

What I Have Learned From My Internship

By Sara Barker



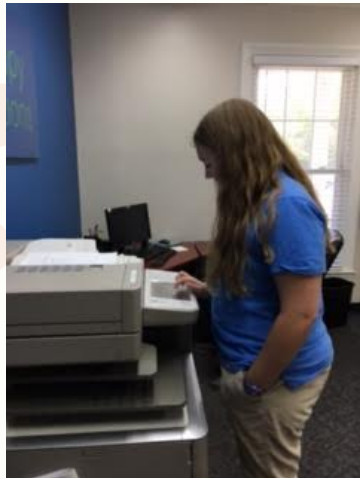


You Have Crystals in Your Ears

- The most interesting thing I have learned is from a patient who had severe dizziness
 - The patient came in complaining from dizziness and bad balance. So the PT laid the patient on her back and then quickly and harshly jerked her head to the left. When you do this you watch their eyes to see if their pupils are moving quickly back and forth
 - That means they are dizzy and are looking around
- The point of this exercise is to prove that the crystals in your ears are out of place.
 - In your ears you have crystals. When these crystals get loose they cause dizziness. The way to treat it is to just do different positions and maneuvers to get the crystals back in place.

How to Deal with Patients

- I learned how to treat patients.
- How to talk to them and treat them with respect.
- And also learned how to instruct them how to do different exercises



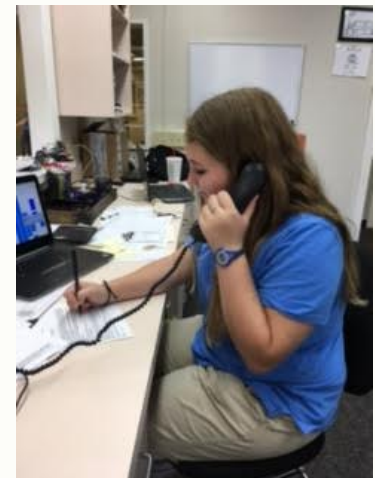


How to Give a Balance Evaluation

- After observing patient evaluations, many complain about getting dizzy and not having much balance. So we gave many balance test.
- There are many different ways to test balance, some of the ways are: having the patient stand up straight and close their eyes and look to see if they are swaying, have them put one foot in front of the other and see if they can stay steady and then alternate legs, have them stand on one foot and see if they can stand still and then alternate legs, and have them bend down and then stand straight back up and see if they get dizzy.
- As you can see I have learned a lot about balance.

How to Work the Computers

- LTC Therapy Solutions uses WebMD for their patient scheduling.
- They taught me the process of how to put the patient in the computer and how to schedule them for appointments



How Important You're Muscles Are

- I always knew that your muscles are important, but what I did not know was how they can affect you if you don't have strong enough ones.
- I learned that if you have weak ab muscles or back muscles then that can affect your way of life.
- If your back muscles aren't strong enough for everyday use it can affect your posture, your range of motion and your neck.



Different Exercises

- We had a variety of patients with different problem areas
 - For every patient I got to see different exercises for different muscles and different ways to strengthen different muscles
 - It expanded my knowledge on muscle treatments and different workouts
 - I learned more ways to help certain areas of the body and different techniques to use





My Experience

- I really enjoyed my time at LTC Therapy Solutions
- I learned a lot from my experience there and hope to further my knowledge of the body and the muscles. I would definitely do this again if I could.