

### **Topic Proposal**

As a topic of study this year I am interested in physical therapy. Specifically, I would like to learn more about the treatment of the lumbar spine. I have always had a strong interest in physical therapy. Through my study this year, I would like to focus on treatment and prevention of the pain of the lumbar spine.

I have been a dancer my whole life and years ago I had an injury in which brought me to physical therapy. I couldn't dance for about 4 months, so in those months I was working with my physical therapist to get me so I could get back to dance. I became interested in physical therapy from being in there for a couple of months because I loved how my physical therapist developed a relationship with me as well as working with me to get back into my passion of dance. The specialization of the lumbar spine came from my interview with professor Rob Landel at the University of Southern California because that is the main area that he has worked on. He had told me through the interview that they can not find a way to treat the lumbar spine specifically because it is an area that is broad and is mostly associated with the core, but is not known of the anatomy in which causes the pain. From talking to him about this I wanted to research ways to prevent it specifically in the lumbar spine. My favorite classes in high school have been courses related to physical therapy, and I consistently am always the most passionate in those types of classes.

I enjoy building close relationships with others and have always been passionate about working with others. Experience in physical therapy has given me a basic knowledge about the certain skills that are needed to be a physical therapist, also from a patient's perspective about what approaches work in order to get a patient to want to be determined to get back to where they want to be. I have seen how physical therapists have shaped the lives of people around me and I want to be able to do the same to others as a physical therapist in the future. I now realize that the most successful people are those that are determined, patient, and compassionate for the people they work with in which is needed for the field of physical therapy. Physical therapy is extremely competitive and is driven on relationships and working now in this program in the field will give me opportunities to gain knowledge and meet my goals of the skills needed to become one. With determination, perseverance, and patience in my topic of study I will continue to exemplify my interest in physical therapy and work with my mentor on gaining knowledge on my topic.