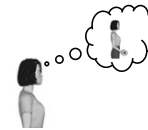


Physical therapists' and physical therapists' assistants mental practice utilization across clinical settings

Katie Barnett
Sue Barlow
Rachel Haskins
Faculty Advisor: Nancy Fell

Mental Practice

Mental practice- the ability to repetitively visualize oneself performing a physical task in the absence of body movement



Evidence based technique

Hypothesis

Mental practice is currently under utilized as a treatment technique.

Methods

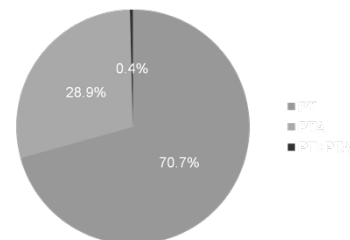
- Hand delivered surveys to practicing PT and PTA
- Results scored manually and confirmed by independent researcher
- Results analyzed using SPSS v16.0

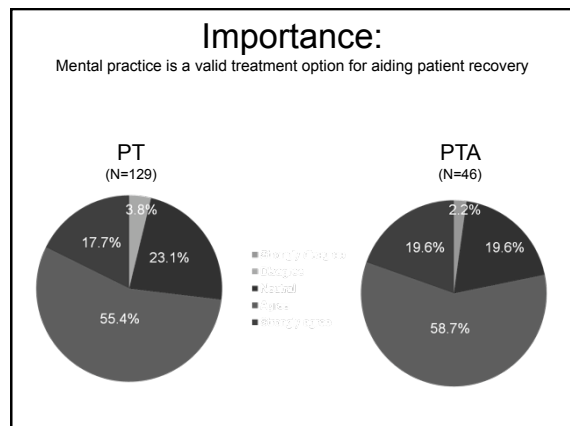
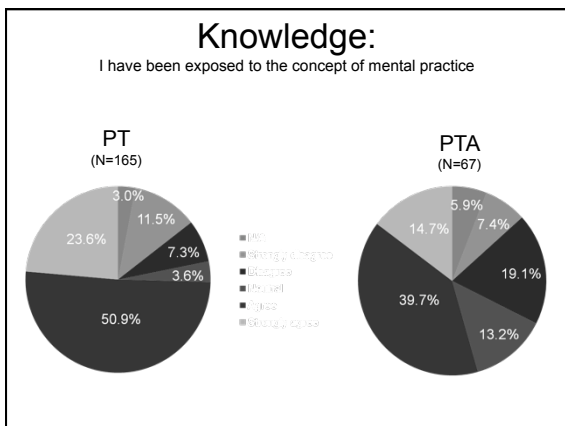
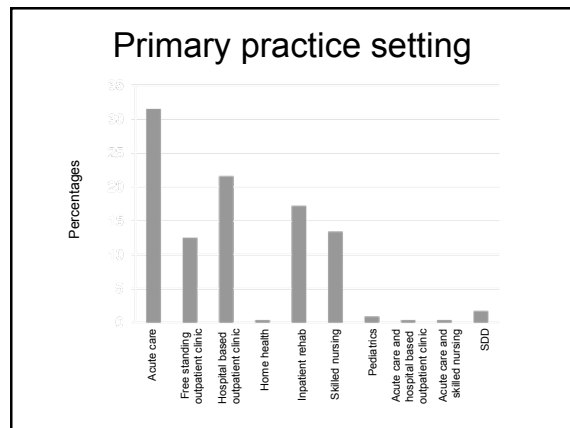
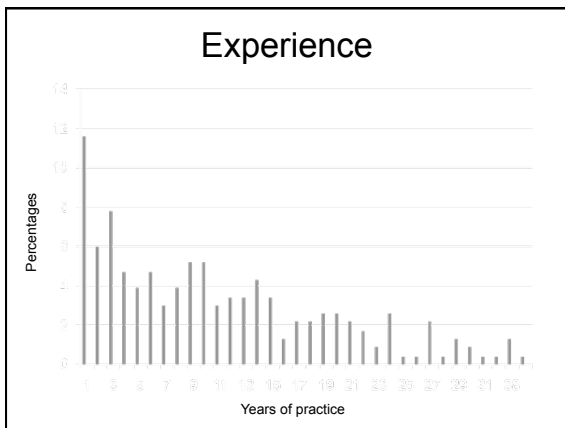
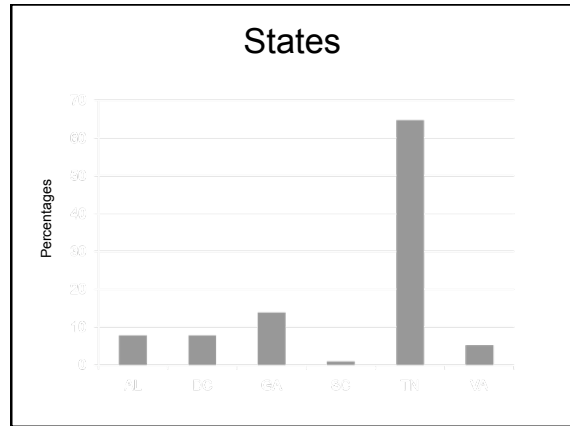
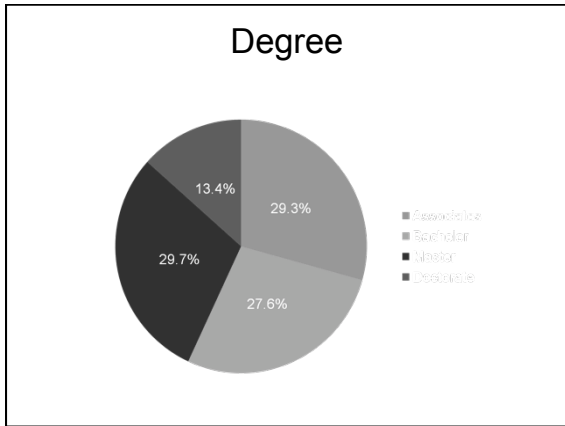
Survey description

