



To begin with, I would like to express my sincere gratitude of this opportunity. My first day at Barwis with Mr. Bryan, Physical Therapist was exciting. Mr. Bryan provided me with shirts to wear with Barwis on it, which made me feel a part of the team. Mr. Bryan sat and spoke with me about information on Barwis and how the day-to-day operation is sought out. He also made me feel welcome and immediately got right into learning the warmups for the body. Being that I work out almost every day, showed me that I needed to get more in shape and that work out tired me out. With this workout, I was thinking this is strenuous for someone coming for remobilizing their body from an injury. The warmups that were provided by Mr. Bryan were about speed mechanics, acceleration, and doing the maximum speed every time. With learning these workouts, I will be prepared for when it's time to do my clinicals and be able to assist the patients correctly.

Furthermore, the workouts included ankle flips, ankling, high knee butt kicker/run, a-skip and b-skip. These 5 warmups will have you ready to start your workout on strength and conditioning. Once I learned each workout, I had to teach it to others to ensure I understood how the mechanics are done correctly. I was informed that the importance of doing it properly to prevent from doing the wrong thing in the motion of the warmup because you could pull a muscle if it isn't done the correct way. This reminded me of when my grandmother had surgery on her hip and one of the Physical Therapist did the wrong workout which caused more pain and so forth.

Lastly, I must admit, this experience has been by far one of the best. To have an opportunity to shadow and fully intern with a company in my community: where I could possibly be an asset to my community is amazing. For me, I can recall my parents stating they wish they had the opportunity to intern, even the experience as well as exposure to know anything about shadowing and/or any other community organizations that supports students in this manner. Being from MS these opportunities are not there yet and I appreciate my parents exposing me to these opportunities which aren't always available to all students. I enjoyed going to Barwis and being a part of their team. Thank you. Ms. Dee and the AnnieRuth Foundation for this opportunity.