

A Day in the Life of a Physical Therapist

A Day in the Life of a Physical Therapist, Spear Physical Therapy 07.04.2020, [dostęp: 10.10.2022]
online: https://www.youtube.com/watch?v=7u-_5Zb1Qw&t=69s.

I. Warm-up: Imagine your future job – what might a typical day in your life of a Physical Therapist be like?

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II. Presentation: Watch a video: *A Day in the Life of a Physical Therapist* at: https://www.youtube.com/watch?v=7u-_5Zb1Qw&t=69s with Jessica Weinberg, the Director of Pelvic Health at Spear Physical Therapy in NYC, walking you through her regular day at work.

1. Put the stages of Jessica's full day in the order she mentions them:

- ___ staff meeting
- ___ after work
- ___ writing patient notes
- ___ exercising with patients
- ___ patient assessment
- ___ solving scheduling issues
- ___ getting to work
- ___ walking Nala
- ___ supervising PTTs

2. A specialist in pelvic health usually has to treat diverse pelvic health diagnoses – tick the ones that Jessie might treat as a pelvic specialist:

- pelvic pain
- wound care
- pubic symphysis pain
- pregnancy-related conditions, e.g. sciatica
- balance disorders
- post-partum conditions
- urinary incontinence
- tendonitis
- bowel, bladder and sexual dysfunction
- scoliosis
- male pelvic floor dysfunction
- pelvic ligament strain
- edema control (swelling)

3. Even though Jessie is a pelvic specialist she still sees a variety of patients with different needs – watch again and tick the services she mentions:

- myofascial release

- cupping
- fall prevention
- vestibular rehab
- sports injury prevention
- occupational therapy
- massage therapy
- hand therapy
- kinesiotaping
- pediatrics/ adolescents
- return to play testing
- Covid-19 rehab
- orthopedic manual therapy
- custom orthotics
- TMJ
- lymphedema therapy
- Mulligan mobilizations
- ergonomics
- prosthetic rehabilitation
- neurological disease treatment

III. Over to you: Would you personally request an appointment or refer a friend to Jessica from Spear Physical Therapy? Why?/ Why not?

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IV. Follow-up: Make a webquest – visit Spear Physical Therapy at <https://spearcenter.com/services/> and use their website to describe the services in terms of treatment for any physical therapy need of your choice, e.g. TMJ:

TMJ – Temporomandibular Joint which is the joint that links your lower jaw to your skull. It is common to refer to jaw pain as "having TMJ", but this is a bit of a misnomer. What they're referring to is a condition known as TMD, or Temporomandibular Disorder, causing symptoms in the TMJ such as pain or discomfort in the jaw area. TMJ therapy is a specialized form of treatment aimed at alleviating the pain and discomfort associated with TMD. The treatment plan may include hands-on soft tissue mobilization, strengthening exercises for the jaw and neck muscles, and postural exercises

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