

EXERCISE SCIENCE STUDENT INFORMATION

Welcome to Tender Ones Therapy Services (TOTS)! We are looking forward to having you join our team during your internship. Please contact your Clinical Instructor (CI) at the email address listed below. They will provide you with specific information on your schedule.

-Schedule: Will be set with your individual CI. The time of arrival will be determined based on your first session of the day. All students and volunteers must arrive at least 15 minutes prior to the start of their first session of the day. Your CI will provide specific guidance on expectations for attendance.

-Attire: Required attire is professional and suitable to the physical demands of your professional role. Acceptable choices for all genders and professions include scrubs, long shorts (to the knee), long pants, collared shirts, tee shirts that are professional and don't have large logos (other than TOTS). For females, athletic wear is appropriate (e.g. yoga or exercise pants) but only if a long top is worn that covers the hips. Midriff should not be bare. Make sure that when bending over there is no gap between top and bottom clothing. Athletic wear should be solid colors. Any piercings should be removed, and tattoos should be covered. Avoid hooded sweatshirts.

-Name Badge: Volunteers will receive a volunteer tag on their first day. All other students should wear the name tag provided by their University/College. These tags must be worn and visible at all times while you are in the office.

-Laptops: All graduate students should bring their own laptops each day.

-Populations: Children age 0-21. Common diagnoses include cerebral palsy (all types and all levels), torticollis, developmental delay, toe walking, autism, scoliosis, orthopedic diagnoses, and many others. Please be sure to review your lecture notes and readings about assessment and treatment of these populations. Your CI may assign additional readings.

-Parking: please park on the side of the building, away from the front door, to allow for patients to park up front.

-Lunch: Bring your own lunch. A microwave and refrigerator are available.

-Website: Visit the TOTS website in advance (tenderonestherapy.com) to learn about the philosophy of our clinic and all of the services available.

-Storage: TOTS clinics are busy active places. There is not a lot of space available for storage of backpacks, books, or other personal items. Please use discretion when bringing personal items with you to the clinic and discuss any specific needs for materials with your CI.

-Therapy concepts: Be knowledgeable about the difference between physical therapists, occupational therapists, and speech therapists and their role in the pediatric outpatient setting. Review TOTS website to familiarize yourself with therapists you will be working with. Familiarize yourself with and be able to apply the concept of universal precautions. Familiarize yourself with the role of a Therapy Aide. Familiarize yourself with HIPPA. Familiarize yourself with Therapy equipment used in pediatric outpatient settings. Be knowledgeable and able to apply the research process.

TOTS is a family-oriented clinic and our patients are like family to us. Bring your positivity, energy, creativity, and smile each day and it will be a great experience! We are a very busy clinic with not much down time. Please be ready to work and use all of your time wisely. If you are unsure of what needs to be done, feel free to ask a therapist. Students are expected to not be on their cell phones or doing school work unless during their lunch break. If you are in the area, feel free to stop by and introduce yourself and tour the clinic before your first day.