have been and what common exercises are used for that specific patient in order to help guide me in the right direction alongside my mentor in the action of the case study.

Developing this case study will help me use and develop my skills based on what to do for a patient in physical therapy. It will also give me insight to how to approach an initial evaluation and from there what to do with the patient through discussing where the pain is for them and what types of exercises to do in regards to where they are injured. I will learn how to approach a visit with a patient and what to do in a physical therapist visit when having to be put on the spot in order to continue the visit correctly. This process will also help me learn how to evaluate a patient that I don't have previous knowledge of the injury prior. This case study will help me gain real-world experience in the field of physical therapy.

Methodology

In order to bring my product to completion, I will need to:

- Discuss with my mentor how an initial evaluation looks and what to do for the patient's injury.
- Evaluate different exercises my mentor uses on different patients, so I have some examples of what kinds of exercises have worked in the past.

- With the patient and alongside my mentor form an initial evaluation and how many weeks he/she can come and has with insurance.
- Discuss with my mentor critiques on what we should do in regards to the evaluation and form a list of exercises I think could work in order to rehabilitate the patient and anything else my mentor has knowledge based on her experience with a variety of patients.
- Do the exercises with the patient and tweek them based on progress.
- Write a case study showcasing my approach with the patient alongside my mentor and analysis of the experience.

Materials

Materials needed for final product:

- Exercise Program
- Added tools in addition to the exercises (foam roll, weight, etc.)
- Computer for program

Utilization of Higher Level Thinking Skills

Throughout the case study process, I will need to synthesize the information gathered through research and discussing with my mentor in the approach of what to do. I will also have to evaluate the patient's injury and where the pain is in specific areas with the guidance of my mentor. Through the information as told by the patient, I will need to analyze the progress of the exercises and the patient as the visits continue and changing them or keeping them to properly rehabilitate the patient. For the whole process, I will need to take an approach alongside my mentor for the correct way to rehabilitate the experience providing my opinions of what to do as well as following in my mentor's footsteps based on her experience with a variety of patients.

Conclusions

The outcome of my final product, will be my first process with a patient in regards to physical therapy visits. Having the experience, as well as the written case study portion of what I did, will be beneficial to me for future visits in the future. I am hoping to gain a better understanding of the process physical therapists go through with a patient, as well as confidence in the field in regards to working with a patient and what approaches to take based on the initial evaluation. I am hoping that working with this patient will correctly rehabilitate them the way planned and bring benefit to them. My final product will be an extremely beneficial learning experience for me, but also to future people down the road in regards to the written case study of what I did showing I have had previous experience working in the field of physical therapy with a patient.