

By: Sophia Frisone

Choose Ohio First

Introduction

- Sports and Spine Physical Therapy
- Located in Beachwood, OH
- Secured through online application and working interview
- Internship duration: August 2022-November 2022
- Part-time employment: November 2022 - Present

Learning Objectives

- To understand how my current and future education would ultimately relate to execution in the workplace
- To develop creative patient-focused problem-solving skills through firsthand experience
- To gain an understanding of the day-to-day responsibilities in an outpatient facility
- To obtain insight on potential career specializations

Application of Coursework

- **Gross Anatomy:** Having previous exposure to in depth body systems allows for deeper understanding of the methodology of treatments
- **Physiology:** Knowing how the body works leads to more precise treatment plans and education of patients
- **Culture in Clinical Care:** Having nuanced insight into the cultural differences of patients allows for a more positive provider –patient relationship



Figure 1. Education of lumbar facet joints

Description of Responsibilities

- Prepare patients for physical therapy treatments by assisting with therapeutic education
- Assist a physical therapist or physical therapy assistant during the administering treatments
- Provide routine treatments such as laser therapy, electrostimulation therapy, and traditional exercises

Lessons Learned

- Illustrated the importance of detailed comprehension of all related coursework
- Improved necessary skills for coordination and cooperation between healthcare professionals
- Allowed for significant independence to have exposure to industry life while providing guidance and supervision



Figure 3. Initial patient evaluation

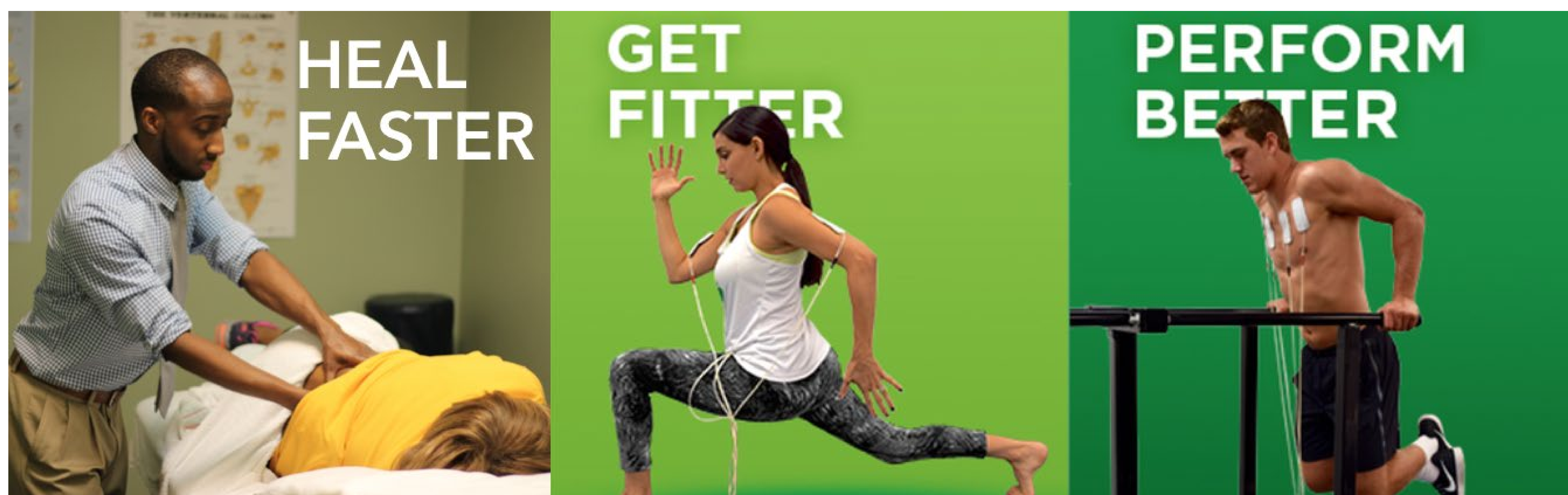


Figure 2. Manual therapy in conjunction with NEUBIE by NeuFit graphic

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