



Physical Therapy Internship

Dylan Dao

California State University, Fullerton

Introduction

Agency: Pacific Coast Institute of Rehabilitation and Physical Therapy
 Location: Fountain Valley, California
 Preceptor: Su Wang, DPT, OCS, CSCS



- ❖ Pacific Coast Institute of Rehabilitation and Physical Therapy is located in Fountain Valley California and caters to patients who have gone through orthopedic surgeries. Patients must go through rehabilitation after surgery in order to ensure movement is restored to equal or better function than pre-surgery.
- ❖ There are many methods of treatment and specialties within the field so it is important for students to experience the different aspects to decipher what kind of therapist is right for them.
- ❖ Injuries occur to a majority of the population and can manifest through accidents or through activities of daily living such as lifting, carrying, bending, and twisting. In order for injuries to heal correctly and to improve movement quality to prevent more injuries from occurring it is crucial to seek treatment from a physical therapist.

Objectives

- ❖ Gain hands on experience within the field of physical therapy.
- ❖ Shadow a physical therapist and earn observation hours for graduate school.
- ❖ Learn skills to gain a job as a physical therapy aide.



Procedures

Time

- ❖ Internship session lasted for sixteen weeks with an average of thirteen hours per week

Skills to work as a physical therapy aide:

- ❖ Learning how to do clerical tasks such as making appointments, taking payments, and picking up phone calls in order for the work place to function and flow correctly.

- ❖ Learning how to administer modalities such as ultrasound and electrical stimulation. Modalities facilitate the healing process, reduce pain, and are designed to help improve the patients quality of care.

- ❖ Learn an extensive list of lower and upper extremity exercises. Having knowledge of a long list of exercises is important since every patient is different so an exercise that works with one person could possibly not work with another.

Shadowing a physical therapist

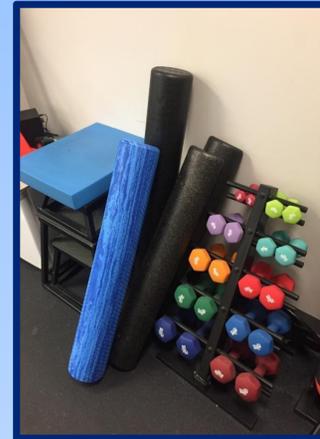
- ❖ Learn about manual therapy such as Graston, Kinesio taping, and ASTR. Different practitioners will employ different methods of manual therapy to facilitate healing for the patients

- ❖ Learn how to measure using a goniometer. Range of motion is often used as a tool to track a patient's progress in treatment.

In-service

- ❖ Interns present on subjects related to physical therapy in order to teach and learn more about the various subjects within the field.
- ❖ The meetings are mean to help facilitate growth in connection between those in the field, increase awareness, and enhance public speaking skills.

The Clinic



The Clinic

- ❖ Top left: Foam rollers, steps, weights and foam used for a variety of exercises.
- ❖ Top right: Multipurpose tables for patients to receive treatment
- ❖ Middle left: Two machines to deliver electrical stimulation in the form of IFC or NMES.
- ❖ Middle right: Ultrasound machine.
- ❖ Bottom left: Volunteer being measured.
- ❖ Bottom right: ASTR tools.

CONCLUSION

Overall, through this internship I had an amazing hands on experience and was able to achieve goals and expanded my horizons with regards to physical therapy.

- ❖ Goal 1: Solidified my choice to continue and commit to becoming a physical therapist.
- ❖ Goal 2: Volunteer experience hours needed for graduate school and created connections within in the physical therapy community.
- ❖ Goal 3: Increased ability to actively listen as well as speaking slowly and clearly to patients, coworkers, and supervisors. Alongside with communicating with more cultural and ethnic sensitivity.
- ❖ Goal 4: Comprehend laws and regulations pertaining to physical therapy and insurance companies.
- ❖ Goal 5: Gained qualifications to apply as a physical therapy aid for other institutions.