As the only student-run free clinic in South Carolina, the MUSC CARES Therapy Clinic is proud to have some of our students traveling to the Society of Student-RunFree Clinics’ (SSRFC) conference in Phoenix come the end of January to present 2 presentations. The SSRFC is an initiative created by students and the Teachers of Family Medicine with the mission of creating “a national interprofessional platform for the student-run free clinics”. The Society incorporates a myriad of health professions such as medicine, occupational therapy, physical therapy, health administration, pharmacy and many more. Since the Society combines all of the medical professions that our clinic uses, we are very proud to have seven students representing all three of our programs (health administration, occupational and physical therapies). The SSRFC conference will serve as a chance for medical students from all over the country to come together to idea-share and collaborate ways to improve upon clinics nation wide. The students will be doing a poster covering therapy services in a student-run free clinic and another poster on integrating curriculum onto a student-run free clinic. These are obviously two topics we feel strongly about and are constantly looking to improve within the CARES Clinic.
Patient Spotlight
Paul Smith

1. How do you like CARES?

“I really enjoy coming to CARES, it has been a great transition after visiting the Mt. Pleasant clinic for four months. Working with therapy students is really fun and having an actual clinician on site is reassuring too.”

2. What is Mr. Smith’s goal at CARES?

Mr. Smith’s short term goals are to lower his pain levels as well as get more range of motion back in his knee. Long term Mr. Smith would like to get back to his very active lifestyle, playing racquetball, basketball, tennis and jogging. Getting back to these hobbies is something Mr. Smith is looking forward to very much.

3. How is Mr. Smith progressing?

After just his second visit, Mr. Smith is progressing well and can feel himself improving. He finds that by keeping up with his home exercise program and doing yoga a few times a week at his gym, he is able to make the most out of his sessions in the clinic. Keep it up Mr. Smith!
Clinician Spotlight
Patricia Day

1. Where did you get your undergraduate/graduate degree?

BS in Exercise Science at University of South Carolina; DPT from Medical University of South Carolina

2. Did you always plan on being a physical therapist? If not, which career path were you initially headed?

I decided on the physical therapy path when applying for college and never changed paths.

3. What made you want to become a physical therapist?

I became interested in physical therapy because I wanted a career in the medical field and I loved working with people. I also had an exposure to rehabilitation because my mom is a speech therapist. Once I researched PT and shadowed throughout college, I felt like physical therapy was the right fit for me.

4. What drives you to be a better PT?

I am always striving to learn and better my skills and abilities. I truly want to give the best care to each patient I work with and that drives me as a PT. I do not want to be the same clinician today as I will be in 5 or 10 years.

5. Why is CARES so important to you?

The CARES Clinic not only allowed me to provide to my community, but was an amazing experience as a student at MUSC. I learned how to work with people, was able to utilize my developing skills, and was able to provide meaningful therapy.
6. Do you work with other medical professions at your practice? How much do you value inter professional experience?

I work in an outpatient therapy clinic and work with physical therapists and occupational therapists. I frequently ask my colleagues, both OT and PT, for their advice on cases, ask for their assistance with my patients, and provide help to them when necessary. Many times I see patients that need both PT and OT and having both on site allows us to coordinate our therapy and provide the best care for the patients.

7. What area of your chosen profession particularly interests you?

I love working in outpatient physical therapy and especially when I can utilize my manual therapy skills. I plan to further my interest with manual therapy and improve my skills.

8. What does a perfect day look like for you?

Exercise, shopping, and a great meal!
Student PT Spotlight
Sydney Czaus

1. Where did you get your undergraduate/Master's degree?

I got my undergraduate degree in Kinesiology at Arizona State University in 2014.

2. Do you see yourself staying in Charleston after you graduate? If not, where are you headed?

I am not sure where I will head after graduation. I wouldn't mind spending a few more years in Charleston but I may head a bit closer to home. San Diego, California would be one of my ideal destinations.

3. What made you want to become a PT?

I realized in college after multiple sports injuries from competitive diving and years in physical therapy that I wanted to be a PT. I had always considered it an option growing up but it wasn't until college that I decided I wanted to pursue it. My physical therapist at ASU had a huge impact on my athletic career as well as my academic pursuits and I hope to be able to have a similar impact on people as a PT.

4. What drives you to be a better PT?

I love helping people accomplish their goals and return to happy and healthy lifestyles. This drives me to do the best I can in school and to be the best therapist possible.

5. Why is CARES so important to you?

CARES is important to me because it allows me to be active in my profession while going through school. It is easy to forget why you wanted to go into physical therapy when you are sitting in a classroom all day long. CARES reminds me of why I am working so hard in school and keeps me excited about being a physical therapist. It also allows all of the students to make an impact in the community which I find rewarding.
6. **What area of your chosen profession particularly interests you?**

I hope to go into sports physical therapy. As an athlete at ASU I spent most of my free time in the training room with my physical therapist. Being able to see my teammates and all of the other athletes rehabbing and returning to their sports was exciting to me. I knew how much I valued the time and effort my PT put into helping me return to diving off of the 10 meter platform, and I hope to be able to give back in a similar way to athletes in a college setting.

7. **Did you always plan on being an PT? If not, which career path were you initially headed?**

When I first got to Arizona State I had planned to be a biomedical engineer, specializing in prosthetic design. However, when I injured my back after my first semester and started doing physical therapy I realized that I wanted to switch my major to Kinesiology in hopes of applying to PT school.

8. **What does a perfect day look like for Sydney Czaus?**

A perfect day for me would start off by sleeping in and then making my way to the beach. I love the ocean which is one of the things that drew me to Charleston. It would end with a nice steak dinner and watching the Philadelphia Eagles beat the Dallas Cowboys on Sunday night football.
Student OT Spotlight
Kierstin Bockelman

1. Where did you get your undergraduate/Master's degree?

I received my B.S. in Biology from Newberry College in Newberry, SC

2. Do you see yourself staying in Charleston after you graduate? If not, where are you headed?

Right now, I'm thinking I would love to try travel OT for a few years but then looking to settle in Charleston!

3. What made you want to become an OT?

Long story short, my aunt put the idea in my head. Her daughter (my cousin) who has CP was able to do so much once they found an OT who believed in her and her abilities and my aunt always felt I could do the same. After shadowing in different areas and going to sessions with my cousin, I felt like it was something I could enjoy and hope to be able to provide miracles for other families the way Kendra's OT did for ours.

4. What drives you to be a better OT?

First of all my cousin, she's the reason I'm here. Secondly, remembering that these patients and families are hopeful that they/their loved ones will return to independence encourages me to work harder and learn as much as I can while still in school.

5. Why is CARES so important to you?

CARES is important to me because of the opportunity it provides. There is opportunity for those in the community to receive proper treatment when they may not have the means to normally, there is opportunity for me as a student clinician to learn and get hands on practice in treating and there is opportunity for three programs within our college to work on networking within the community and interprofessionalism with each other.

6. What area of your chosen profession particularly interests you?

If you would have asked me this before I started the program, right away I would have answered pediatrics. Now, I have no idea. I would love to do travel OT where I could be placed...
in any setting/specialty, but neuro is extremely interesting and pediatrics still has a special place in my heart...hopefully, I can figure that out in the next year or so!

7. Did you always plan on being an OT? If not, which career path were you initially headed?

   I knew since high school that I wanted to be an OT!

8. What does a perfect day look like for Kierstin Bockelman?

   Bagel Nation for breakfast, spending the day at the beach with my dog Bailey, all the root beer I can drink and ending it with a night with family and friends - most important part: stress-free!