
Intern Guide

— Welcome to Fyzical! —

Welcome

Dear Students,

Welcome! Thank you for your interest in New Day Wellness, LLC dba Fyzical Therapy & Balance Centers Gainesville/Chiefland.

This packet will provide you with information regarding our policies and procedures involving student “staff”, as well as our expectations from you.

Upon arrival to the facility, we ask that you immediately check in with the Therapist supervising your experience. Before you begin, you will be given a tour of New Day Wellness, LLC dba Fyzical Therapy & Balance Centers Gainesville/Chiefland, so that you will be able to maneuver around the facility comfortably. Included in this powerpoint are a list of your duties and functions, do’s and don’ts, as well as certain protocols and criteria to keep in mind.

We urge you to ask many questions during your time with us. Don't forget, you're here to learn and have fun! Once again, welcome to New Day Wellness, LLC dba Fyzical Therapy & Balance Centers Gainesville/Chiefland

New Day Wellness, LLC dba Fyzical Therapy & Balance Centers Gainesville/Chiefland Staff

Orientation Checklist

- Complete all paperwork and forms online
- Complete ProfitWare training
- Watch a demonstration of the laser therapy
- Watch a demonstration of the NeuroCom
- Review this intern guide
- Reach out to Bruce, Megan, or Laura with any questions

Roles and Responsibilities

- Keep the clinic tidy
- Assist the PTs and PTAs
- Assist patients with exercises
- Perform laser therapy
- Operate assessment equipment

Dress Code

- Top: Solid color polo
- Bottoms: Tan or black Khakis/ dockers
- Shoes: Sneakers



Be Familiar With:

- Vertigo
- Neuropathy
- General balance issues/fall prevention
- Assessment and treatment descriptions (see slides 7-12)
- Basic Anatomy
 - OIA table
- FYZICAL Website: [Click Here](#)

Assessment & Treatment Descriptions

- Deep Tissue Laser Therapy
- NeuroCom Balance System
 - Sensory Organization Test
 - Head Shake Test
- Whole Body Vibration
 - Otago Exercises
 - Balance Exercises
 - VOR Exercises
- Putting on Harness
- Setting up for Unweighting System
- Seven Head Positions

Deep Tissue Laser Therapy

- Turn on machine
- Click on “My Protocols”
 - Light- white skin
 - Medium- tan skin
 - Dark- black skin or someone with tattoos
 - Wattage can start at 10 and if it is too powerful or too hot, adjust accordingly
- Use laser on each area for at least 2.5 minutes
 - Example: If told by therapist to do laser therapy on neck and shoulder, treatment should be at least 5 minutes
- After 2.5 minutes, ask the patient how they are feeling
 - Depending on their response, either continue on that area or move on

NeuroCom Balance System

- **At the beginning of the day**
 - Turn on switch on bottom right of machine
 - Turn on computer
 - Open NeuroCom Balance System
 - Initialize force plate
- **Sensory Organization Test**
 - Put harness on patient
 - Give them brief explanation
 - Hi, I'm _____. I will be guiding you through a balance assessment today. If you need to take a break at any point, let me know.
 - Hook them up and follow instructions on screen to align their feet properly
 - Instruct them to do their best to keep their balance and read off instructions from screen of eyes open, eyes closed, etc.
- **Head Shake Test**
 - Let headpiece calibrate
 - Put headpiece on patient
 - Instruct them through the conditions
- **At the end of the day**
 - Shut down Neurocom Balance System on Computer
 - Turn off switch on bottom right of machine

