

KINES 495B/D
Recommended “SAMPLE” Format for 100-Hour Reports

Name: _____ **Cell Phone #:** _____ **Work Phone #:** _____

Home Address: _____
P.O. Box/Street Location City State Zip Code

Section #1: Sample daily documentation of discussing enriching learning outcomes:

Tuesday, February 16, 2021 (9 hours)

My site supervisor informed me of what a day at QPR looks like and the different EMR systems used for patients, depending on their situation. One EMR system is WebPT, which is used for everyday patients, while the other is used more for workers compensation patients and you can find their flowcharts and evaluation. QPR is an outpatient facility in which patients typically come in, complete their stretches and exercises and leave – only taking a brief hour or so. At the start of a patient’s appointment, they are given a moist hot pack to improve circulation before beginning exercises. Patients then begin exercises by stretching, in which each stretch is held for 30 seconds. Typically every exercise completed is done for 2 sets, 10 times in each set. As they often exclaim, 20 is the magic number, in case the patient forgets how many to do. Following exercises, patients are always given ice and electrical stim which helps reduce inflammation, unless opposed, and some receive ultrasound with those modalities as well.

The first patient I observed was a male who was injured at work in a warehouse. The patient described how the injury occurred to me, and explained it happened approximately 5 months ago. The injury sustained was mostly to their neck, but there was some pain in the ankle. The patient explained that they had several x-rays done and an MRI, but nothing was shown. Another MRI was done, which showed a cervical injury that could lead to surgery if physical therapy did not help. The patient typically begins on the bike for 10 minutes, followed by stretches to the hamstring, quads, gastroc/soleus, such as the runner’s stretch, followed by isometric and strengthening exercises for both the neck and ankle. Because the patient is having pain in two areas of the body, their flowchart is catered to work on both pains, so ankle ROM exercises are also done. Following the exercise, the patient receives e-stim and ice for 15 minutes.

The next patient I got to observe was a new patient who was receiving an evaluation for right rotator cuff pain. The patient was overall fairly healthy, but had a left rotator cuff tear approximately tear and left carpal surgery nearly 15 years ago, but nothing that affected the right side. Patient #2 reported that they often felt a pain of about a 7 on a scale of 1-10 (10 being the worst pain), with a pins and needles feeling down the arm when in use. The therapist, then palpated the shoulder feeling various pressure points. There was swelling of the AC joint which could indicate a spur, but also a mild impingement. John came up with a diagnosis of a mild tear and grade 1 tendonitis. John concluded that the patient should come in 3 times a week due to the diagnosis and complete ROM and strengthening exercises, followed by scapula mobilization.

The next patient is a long term patient who is familiar with the facility and the PT’s. The patient is older, with a weak pelvis and drop foot, in which they were getting a brace for within the next

week or so. The patient's short term goal was to put on their shoes by themselves and drive. The patient started with ice for approximately 15 minutes. Following ice, the patient completed gait and balance exercises such as step overs, one leg stands (flamingo stand), and tandem standing. In between exercise the patient would take breaks and sit down for a few months as they stated their legs were getting tired throughout the exercises. During the patient's time at QPR, I would assist them with their exercises, whether it be counting or doing the exercises alongside them as it helped the patient focus on what they were doing.

The fourth patient seen was another evaluation, again for right shoulder pain. The patient reported their pain was most severe when using their arm, or putting force/pressure on the shoulder. Tom took measurements of their rotation while lying down. The patient's external rotation was 19 degrees, while the left ER was 71 degrees, indicating their right shoulder is fairly tight. Tom palpated the shoulder and came up with a diagnosis of a mild tear, suggesting that they come in 3 times a week to begin with and as they progress bump it to twice a week. John showed the patient a few exercise to get started at home, until their next appointment. Two exercises that he showed, which are nearly done by every patient with shoulder pain is scapula squeezes and chin tucks. The importance of both being your shoulders are down and back. The next thing John showed the patient was a unilateral door stretch to help with the tightness of the shoulder. In between patients and breaks, I would clean all tables and equip

(Continue with this format until all activities are reported for each day. This format will continue until 100 hours have been reported.)

Total report hours: 100 hours

2: Remarks Section:

1. **Progress:** Discuss the progress (or lack thereof) toward attaining practicum objectives, self evaluation of your strengths and weaknesses, and what you have learned about yourself and the work you are performing.

My experience at QPR has been amazing thus far. Compared to other internship sites I have gone to; I have gotten the most hands on experience and knowledge here. I have learned the importance of doing exercises currently to avoid further injuries and impingements – which is the opposite of what we want for patients. I have also been able to learn new therapeutic modalities, some that I have seen before (ultrasound), and some I have never seen before (laser). I have been given the opportunity to utilize therapeutic modalities on patients under supervision as well. John and the PTA's (Jenn and Diane) have given me tremendous support and hopes for my future. Being surrounded by people who love to do what they do and treat patients has given me the insight into the field of physical therapy that I was looking for. It showed me the diversity of injury and recovery, as well as shown me that no two patient or case is the same. Throughout my time at QPR I have been able to adapt to different settings and grasp the importance of being able to "cater" to different individuals and their needs. I am pleased with my experience thus far and look forward to finishing my hours at QPR.

2. **Goals:** Outline of your goals for the upcoming week.

In the future, my goal at QPR is to continue learning, both in the physical therapy setting and outside of it. I want to review and better my knowledge of the human anatomy to further understand how the body fully works together and how one injury of a muscle can affect others. I would also like to be more observant of the different exercises and be able to understand them in PT terms rather than knowing them more by a description.

*****Section # 3: On-Site Supervisor's Signature and Date**

Comments about student's progress may be included.

*****Sections #1, #2 and #3 need to be written in complete detailed sentences and paragraphs. Paragraphs should be at least 4 – 5 sentences long and include as many details about the activities, progress, goals, etc., as necessary to write a report that is both comprehensive and thorough. An average 100-hour report single spaced is roughly 10-12 pages in length of leadership details. Discuss specific details of what you learned, witnessed, and will apply into your future career.**