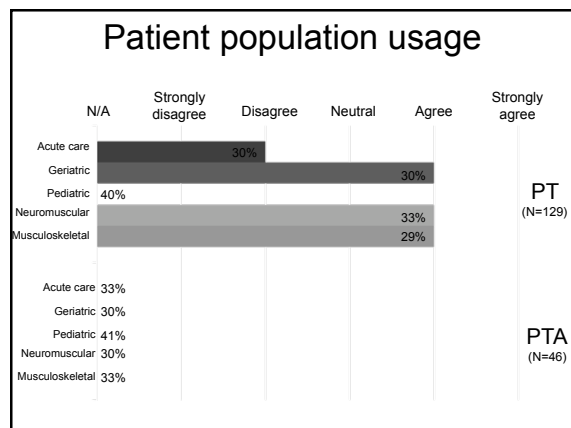
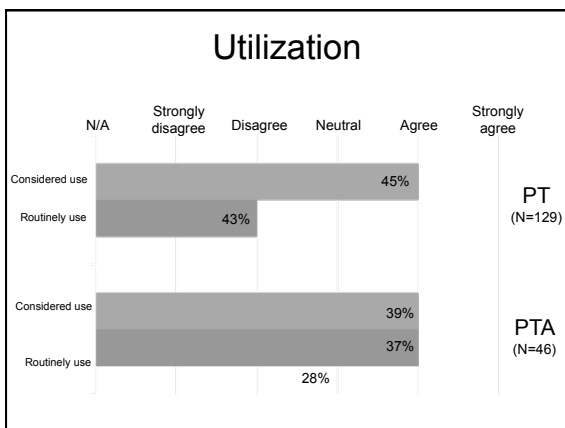
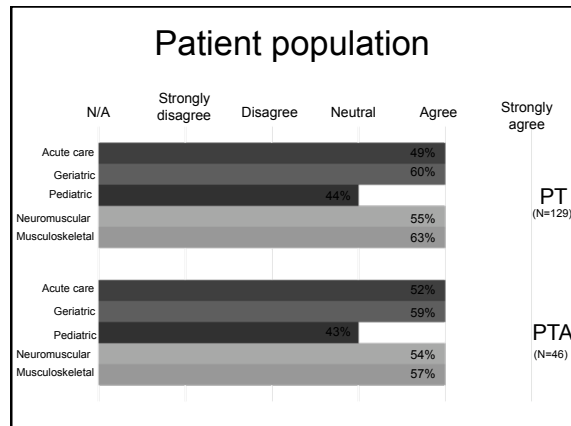
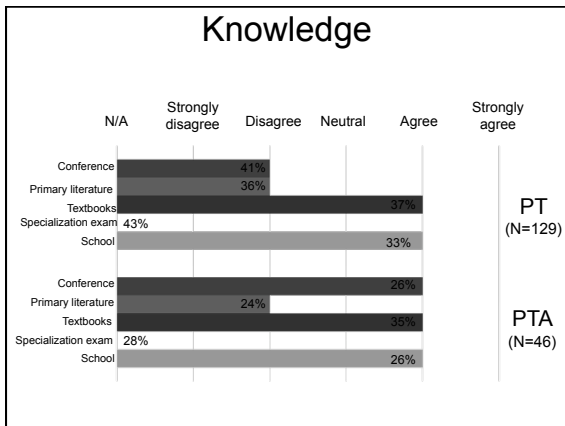
N/A Strongly disagree Disagree Neutral Agree Strongly agree

- Demographics
- Knowledge
- Importance
- Utilization

232 total surveys







Discussion

- Strengths
 - Survey number (232!)
 - Survey format was appropriate
 - Data entry confirmation
 - Novel research idea
- Weaknesses
 - Convenience sample
 - One question caused confusion

Conclusions

The data indicate that mental practice is perceived as important but under utilized.

How are clinical decisions being made?

References

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