* Note: There are more assessments, but these are the most common ones

Whole Body Vibration

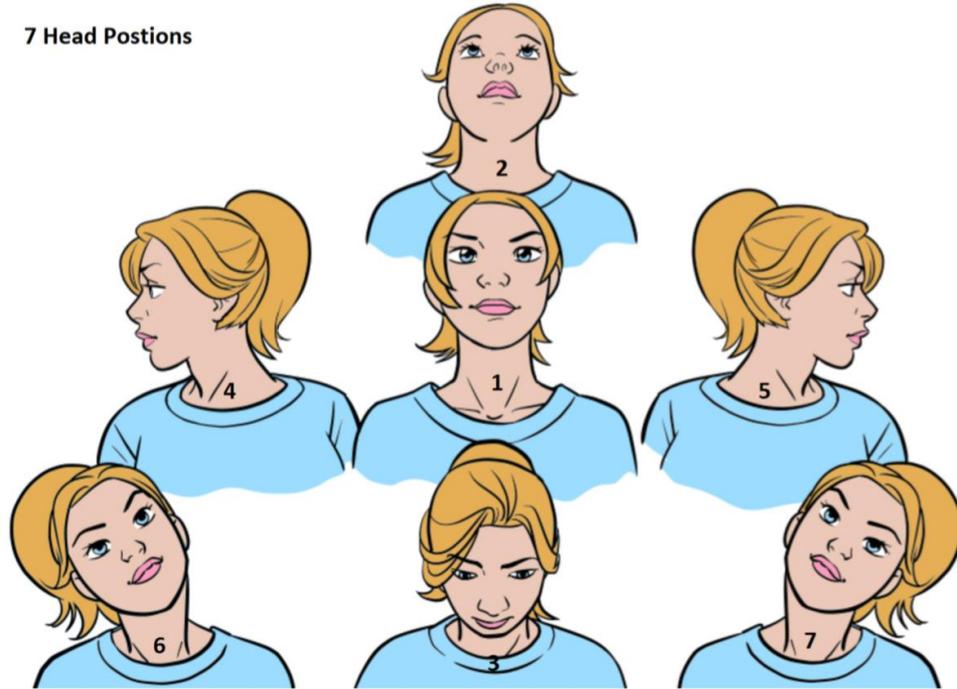
- Have patient sit in chair (if needed), and ask them to take off their shoes before stepping on vibration machine
- Once on the machine, let it calibrate
- They will be on the machine for 10 minutes
- Depending on their skill and ability, instruct them to do
 - Otago Exercises
 - Calf Raises
 - Toe Raises
 - Mini Squats
 - Hip Flexion
 - Hip Abduction
 - Tandem Stance
 - Balance Exercises
 - VOR Exercises
 - Seven Head Positions (see slide 12)

Harness and Unweighting System

- Harness Color/Size
 - Red/Medium
 - Blue/Large
 - Grey/X-Large
- Unweighting System
 - Put Harness on patient and attach it to unweighting system
 - Unweighting
 - Pull out nob and slowly turn it up
 - Once at appropriate amount, push nob in

Seven Head Positions

7 Head Postions



Clean Up

- After patient receives treatment:
 - Wipe down table/mat/bed with cloth and spray
 - Change pillowcases/sheets
 - After use, they can be turned inside out
 - After turning inside out, replace with new one
- After patient receives laser therapy:
 - Wipe down glasses and laser with cloth and spray
 - Change pillowcases/sheets as instructed above
- At the end of the day:
 - Wipe down all equipment with cloth and spray

Opportunities

- Behind the Scenes
 - Experience all that is involved in:
 - Running a clinic
 - Working at a clinic
 - Cleaning a clinic
- Workshops
 - Organizing logistics with Bruce
 - Creating promotional material
 - Sending newsletters
- HHP Spring Internship & Job Fair
 - Prepare for event
 - Table at event

*If you hear or know of other opportunities that the clinic could benefit from, feel free to introduce them and ask if it could be a possibility.

Important Contacts

- Bruce Sack
 - bruce@fyzical.com
- Megan Hill
 - megan.hill@fyzical.com
- Laura Blanton
 - laura@fyzical.com

Dear Interns,

Congratulations, you have made it to your last semester of senior year! This internship is an incredible experience. Like most internships and experiences, you get out of it what you put into it.

It is important to keep track of your hours for UF APK and for FYZICAL. At the start of your internship, we suggest setting up a spreadsheet to log your hours. We recommend staying organized with a google folder dedicated to work you do for Fyzical.

While you are there for your own personal experience and growth, you are also there to contribute to the clinic. Be proactive and see what you can do to help before you are even asked!

Lastly, as we finish up our internship experience, we leave this intern guide powerpoint as well as several other projects with you to update as needed throughout your time in the clinic. Have the best time and feel free to reach out if you have any questions!

Best,

Alyssa and Tasmin

See you in the clinic!

