

## Job Shadow

For my job shadow I went to observe a physical therapist. It was actually my physical therapist. Her name is Brandee Duerksen, and her original position is a PTA. I did my job shadow here in town, Lindsay California, at the Wellness center in the office of Pro- Pt on August 10, 2016. I chose to observe Brandee for I want to go into the sports medicine field and study kinesiology; I actually want to major in athletic training.

First off, I was scheduled to be there at 10'clock, and I was told to dress professionally in a polo tucked in with slacked and dress shoes. I felt like I was dressed as a teacher would for class. However when I got there no time was wasted, she told me right away that she wants me to ask questions, observe closely, but most importantly interact with the patients. Luckily for me she had a patient come in at one. I don't quit remember her name but she was there because she had a total knee transplant. She explained to me that she had to get that surgery because her original knee just wore out. Brandee always has her patients warm up then do their exercises. Brandee explained to me that there are 3 stages to recovery: first you focus on strengthening the muscles around the injury, and then you focus on balance, and lastly agility and make sure you are ready to do what you were able to do before. This lady was barley on the first stage so she made her do chair squats to strengthen quads, also made her do calve raises, step ups, and lastly taught her how to properly use a cane. I felt like it was awesome to get to interact with this lady and understand what it takes to help people.

In addition, that one lady was the simple part of the observation. Once 2 o'clock came by 5 patients came in, it was such an active environment. It was no longer just Brandee a patient and myself, it was Brandee, 5 patients, one other therapist, a student from Fresno state that helped out, and myself. You can say it was havoc, but everything was so organized. Any ways

Brandee introduced me to all the patients and I got to talk to them, ask them questions, and just simply interact with them. There were two men there for shoulder injuries, one old lady for a back injury, a young woman for a neck problem, and a lady there to work on her balance so that she doesn't fall and injure herself any more. All these people had an interesting story and I enjoyed every one of them. Another thing I did was an interview which was a bit complicated. Because Brandee was so busy I could not sit down and interview her but I got to ask her, the student from Fresno state that is studying kinesiology, and the other therapist questions threw out the whole time I was there. I started asking questions at 2 and it even carried out into my appointment there at three. So I was on the bicycle asking questions and writing. Pretty funny but was an efficient way to get it done. That is what I did when I was there observing.

To be honest I learned so much from this experience. I learned that there are 3 stages in recovery, that you need to be organized, that you have to send reports to doctors, that there is so much to understand about the human body; however the thing I learned the most and the most important is that you need to understand your patient and be social in this career. I found it interesting that every therapist I asked, "what is the most important factor you should have in this career?", all said be social, understanding, sympathetic, and other. But they all described that you need to be a people person, because you work with so many different type of people and you need to get along with all of them. That is what I learned the most and found the most interesting. Over all it was a great experience I loved every part of it. However one thing I disliked was that I wish I could have sat down and actually interviewed Brandee, other than that the job is great and I loved the experience.

After this experience I literally came home and told my parents I want to be an athletic trainer or physical therapist. This is because I want to help people and I enjoyed the observation so much I would not mind one bit being able to do that for the rest of my life.