

Rehabilitation Philosophy

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The rehabilitation process can be a long and cumbersome process that may entail many ups and downs along the way. There will always be clinicians who will have different views on how to deal with their patients. Some clinicians will follow a similar philosophy to yours but, other clinicians may have a polar opposite of what you believe in. The mental and spiritual aspects of the rehabilitation process is a very powerful part of the process. It can either be a huge hindrance or help the patient in a very positive way. Personally, I will discuss my specific philosophy of patient care and rehabilitation involving passion, empathy, faith, physical healing, transformation and restoration.

My personal philosophy will be more along the lines having the patient involved in the whole process of patient care and rehabilitation. Having the patient involved in the process of rehabilitation will not only help me with the whole process but will also make the patient feel more involved which will hopefully improve the total quality of the rehab. Also having the patient involved with the care and rehab will help with setting specific goals for the patients. If I have a more patient-orientated approach we can talk about what the patient really wants for the future. It will be more effective and will help the clinician plan a rehab that achieves both the goals of the patient and the clinician.

Having passion while working will also be a big piece in my philosophy of patient care. If the patient observes that you have passion and you genuinely want to help heal their injury then they will trust you and hopefully work harder for you. If that is the case then the rehab would go very smoothly and would be very efficient and effective. Passion is something that should be automatic for a clinician and I feel like it is a vital part of the rehabilitation process.

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Mental and spiritual aspects of the patient's care is a huge part of the process as well. Sustaining an injury can be very traumatic for some people and it may take some time for the patient to go through the 5 stages of grief, which are denial, anger, bargaining, depression, and acceptance. Part of my philosophy will be always being there for the patient and being as uplifting as possible. I have been through many injuries before, one injury that required me to have 2 screws placed in my ankle. So, I know how mentally taxing an injury can be on the mind. I personally will try and be positive and encouraging with whatever chance I get because that is something I wish I had more of throughout my time injured.

Overall, having a positive relationship with the patient is something that I strongly believe in and is most definitely in my philosophy as a clinician. Being there for the patient in a time of need and being able to help the patient to push through it, is something I want to be able to do to help move the process along. For my specific philosophy, I really want the patient to be involved whether that be having the patient tell me that a specific modality isn't really helping or even an exercise that isn't benefiting the patient to its fullest extent. Having a patient-orientated rehab philosophy will be very beneficial because it will allow the clinician to change on the fly and will help evolve the clinician's practice as a whole. Everyone is different and not everyone will have the same needs or requirements so being able to learn from past rehabs and being able to implement what you have learned to future rehabs will help me grow tremendously as a clinician.

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