

A STUDENT'S GUIDE

A GUIDE CREATED BY
EXERCISE THOUGHT
PHYSIOTHERAPY

A STUDENT'S GUIDE
TO PRIVATE PRACTICE
PHYSIOTHERAPY



EXERCISE
— THOUGHT —

INTRODUCTION

Welcome to Exercise Thought. We are passionate about physiotherapy and private practice.

We look forward to sharing our practice with you, witnessing your growth during work experience and showing you what physiotherapy is all about.

PURPOSE

This guide outlines the tasks and opportunities that will teach you about physiotherapy and help Exercise Thought with everyday operations.

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.

CONTACT

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



The day always starts at 8.30am



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



Record everything you learn on work experience 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)

BACKGROUND

At Exercise Thought, we are highly practical which means work experience students must demonstrate the insights they gain by capturing & producing social media content based around:

- A day in the life of physio & concierge
- Basic anatomy
- What we do in the clinic
- Examples for exercise to treat certain types of pain

By posting each day via Exercise Thought's channels, you can demonstrate your experience and help to teach others.

Arrive at 8.30am to begin completing these tasks.

TASKS

- Post on Exercise Thought's instagram once day
- Record everything you learn at www.exercisethought.com/student-reflection
- Vacuum in the morning before the day starts
- Take out the trash
- Fill the printer with paper
- Ask the physio students to teach you what they learned at Exercise Thought
- Clean the dishes as needed
- Clean inside the fridge as needed
- Re-fill bottles in the treatment rooms with massage oil or tea-tree oil as required
- Water plants (keep the soil damp, but not wet)

SOCIAL MEDIA THINGS TO DO (USE THE BLACK IPHONE)

- 1. Start by unfollowing 100 pages on Exercise Thoughts instagram every day
- 2. Then go to the following profiles and follow all their followers: (Start with one profile at a time) every day: Genesis Lilydale, CrossFit Lilydale Ranges, The Running Company Lilydale, Active Sports and Spinal,
- 3. Like 100 posts w. #physiostudent every day
- 4. Like and comment on the top 100 profiles we follow. You can e.g. just comment "👍" or a smiley.
- Make a Google review at: <https://g.page/exercise-thought-physio-lilydale/review?gm>

This is a summary of what previous work experience students learned at Exercise Thought. Please include new and different things when completing your daily Reflection task.

During their work experience placement at Exercise Thought, high school students learned a wide range of knowledge and skills related to physiotherapy and various aspects of exercise.

Here is a summary of what they learned:

- 1. Physiotherapy:** Students gained an understanding of the role of physiotherapy in diagnosing and treating various conditions. They learned about different tests used for diagnosis and the importance of creating tailored exercise programs for clients. They also learned about the timeframes needed for recovery and the significance of muscle relaxation techniques such as massage.
- 2. Common Injuries and Conditions:** Students were exposed to different injuries and conditions, including back pain, strained ligaments, hamstring strains, tennis elbow, tension-type headaches, meniscus tears, and syringomyelia. They learned about the causes, symptoms, and appropriate treatment approaches for each condition.
- 3. Exercise Prescription and Rehabilitation:** Students learned about designing exercise programs for clients with specific injuries or health conditions. They discovered the importance of incorporating flexibility, balance, core work, strengthening, and hand-eye coordination exercises. They also observed the use of different strategies for rehabilitation and the significance of minimizing inflammation during recovery.
- 4. Client Management:** Students gained insight into the management of clients, including checking up on their well-being, observing their progress, and providing support and guidance throughout their treatment. They also learned about the importance of communication and the referral process in physiotherapy.
- 5. Knowledge Expansion:** Students conducted research on various topics, such as multiple sclerosis, central sensitization, lower back pain, and costochondritis. They explored tertiary physiotherapy courses and alternative pathways to becoming a physiotherapist. They also learned about different taping techniques for various injuries.
- 6. Administrative and Marketing Tasks:** Students were involved in various administrative tasks, including appointment scheduling, paperwork organization, and contacting healthcare providers. They also assisted with social media tasks and participated in the development of advertising materials.
- 7. Community Engagement:** Students participated in group exercises, assisted in running exercise classes for veterans and falls and balance classes for the elderly. They recognized the importance of community rapport and the positive impact of exercise on balance and injury prevention for older adults.

Overall, the students gained valuable hands-on experience, developed skills in exercise prescription and client management, and deepened their understanding of physiotherapy and its applications.

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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