

What does providing a Pro Bono fitness program at YMCA for an adult with a TBI entail?

One on one physical therapy service opportunity with an young man with Traumatic Brain Injury assisting him with his individualized fitness program at the Visser YMCA. The fitness exercise program was developed and is supervised by Professor Cathy Harro, PT, DPT, NCS. Professor Harro trains the PT student in the exercise components and prescription for this client; as well as strategies for assisting the client with the exercises. The students learn how to communicate and structure exercise instruction for an individual with cognitive deficits. The students learn about management of motor control deficits (ataxia & dystonia) and balance impairments in the context of a wellness-based exercise program. The students also learn to provide verbal cueing for walking and stair skill practice with this client. Professor Harro regularly assesses and updates the exercise program as necessary, and maintains ongoing communication with the student. The student completes weekly online exercise logs to document the client's participation in the session. NOTE: This is a paid "physical therapy" fitness aide position per hour; paid directly by the client's parent.

When in the program is this opportunity available?

Service commitment typically starts Fall of 2nd year in program and runs one full year (thru summer of 2nd year, ends before 3rd year Fall clinicals). Any interested student can participate but typically a male student works best. Student must be willing to make a one year commitment, minus the clinical internship and semester breaks. The client's mother is quite flexible to schedule YMCA sessions based on student's availability based on semester schedule.

Who can participate?

A DPT student is recruited as a volunteer during the Spring/Summer semester of the first year in DPT program, and an individualized training is provided to the student on fitness program and exercise assistance techniques during the summer before the previous student rotates off the position. Students are only eligible for this position if they are in good academic standing in the program.

Where does this opportunity take place?

This opportunity occurs in the community at the Visser YMCA in Grandville, MI.

What is the average time commitment for this opportunity?

The student works with this client at YMCA for 1.5 hr per session, twice weekly. Overall length of service commitment is 1 year, minus semester breaks, holidays and 2nd year winter clinical.

Who is the best person to contact to obtain more information on this opportunity?

Cathy Harro harroc@gvsu.edu

Does this opportunity cost anything to the student(s)?

No. This is a paid aide position for 3 hours weekly, however students would be responsible for gas/travel to/from client's home.