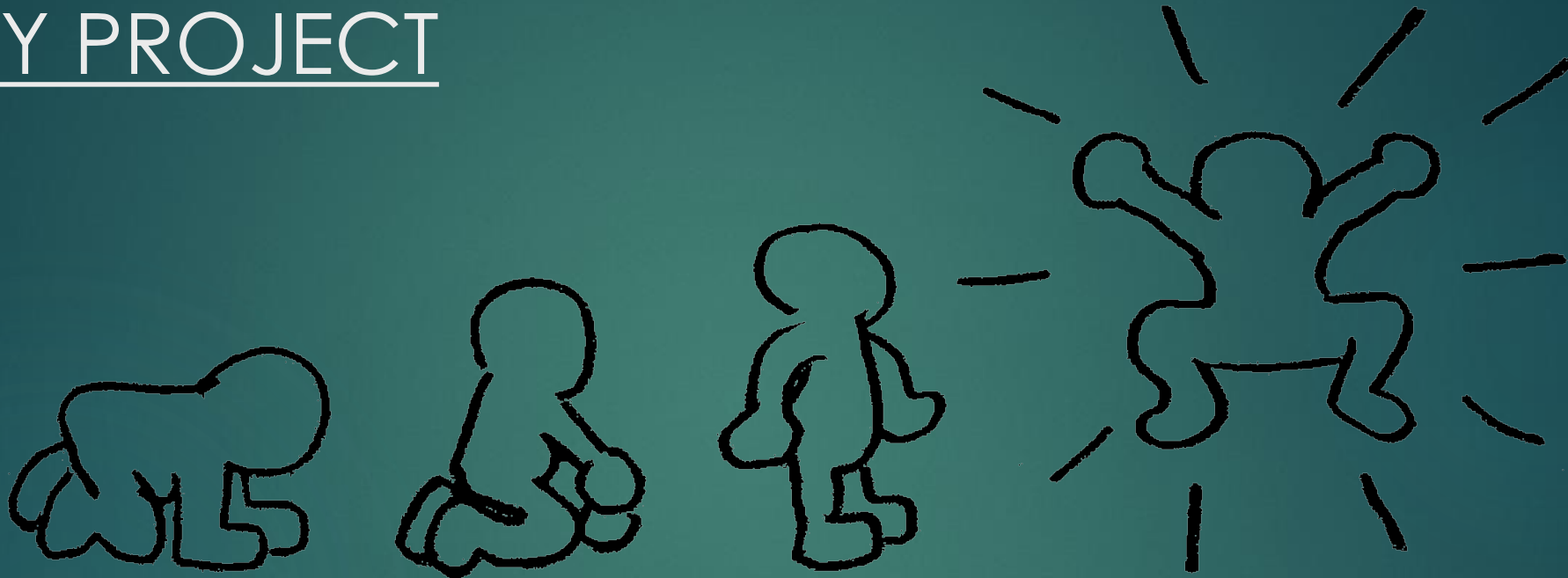


MY PROJECT



PHYSICAL THERAPY WITH CHILDREN & TEENS WITH CYSTIC FIBROSIS

By Lisa Mersa, Social Work student/ intern

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Structure

- ▶ Why/How did I choose this project
- ▶ First steps, pre start and starting
- ▶ Take care of...
- ▶ I learned...
- ▶ Future

Why

- ▶ Part of my internship
- ▶ Help kids with CF
- ▶ Give them some fun
- ▶ Will support their health

How

- ▶ Talked to my classmates and Professor in Germany
- ▶ Talked to Susan, Mohammed and Dr. Delgado about the idea
- ▶ Dr. Delgado helped me to contact PT-people
- ▶ Got an appointment with Jessica (one of the PT's)
- ▶ Gave me everything I needed

First steps

- ▶ explained to patients and parents my idea
→ WHAT DO YOU THINK
- ▶ different reactions

Checklist PT

Patient name: _____

Room number: _____

Start date: _____

	MO	TU	WE	TH	FR	SA	SU
1.) 3D chest stretch							
2.) Low row with band							
3.) Lats pull down with band							
4.) External rotation, with band							
5.) Monster walk, with band							
6.) Wall Squat							
7.) Jumping Jacks							
8.) Walking Program							

Notes:

Before
starting

Starting day

- ▶ Started with patient 'T'
- ▶ Talked first
- ▶ Showed her checklist and exercises
- ▶ Made it like a game
- ▶ Trained together

“NO, I would rather...”

- ▶ Only explain and show your papers/exercise
→ give them the papers
- ▶ YOU are not the PT
- ▶ Do your job

What did I learn?

- ▶ You can build better relationship, if you don't force them
→ they feel respected
- ▶ Some patients will appreciate it
- ▶ Stay real
→ game, challenge, normal conversation

What next?!

- ▶ Will leave the forms here
- ▶ Students, interns, etc. can keep going with the project
- ▶ Have fun with the patients 😊

Any Questions?



Thank
You