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**Teacher: Colm O Toole**

**Module Tittle: Physiotherapy Assistant Practice**

**Module Code: 5N3770**

**Tittle of Brief: Demonstration of Physiotherapy Skills**

**Techniques Skills: Demonstration / Written Submission**

# Written Submission: Demonstration of Physiotherapy Skills

## 1. Posture Analysis and Feedback

During my placement, I checked the posture of a patient with Parkinson’s disease. I looked at how they stood and sat, paying attention to their head, shoulders, and back. I noticed they leaned forward a bit, which is common with Parkinson’s.  
  
I explained this to the patient in a gentle and simple way. I told them that working on their posture could help reduce pain and improve movement. I made sure they felt comfortable and understood everything I was saying.

## 2. Gait (Walking) Assessment and Feedback

I watched a stroke patient walk using a quad stick. I noticed that one side of their body didn’t move as well as the other. I stood close to them to make sure they were safe while walking.  
  
Afterwards, I gave feedback in a kind and supportive way. I told them what they were doing well and what they could work on, like stepping more evenly. I also spoke with the supervising physiotherapist about what I saw and how to help the patient improve.

## 3. Sit to Stand Transfer with a Walking Frame

I helped a patient with dementia to stand up from a chair using a walking frame. I showed them how to do it step by step and used a belt to help keep them safe.  
  
I checked that the frame was in the right position and that the area was safe. The patient was confused at first, so I repeated the steps calmly and gave lots of reassurance. I made sure they felt safe and confident during the transfer.

## 4. Mobilising a Patient with a Walking Frame

I walked beside a patient with Parkinson’s disease while they used a walking frame. I made sure the path was clear and walked at their pace. I stayed close in case they lost balance.  
  
I spoke to the patient throughout the walk, giving encouragement. If they needed to stop or rest, I allowed time for that. I watched out for “freezing” (when they suddenly stopped moving) and helped them by speaking calmly and encouraging them to move again.

## 5. Hand Strengthening Programme

I worked with a stroke patient who had a weak grip. I showed them simple hand exercises like squeezing a soft ball and touching fingers together.  
  
I helped position their arms and hands correctly to make sure they were comfortable. I explained each exercise clearly and gave them time to practise. I also told the physiotherapist how the patient was doing with the exercises.