

Research Assessment #3

Date: September 18, 2017

Subject: Technology Advances in Physical Therapy

MLA Citation:

Hutkin, Erinn. "Technology Helps Advance Physical Therapy."

Sandiegouniontribune.com, The San Diego Union-Tribune, 22 July 2014, 6:00

A.M., www.sandiegouniontribune.com/news/health/sdut-technology-advance-physical-therapy-2014jul22-htmlstory.html.

Assessment:

Coming into the article, "Technology Helps Advance Physical Therapy" by Erinn Hutkin, I had a basic knowledge of the technology physical therapists used. Previously, I had known about electrical stimulation therapy and pool therapy in which are only a few techniques using technology.

Anti-gravity treadmills caught my interest in the article because I had no knowledge of the use of them or what they were for. In the article it states, "these types of treadmills lessen the amount of body weight that's placed on the patient's lower body, allowing [patients] to get exercise and work on their gait without pain and with less pressure on the bones and joints"(Hutkin). With the treadmill as a physical therapist it allows for an easier transition. I would like to research more on this type of equipment and ask my mentor or as part of an informational interview, if they have used it or if it is a new type of equipment in the field and when it will be a more commonly used thing in physical therapy. Also underwater treadmills with cameras caught my interest. I knew of

pool therapy rehab, although cameras would help with looking into exactly where in the body the patient is having trouble. Wanting to go into sports physical therapy, researching into these types of treadmills and what specifically they help with injury wise and how they have helped physical therapists around the area.

From my previous informational interview with Bruce LaMotte, he said that documentation was the worst part about physical therapy. The article pointed out that a new technique and help with that is having a patient keep an online diary and send it to the physical therapist for documentation purposes of how they are doing with the exercises at home and progress when not in physical therapy. Also, along with home exercises, there is an app for a PT to send a personal video or other type of video for the patient to do the certain exercise correctly. Based on the knowledge gained from that I could ask about ways to teach an exercise to a patient. Since I am a dancer I know how to choreograph a dance and teach it, although I am wondering if it is the same process or different. Such as the step by step process of teaching a patient an exercise and either easing it down because the patient can not do that in the beginning and later progressing to make it harder.

The first step when a patient comes is examination. The new technology of using a video to differentiate between the way the part of the body is supposed to work versus how it is functioning in the patient. Seeing a video of the normal function would help greatly in the examination process because in my previous experience in physical therapy it would have helped to see how the hip looks before the injury. A question I

have is in examination of the patient how would the video help with where to go from the first visit and what area to focus on first.