

A STUDENT'S GUIDE

A GUIDE CREATED BY
EXERCISE THOUGHT
PHYSIOTHERAPY

A STUDENT'S GUIDE
TO PRIVATE PRACTICE
PHYSIOTHERAPY



EXERCISE
— THOUGHT —
PHYSIOTHERAPY

INTRODUCTION

Welcome to Exercise Thought. We intend to host what we expect will be the best placement you've had thus far! We are passionate about physiotherapy and private practice.

We look forward to sharing our practice with you, witnessing your growth during the placement and enabling the start to your career.

Students are expected to attend 1 day a week to practice hands on experience.

PURPOSE

This guide exists to accelerated your clinical, business and personal development for a successful transition from university to private practice physiotherapy. This guide outlines the competencies expected of a private practice physiotherapist that align with the APP marking system, the APA's priorities and employers.

ADAPTATIONS

This guide is a living document and is adapted by practitioners, supervisors and students. Everyone who benefits from using this guide is expected to contribute toward's its continual improvement.

72%

of physiotherapist students will begin their career in Private Practice



The average number of physiotherapists in a Private Practice is 1.4



The average amount of applicants for a job vacancy was estimated to be 2

72%

of physiotherapists in Australia work within Private Practice

CONTACT



P: 9737 6665



WWW.EXERCISETHOUGHT.COM



12 CASTELLA STREET, LILYDALE 3140 VIC



STUDENTS@EXERCISETHOUGHT.COM

PERMISSIONS

- Exercise Thought is granting you access to our cloud-based clinical management software, Cliniko, wherein you can read client histories, write clinical notes, view appointments and plan your placement.



To access Cliniko visit <https://www.cliniko.com/login/>
User/Email address: lilydale@exercisethought.com
Password: !INT011235int



- You can access Exercise Thought's Wifi (HUAWEI-YW8MZY) with this password: CX9FHRAAU2
- You will require two-factor authentication to access to Cliniko during your Zoom orientation session
- Exercise Thought will invite you to attend consultations and classes via Zoom for students who choose to attend from home.
 - Zoom link: <https://us06web.zoom.us/j/7075965144?pwd=djFVaEM4c0QwM2lEYVhWVXE2bHFUQT09>
 - Meeting ID: 707 596 5144 Passcode: g42qyK

MANDATORY PRE AND POST-PLACEMENT SURVEYS

- This survey before you begin placement: <https://www.exercisethought.com/preplacement-survey>
- This survey once you have finished placement with us: <https://www.exercisethought.com/post-placement-survey>

BEFORE YOU BEGIN, HERE'S WHAT YOU NEED TO KNOW



Please bring your **laptop + headphones** when you are attending physically to the clinic. The day always starts at **8.50 am**.



Parking is available in Market St, opposite Exercise Thought, and uphill on Castella St



Introduce yourself to **all** staff in the clinic, Concierge as well as Physiotherapists every day



Social media posts must be 300 words and include the words "physio" and "physiotherapy". Remember to use casual and simple language for all audiences. **Must** be submitted via email to students@exercisethought.com



Record everything you learn on placement via the Reflection task



Be mindful to keep the practice environment beautiful (don't leave laptops and notebooks laying around, take shoes off to avoid bringing dirt inside & close the bathroom door when using the hand dryer)

OBSERVATIONAL STUDENTS

The only task expected of you is this reflection task: www.exercisethought.com/student-reflection. You may use the structure and tools within this guide to get the most out of future placements.

WEEK 1 EXPECTATION (TICK WHEN COMPLETE)

