

Abstract Submission

Title - The Links Between Motivational Techniques, Successful Physical Therapists, and Successful Rehab Clinics

Program of Study – Health Professions- Exercise Science

Presentation Type –Physical Poster

Subtype – **Choose one of the following for poster or oral presentation types:** Applied

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Abstract

There is a strong positive correlation between a successful physical therapist (PT), their clinic, and the motivational techniques used during therapy. The PT should be prepared to sit down with each patient and set short- and long-term goals to help them accomplish what they desire through therapy. Effective communication skills, practical skills and technique, individualized care, and organizational and environmental factors are the four major aspects that define patient-therapist relationships. Patient adherence to their home exercise program (HEP) is vital to a successful rehabilitation, so the PT's goal should be to help the patient understand the importance of the HEP. To do this, the PT should be able to creatively find ways to relate to each patient, regardless of their age, gender or demographic. As part of this thesis, a research study was also conducted to investigate best motivational practices in PT. Data were collected through a ten-question survey distributed at a well-known, successful clinic to identify what is the most important to patients during the rehabilitation process. Questions from the survey pertained to the patient's experience with the clinic and their therapist. Based on the results of the survey, it was concluded that the most important motivational factor to patients was the personality of the PT. The therapist's personality being the most important part of care was the expected result. Therefore, for a clinic to be successful, it is recommended to hire staff that are not only educated but have a warm and caring personality as well.

