



## SHC PT INTERNSHIP INFORMATION FORM

Revised 8/29/2022

Dear Physical Therapy Intern:

This form contains information pertaining to your forthcoming internship in the **Student Health Center Physical Therapy Department** at the Univ. of Wisconsin - La Crosse. **Please read it carefully.** Complete and return the questionnaire on the last page as a separate document to [jszymanski@uwlax.edu](mailto:jszymanski@uwlax.edu).

**Type of Facility:** Outpatient Orthopedics

**Website:** <http://www.uwlax.edu/Student-Health-Center/Physical-therapy/>

Please review the information on our website.

**Note:** The Student Health Center (SHC) provides outpatient care to students attending UW-L or Western Technical College. The SHC does NOT bill insurance companies.

**Location of Facility:** 1<sup>st</sup> floor of the Health Science Center (HSC), which is located at 13<sup>th</sup> & Badger Streets on the Western edge of the UW-L campus.

**Street Address:** 1300 Badger Street  
**City, State, Zip:** La Crosse, WI 54601-1502  
**Telephone:** (608) 785-5120  
**Fax:** (608) 785-8746

**Parking:** Free on-street parking is available near the HSC on a first-come basis (e.g. 10<sup>th</sup> or 11<sup>th</sup> St between Pine St. & La Crosse St). We cannot obtain parking permits for interns. When alternate-side parking is in effect (Nov. 1<sup>st</sup>-April 1st), parking is usually available close to the HSC early in the morning.

**Staff:** Julie Puent-Nelson, PTA  
Jim Szymanski, PT, LAT  
(CI,SCCE)

**Other staff:** Several work-study students are employed at the front desk in the PT unit. The Student Health Center has physicians, physician assistants, certified nurse-practitioners, nursing staff, medical assistant staff, & laboratory services.

**Physical Therapy Hours during the Fall & Spring Semesters:** 8:00 AM - 4:30 PM Monday, Wednesday, Thursday, Friday; 9:00-4:30 Tuesday (8:00-9:00 meetings these days). **Interns should plan on a 7:45 a.m. – 4:30 p.m. workday.** The Student Health Center is open limited hours (usually 8:00am-12:00pm) during the January term.

**Report First Day:** PT unit in Student Health Center at **7:45a.m.** unless otherwise instructed by CI or other SHC-PT Staff

**Housing:** See housing section below. Interns are responsible for making all housing arrangements. Unfortunately, there are NO dorm rooms available for interns.

**Travel:** Interns must make arrangements for travel. Arrangements can be made for transport to/from the airport or train station with advance notice. La Crosse is served by Amtrak; Delta & American Airlines.

**Uniform Requirements:** Casual professional dress (e.g. khakis and collared shirt or polo) with clean/neat appearance and a nametag. Shirts must be tucked-in. No open-toed shoes/sandals. Socks must be worn. Casual dress shoes are preferred vs. athletic shoes. Jeans are permitted on Fridays only.

**Lunch:** Lunch breaks are usually 30 minutes in duration. A refrigerator & microwave are available.

**Average Daily Number of Physical Therapy Patients in Department:**

10 - 25 per day during fall and spring semesters

**Average Daily Number of Evaluations + Re-evaluations for Physical Therapy Interns: 10**

Our caseload is roughly 70% extremity and 30% spine.

With the exception of neck problems, we see patients on a first-contact basis.

Evaluations and re-evaluations are documented on computer. We have computer workstations in the intern office. Interns have 30 minutes blocked in the schedule for documentation at mid-day and 30 minutes at the end of each clinic day.

**Expectations of PT Interns**

Interns must introduce themselves as PT Interns to their patients. Patients have the right to defer their care to the staff PT if they choose, although this rarely happens.

**PTs and/or PT Interns perform evaluations and serial reassessments and the PTA performs *many of the interventions*.** There are opportunities for interns to practice or observe interventions, however, including spinal manipulation, dry needling, tool-assisted soft tissue mobilization, and kinesiotaping. Therapeutic exercise is a component of most patient care-plans and accordingly interns will practice developing and modifying exercise programs frequently.

