

Student Name

Teacher's Name

Career Class

Date

A Day at the Physical Therapist's

On October twenty-eighth and thirtieth from 5:30 to 7:00 pm I job shadowed a Physical Therapist by the name of Sarah Barsotti. She works at Associates in Physical and Occupational Therapy, which is situated at 12127 North Avenue Burlington, VT 05401.

Arriving promptly at 5:30 I entered the building and waited for a few minutes before Mrs. Barsotti came out to greet me. She showed me around the building, pointing out various pieces of exercise equipment that they used, such as medicine balls, weights, shock cords, a small trampoline, two exercise bikes, a treadmill, and various others. In the back she showed me their small pool where her PT assistant was working with an adolescent. He had recently had surgery on his Achilles tendon and it couldn't support his weight outside the pool. The exercises in the pool will help strengthen his tendons and muscles. We then went in and checked on a patient using a TENS unit to relieve shoulder pain he acquired through a car accident. The TENS unit sends electricity through your body to stimulate nerves and muscle. A few minutes later she put a similar device on my arm. It made my wrist move involuntarily. The next patient had her car roll over her leg. The bone had healed but she still had leg and foot pain. She was treated with taping, an ultrasound massage, and some nerve glide exercises. Before I knew it, it was time to go.

The next time went much the same as the first. I arrived just as an elderly woman was finishing her appointment. She had a sprained ankle, and I observed it being taped. After that we had to set up the next appointment. Soon after a 25-year-old suffering from the aftermath of a dislocated patella arrived. He had just transferred from a different office so we needed to review his file. Mrs. Barsotti measured his range of motion and recorded the information. Afterwards she administered an ultrasound massage to the area around his patella. We stretched his tight quads and then put him on an exercise bike. When he was finished, he had to ice his knee. He set up his next appointment and soon we all left.

As a Physical Therapist, Sarah Barsotti administers a mixture of massage and exercise to help with ailments. A fair bit of paperwork accompanies these tasks. The patient's symptoms and improvements must be carefully recorded and analyzed in addition to billing and scheduling. Physical Therapy seems like an interesting career. I like the flexible hours, and lower level of responsibility than might be found in other medical fields, brain surgery, for instance. I feel like this job doesn't have quite the excitement I'd like, but most jobs probably don't, so I'd take this occupation into serious consideration when pursuing my career.