CBI Health Centre
Wilson Macdonald, 5th Year Kinesiology

Overview
The CBI Health Centre is a multidisciplinary rehabilitation clinic where clients come to work with physiotherapists, occupational therapists, kinesiologists, and other clinicians integral to successfully returning to work following an injury. Though there are private clients as well, the main focus at this clinic is on WorkSafeBC funded back-to-work programs including Occupational Rehabilitation and Pain Management.

Roles and Responsibilities
- Assisting the clinicians with treatment plans by preparing stretches and exercises for clients, and occasionally applying modalities.
- Client support including administration of hot and cold pack, and being available for additional exercise education if needed.
- Running daily exercise sessions including morning stretch classes and group walks, as well as pool therapy sessions twice a week.
- Clinical maintenance and cleanliness including laundry, equipment organization and treatment room preparation.

Highlights
- Working alongside a variety of clinicians who are all able and willing to teach the skills and knowledge they have learned in their careers.
- Planning and executing my very own exercise programs for clients in the pool sessions and back in the clinic as part of their rehabilitation.
- Experiencing what it is like to work in a physiotherapy clinic as a sample of my future career path.

Competencies
Field of Practice
By working in a rehab clinic I have been able to see exactly what it is like to assist clients with injury recovery, using my knowledge of rehabilitation concepts to support them. Also, I managed to expand my body of knowledge through this position, learning about muscle testing, manual therapy, modality treatment, and exercise prescription.

Professional Behaviour
In this position I decided to put a focus on professionalism for two reasons: first, since people who are injured are usually under a lot of stress and second, since we deal with private medical information. As a result, I had to be mindful in the clinic to avoid certain topics that may upset them (such as their injury), as well as outside of the clinic to avoid breaching their privacy.

Continuous Learning
The clinic, along with everyone working there, possess a wealth of knowledge that is readily available for the Physio Aide to use over their time in this position. I was able to use this to my advantage by seeking out shadowing opportunities and asking lots of questions to further my education in a way that is inaccessible from a classroom.