- Students are not permitted to treat or assess clients independently according to Private Health Insurers, Medicare, TAC, WorkCover and NDIS. This guide will enable you to learn the most from assisting our physiotherapists
- Create a Facebook Messenger chat with your fellow students to share knowledge and to communicate
- Create a second Messenger chat with your supervisors & classmates to enable easy communication during placement
- Create a Google Doc. Work together to write your answers to every task in the Doc & submit to supervisors in Week 5.
- Become familiar with abbreviations: [Abbreviations in physiotherapy - Physiopedia](#) & S.O.A.P. format for writing notes.
- Familiarise yourself with our Traffic Light System at www.exercisethought.com/tls
- Like, Follow and Subscribe to Exercise Thought YouTube, Facebook and Instagram
- Hours for this placement are determined by client bookings. Become familiar with the Cliniko diary.
- Access Cliniko and read 10 Treatment Notes.
- In Cliniko, write & **finalise** a Treatment Note for every consult. Sign your name at the bottom of each Note. Take turns.
- Complete 3 Clinical Reasoning Forms (CRFs) with classmates @ exercisethought.com/clinical-reasoning-form. Can be completed on the website (Do not use the 'enter' or 'tab' buttons as this can submit the form) OR the word document can be downloaded, completed and emailed to: students@exercisethought.com
- Complete 1 Case Study to showcase a particular diagnosis @ exercisethought.com/case-study
- Create 1 social media post that translates scientific evidence into an implementable actions for the general population
- Collaborate clinical ideas via a Google Doc during consultations. Answer each other's questions, explore differential diagnoses, establish appropriate tests and treatment ideas
- Observe a 3:1 consultation. You will lead 3:1s in the coming weeks.
- Prepare and justify 2 exercises for each client in next week's 3:1.
- Observe a 1:1 and politely interject with advice/exercise/manual therapy to help the client. Talk to the client.
- Complete 1 Evidence Base Practice Application via exercisethought.com/evidence-based-practice
- Meet the National Physical Activity Guidelines (NPAGs)
- Research the starting salary of a graduate physiotherapist (refer to the Health Professional And Support Services Award)
- Practice the hands-on skills relevant to 3 cases from Week 1 with family, friend or classmate
- Debrief Week 1 with classmates. Submit your individual learnings via exercisethought.com/student-reflection

WEEK 2 EXPECTATIONS (TICK WHEN COMPLETE)

- Complete 3 Clinical Reasoning Forms (CRFs) with classmates @ exercisethought.com/clinical-reasoning-form.
- Complete 1 Case Study to showcase a particular diagnosis @ exercisethought.com/case-study
- Collaborate clinical ideas via a google doc throughout a private consultation. Answer each others questions, link clinical patterns, establish appropriate tests and treatment ideas
- Submit 1 social media post that translates scientific evidence into an implementable actions for the general population via students@exercisethought.com
- Teach into a group consultation (e.g. pilates class). Teach and justify the 2 exercises you prepared for each client.
- Collaborate clinical ideas via a Google Doc during consultations. Answer each other's questions, explore differential diagnoses, establish appropriate tests and treatment ideas
- Observe a 1:1 and politely interject with advice/exercise/manual therapy to help the client. Talk to the client.
- In Cliniko, write & finalise a Treatment Note for every consult. Sign your name at the bottom of each Note. Take turns.
- Complete 1 Evidence Base Practice Application via exercisethought.com/evidence-based-practice-application
- List the different employment arrangements for private practice physiotherapists in Doc.
- Research the top salary of a FTE physiotherapist working in private practice. Record in Doc.
- Know the most common diagnoses presenting to physiotherapy clinics. Record in Doc.
- What are the tissue healing timeframes for muscle, tendon, bone and ligament injury? Do tissue healing timeframes correlate with symptomatic and functional recovery timeframes? Record in Doc.
- Meet the NPAG's
- Practice the hands-on skills relevant to 3 cases from Week 2 with family, friend or classmate
- Debrief Week 2 with classmates. Submit your individual learnings via exercisethought.com/student-reflection

WEEK 3 EXPECTATIONS (TICK WHEN COMPLETE)

