Paige Kensrue SPT

**Rehabilitation Considerations for the Overhead Athlete**

Presented April 4, 2013

Please evaluate the presenter by indicating performance on the given scale for the following questions and providing any other comments:

1. The introduction captured your interest and the background information and purpose of the presentation were clearly conveyed.

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| --- | --- |
| **4 (Good)** | **5 (Excellent)** |
| 9 | 26 |

Comments:

* Clear review of talk expectations; shared personal background with shoulder as overhead athlete
* Enthusiasm for topic and personal connection engaged me immediately
* Nice to get more of the “okay, now what do we do with them?” part of PT
* Excellent topic on explaining WHY we use certain exercises
* You reinforced my love for the shoulder!
* Maybe set up when this comes into the rehab process a little better
* Wish we could have learned more about WHY these patients come in – i.e. for impingement, weakness, soreness, etc.
* Just enough basics, but not overkill
* I don’t really like the shoulder, but you did a great job presenting the topic
* Clearly a passion for you – enthusiastic!
* You seemed very enthusiastic about your topic
* I like stating the fact that this presentation was about tx and rehab techniques and making that known early in regards to our class
* Your pictures and videos really assisted with our understanding of the exercises
1. The presentation was well organized with clear sections and transitions leading to a clear conclusion.

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| **4 (Good)** | **5 (Excellent)** |
| 6 | 29 |

Comments:

* Good topic headings with clear transitions
* Very thorough with clear transitions – loved the transition slides and verbal prep moving to new series of slides in presentation
* It was sometimes hard to follow – from sport-specific demands 🡪 humeral torsion, altered length-tension, etc.; overall good though
* Yes, great breaking down with intro to sections
* Nice, logical flow of information
* Very organized and thanks fort he notes section throughout the PPT
* Very organized, but it was a little fast, making it difficult to read everything as you went – but I will read it later for sure!
* Good transitions!
* Very well organized I like that you had sections. It made the presentation easier to follow
* Clear headings
* Great videos, pictures!
* Very well organized – nice flow and aesthetics; great videos!
* Videos added a lot to help with more clear understanding of exercises
* Great transitions between anat 🡪 kinematics 🡪 popular patterns/pathologies/cause/effect/etc. into rehab and techniques and emphasizing the whole kinematic pattern involved in overhead athletes
* I really liked your progression of anatomy 🡪 biomechanics 🡪 injuries 🡪 rehab. I thought you gave a great global view
* The kinetic chain and bringing it all together at the end was very helpful
1. Key points of the presentation were reinforced and a sense of closure was provided.

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| **4 (Good)** | **4/5** | **5 (Excellent)** |
| 4 | 3 | 28 |

Comments:

* Good summary at end of presentation; great use of videos to support points
* I occasionally got lost in details – probably again my struggles with pace – but I definitely walked away with key points even without reviewing/rereading
* I thought you did a great job providing us with exercises we can use in the clinic! Thanks for your great resources!
* Good summary at end that is exactly what you talked about
* Excellent conclusion/summary
* Awesome conclusion slide
* Whole body!
* I think emphasizing the anatomy and biomechanics is important
* Good conclusion, summary, take-home points

4. The presenter spoke with confidence and with clarity throughout the presentation.

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| **4 (Good)** | **5 (Excellent)** |
| 12 | 23 |

Comments:

* Started out a little nervous (which is expected) but settled in by ~5min; Good knowledge of topic and added a lot to the material on the slides
* Clarity of material was strong in PPT slides and notes and videos, but fast pace prevented my ability to absorb information or keep up
* Great presentation, but maybe speak a little slower
* Spoke a little fast at times. But you know your stuff, just relax, you got it!
* Good eye contact and you didn’t speak fast, do don’t worry about that
* Do slow down a bit though
* Great presence, you kept my attention throughout
* You didn’t seem flustered at all – good volume too
* You knew your stuff!
* You breathe confidence!
* I really liked how you demonstrated exercises through videos so we could better understand
* Don’t apologize for anything during your talk!
* Overall great – at times talked a bit fast
* Spoke a little fast and said “um” or “so” a fair amount – you were very clear, for sure, but just be aware of your “fillers”
* Gained confidence and clarity as the presentation progressed, nice work!
* Great engagement with everyone and flow with info. Good confidence in speaking
* No real problems here, may want to limit some extra words (like the um’s) speak with a little more authority as well.
* Spoke fast and tried to cover a lot of material for the time give. May have been easier to focus on fewer things and providing reference for interested individuals to look up other things
* Very obvious that you knew what you were talking about and conveyed that well to the class

5. Questions were encouraged and answered accurately and effectively.

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| **4 (Good)** | **5 (Excellent)** |
| 11 | 24 |

Comments:

* Invited questions from the start
* Answered questions well in presentation and after presentation, even when people asked stuff outside the realm of your presentation
* Thank you for providing sufficient time for Q/A after
* You clearly had knowledge of the research you did
* Most of the questions focused on research you had not touched on, however, you answered relevant questions to your research effectively

Is there anything you would have done differently or wish would have been included in the presentation?

* Consider a summary slide at the end of each section; do all the videos in the same place; be sure videos show exactly what you want
* Nothing! Well-researched, enthusiastic, might slow down a little
* I would have liked you to present a “typical” treatment program for return to sport case study so we could better visualize the program/rehab overall. Just be clear to address that every patient is different, but good job
* Could we have access to the videos you made to use – I might not remember them all – cool variety of exercises I hadn’t seen before! Great job! \
* It was interesting and well presented!
* I liked the video and references for each area so we could go back to those areas but some of the info in your “notes” area was super helpful and may be worth including especially if you talk about it a lot
* I liked the informal feel. The videos were great and needed no disclaimers. If you ever decided to do additional videos, maybe have the “patient” perform the exercises 2-3 times, rather than once or twice. I didn’t have enough time to observe the exercises.
* Excellent! Thank you!
* The videos were so helpful
* Great that you did show the exercises
* I thought the presentation was great and will be a valuable resource, the videos were a great asset to the presentation and thanks for providing the specific exercises for rehab programs
* There was a lot of information (great!), but in a short amount of time – this is probably not your fault, but I wish we could have had more time for the presentation!
* Maybe a little information about what we would typically see (which muscles are often compromised)
* Wish we could see the videos on our presentation for future reference
* Pay more attention to the audience. Several people had questions but you moved on because you did not realize their hands were raised.
* Just don’t breeze through stuff. Be confident that all of it matter and if it’s in your presentation, its important for the audience to know
* Really good job. Well organized PPT
* Nope, you did a great job and the presentation was very informative and a great reference for me in the immediate future with observation/clinicals and further into my education experience
* Great job in linking muscle action with injuries. I think you could have focused a bit more on assessing the athlete to address concerns as well as breaking down rehab into stages (early, middle, late, return to play) for the treatments provided.
* Videos were great, but did not allow for visualization of ex in downloaded presentation. Maybe having more pic/description of ex for future recall of ideas would be helpful (i.e. more extensive handout)
* Great presentation, good overall review of the biomechanics. The various exercises you provided for all types of shoulder issues were very helpful to remember for the clinic.