

## Product Set-Up and Completion Summary

**Materials:** Laptop, Exercise materials, Example “Type II Rotator Cuff Repair” paper

**People Involved:** Mentor: Amber Ingram

**Objective/Purpose:** My purpose for my final product was to get experience in coming up with a plan for a patient in physical therapy coming from rotator cuff surgery. Also, to gain a wider perspective on exercises and treatment for a different injury, then what I previously researched in the beginning of the year which was mostly low back pain.

**Description of Process:** In the beginning of creating my final product, I originally was working with a patient with a shoulder injury who had been in physical therapy before. For a couple of weeks I worked with the patient and with my mentor’s help went through his exercises for his injury. With this patient my first plan was to create a case study on the whole process, although after a couple of weeks the patient discharged to go have rotator cuff surgery. Based on what the patient was discharged for is where my final product topic came from. Starting the brand new idea, I utilized my mentor’s help to create a hypothetical plan for post rotator cuff surgery. Based on an example my mentor printed out for me which was done by a Texas Rangers physical therapist, I used it to match my final product to know what type of exercises to put in, as well as with my own research and previous experience with the patient I was working with. I made it into a 16 week rehabilitation time period with 3 phases, going from protective to intermediate to advanced strengthening. These phases are based on the exercises during those weeks usually about a 5-6 week time period and progressively get harder as the patient can do more. My product originally went by days then I changed it to go by weeks because my mentor said physical therapists go by weeks post-op from surgery. Once finished, my mentor looked at it

over and over to perfect it and provide feedback and by beginning of May my final product was completed.

**Utilization of Higher-Level Thinking Skills:** Based on the tremendous amount of feedback and utilization of my mentor and information gathered from professional examples of rotator cuff surgery repair, I developed a professional rehabilitation plan for post rotator cuff surgery.

Through the creation of my hypothetical plan, I analyzed the exercises I had seen my mentor use with previous patients to know what was beneficial for a shoulder injury. Based on my mentors experience, I utilized her knowledge to know how it was supposed to like for a professional appearance and the organization of the exercises along with the weeks and overarching phases. Since there are so many different exercises for post rotator cuff surgery, I both researched and utilized my mentor to know when to start exercises to have it be the most beneficial to the patient as they continue with physical therapy.

**Results:** In conclusion, I learned a variety of things that the job of a physical therapist entails. In the beginning of creating my final product, I learned that sometimes things are not always going to work out with patients and you have to keep moving on. I discovered how a professional full layout of a plan would look for post rotator cuff surgery, so in the future I could possibly use my final product for a patient or parts of my final product as I continue with physical therapy. My final product was definitely difficult to create because I came into it not knowing much about how to write a full plan and with the support of my mentor and the immense amount of feedback she gave me I was able to come up with a professional plan for post rotator cuff surgery in physical therapy. I will be able to use the knowledge I gained from creating my final product in the future as I continue to learn more about physical therapy and want to work as one. My final

product laid the foundation for insight into the process with patients in coming up with exercises and how many to do based on the injury and body type.