- Complete 3 Clinical Reasoning Forms (CRFs) independently @ exercisethought.com/clinical-reasoning-form.
- Expect a time (organised around client care) for mid-way feedback. Prepare examples that demonstrate the competency according to the APP in justifying your half-way marks. Tip: When grading your self on the APP, do **not** Submit the form until **after** you have debriefed with your Supervisors
- Complete 1 Case Study to showcase a particular diagnosis @ exercisethought.com/case-study
- Observe a 1:1 and politely interject with advice/exercise/manual therapy to help the client. Talk to the client.
- Collaborate clinical ideas via a Google Doc during consultations. Answer each other's questions, explore differential diagnoses, establish appropriate tests and treatment ideas
- Imagine that a client calls the concierge after a consultation to complain. The client is not happy about the treatment they received. Write a story that details their complaint and a reasonable response from the concierge and physiotherapists for the complaint you have described
- Submit 1 social media post that translates scientific evidence into an implementable actions for the general population via students@exercisethought.com
- Teach into a 3:1 consultation (e.g. pilates class)
- In Cliniko, write & finalise a Treatment Note for every consult. Sign your name at the bottom of each Note. Take turns.
- Teach and justify the 4 exercises you prepared for each client. Monitor treatment effect.
- Complete 1 Evidence Base Practice Application via exercisethought.com/evidence-based-practice-application
- Complete a recorded initial assessment with your fellow students on your supervising physiotherapist. Follow up consultation will be conducted in Week 5.
- Meet the NPAG's
- Practice the hands-on skills relevant to 3 cases from Week 3 with family, friend or classmate
- Debrief Week 3 with classmates. Submit your individual learnings via exercisethought.com/student-reflection

WEEK 4 EXPECTATIONS (TICK WHEN COMPLETE)

- Complete 4 Clinical Reasoning Forms (CRFs) independently @ exercisethought.com/clinical-reasoning-form.
- Complete 1 Case Study to showcase a particular diagnosis @ exercisethought.com/case-study
- In Cliniko, write & finalise a Treatment Note for every consult. Sign your name at the bottom of each Note. Take turns.
- Submit 1 social media post that translates scientific evidence into an implementable actions for the general population via students@exercisethought.com
- Collaborate clinical ideas via a Google Doc during consultations. Answer each other's questions, explore differential diagnoses, establish appropriate tests and treatment ideas
- Observe a 1:1 and politely interject with advice/exercise/manual therapy to help the client. Talk to the client.
- Demonstrate competency in leading a group consultation (e.g. pilates class). Monitor treatment effect.
- Complete 1 Evidence Base Practice Application via exercisethought.com/evidence-based-practice-application
- Meet the NPAG's
- Practice the hands-on skills relevant to 3 cases from Week 4 with family, friend or classmate
- Debrief Week 4 with classmates. Submit your individual learnings via exercisethought.com/student-reflection

WEEK 5 EXPECTATIONS (TICK WHEN COMPLETE)

- Expect a time (organised around client care) for your final feedback. Prepare examples that demonstrate the competency according to the APP in justifying your full-way marks. Tip: When grading your self on the APP, do **not** Submit the form until **after** you have debriefed with your Supervisors
- Complete 5 Clinical Reasoning Forms (CRFs) independently @ exercisethought.com/clinical-reasoning-form.
- Complete 1 Case Study to showcase a particular diagnosis @ exercisethought.com/case-study
- Submit 1 social media post that translates scientific evidence into an implementable actions for the general population via students@exercisethought.com
- Collaborate clinical ideas via a Google Doc during consultations. Answer each other's questions, explore differential diagnoses, establish appropriate tests and treatment ideas
- Demonstrate competency in leading a 3:1 consultation. Monitor treatment effect. Document.
- Complete 1 Evidence Base Practice Application via exercisethought.com/evidence-based-practice-application
- Observe a 1:1 and politely interject with advice/exercise/manual therapy to help the client. Talk to the client.
- Practice the hands-on skills relevant to 3 cases from Week 5 with family, friend or classmate
- Meet the NPAG's
- Debrief Week 5 with classmates. Submit your individual learnings via exercisethought.com/student-reflection
- Complete a recorded follow up treatment consultation on your supervising physiotherapist with your fellow students.
- Log out of Cliniko on your devices after your placement for privacy purposes
- If you enjoyed your placement with us, please leave us a google review at: <https://g.page/exercise-thought-physio-lilydale/review?gm>

SEE YOU SOON

WE ARE EXCITED TO MEET YOU!



WE WOULD APPRECIATE YOUR FEEDBACK REGARDING YOUR PLACEMENT AT EXERCISE THOUGHT. IF YOU LOVED YOUR TIME WITH US, PLEASE LEAVE A GOOGLE REVIEW.

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