Interns should be proficient with MMT & goniometry before arriving. Orthopedic special tests & manual therapy techniques should be practiced as much as possible prior to arriving. Also, review any material you have re: acute orthopedic injury management. We are a direct access practice & see a relatively high volume of acute patients. Many of these patients are treated with splints/braces/crutches/wraps, etc. At the discretion of your CI, you may be required to perform a series of competency checks on the clinical exam (e.g. MMT, goniometry, special testing) and/or treatment techniques before evaluating or treating patients independently. If feasible, bring a copy of your ortho/sports class notes and a copy of the syllabus for these courses. This allows your CI to assess your orthopedic preparation. We have some orthopedic texts available but you may want to bring your own copies. **Prioritized Order of Study/Practice (Exam and Treatment):** Lower leg, ankle, foot; Knee, Low Back, Wrist/Hand, Cervical Spine, Shoulder, Hip, Thoracic Spine, Elbow

**Each intern will be asked to present an in-service.** This in-service will consist of 2 parts. Part 1 will be ~30 minute presentation on a topic relevant to our clinical practice (e.g. LBP, Neck pain, PFPS, running evals, taping, etc.). Topics for the project can be discussed upon arrival. Interns will also be asked to give a 10-15 minute "Show-n-Tell" presentation on the best, most interesting, etc. techniques you've been exposed to thus far (e.g. at other clinical sites, in your coursework, from peers, etc.)

As developing professionals, interns are expected to take initiative and seek out opportunities to learn and to assist in the clinic when they have down time (e.g. working on the scholarly project, preparing for the next day's patients, practicing a clinical skill, helping to tidy the clinic).

## **Assessment**

CPI or CIET

## **Internship Objectives**

By the completion of their internship, students should be at advanced intermediate or entry-level on all components of the CPI.

This internship is focused on evaluation and care planning.

## **HOUSING**

### **APARTMENT LOCATING SERVICES**

Apartment Connections 608-785-7368

Rental Directory 608-784-5595

<http://lacrossetribune.abracat.com/c2/reforrent/search/index.xml>

<http://www.apartmentrentalguide.com/state/wisconsin/lacrosse.htm>

<http://www.affordablehousingonline.com/apartments.asp?mnuState=WI>

<http://lacrosse.areaguides.net/apartments.html>

### **APARTMENTS**

Benson Management 608-782-3776

Munson Realty 608-785-7187

Premier Management 608-788-7962

Property Management Concepts 608-782-9680

River Place Apartments 608-782-0202

✓ Excellent place but winter only and 2-3 month minimum

Swanson Property Management 608-783-7763

<http://www.mytravelguide.com/hotels/Lacrosse-Wisconsin.php>

<http://www.reservetravel.com/us-wi-Lacrosse-Hotels.html>

<http://www.google.com/local?hl=en&lr=&q=hotels+motels&near=Lacrosse,+WI&sa=X&oi=localr>

[http://www.besthotel.com/?state=72&country=1&src\\_aid=235601](http://www.besthotel.com/?state=72&country=1&src_aid=235601)

### **OTHER:**

**UWL WEBSITE:** <http://www.uwlax.edu/ResLife/offcamhousing.html>

**FIND A PLACE TO LIVE.COM:** <http://findaplacetolive.com/>

**LA CROSSE CRAIGSLIST:** <http://lacrosse.craigslist.org/>

**<http://www.furnishedFinder.com>**

## **SHC FUTURE INTERN QUESTIONNAIRE**

Please complete and return prior to the start of your internship

**Name:**

**Former Name(s):**

**Date of Birth:**

**Internship start date:**

**Internship end date:**

**Do you currently have, or have you ever had, a UWL email account?**

**Academic program:**

**Cell phone &/or La Crosse-area phone # (in case we need to contact you on short notice):**

**Emergency contact (name):**

**Emergency phone:**

**Health insurance:**

**Briefly discuss why you chose the Student Health Center for your internship:**

**Please list clinical objectives for your internship at the Student Health Center:**

**Briefly discuss your strengths:**

**Briefly discuss any areas that you feel you need to improve upon:**

**List previous internships completed:**

**If there is other information about yourself that you would like us to know, please include it.**