

# How David Found His Passion in Physical Therapy

David's interest in physical therapy began during his high school track days where he got several injuries from running. He learned about the importance of stretching and started to care for his whole body, not just the part that needed rest or recover. "I learned what it takes to achieve a healthy body," David said. His past experiences and drive to help others guided him on his path to becoming a physical therapist.

*Becoming a physical therapist allowed me to be a clinician, a teacher, and a cheerleader—kind of fitting all of the pieces together that are relevant to me*

*David, Physical Therapist*

He earned his Doctorate of Physical Therapy at the New York Institute of Technology and began working with patients. When David joined VNS Health 20 years ago, he discovered that home care was the right fit for him.

"It was the perfect fit for me because I really enjoy the homecare mix," said David. "Taking care of patients in their own environment gives you an opportunity to spend a lot of time with them, to get to know their family, and provide a greater level of comfort."

He is also happy to have extra services like language translators, wound care, personal care, that can better support his patients and their recovery. Today, David serves patients in Queens, making about 40 home visits a week. He usually sees his patients 2-3 times a week and spends 40 minutes to an hour with each person. He helps individuals of all ages recover from injuries, surgeries, extended hospital stays, illnesses, and chronic conditions.

“I see a lot of orthopedic cases, people who have knee and hip replacements, patients getting over COVID, and those with cardiac issues and congenital conditions,” said David.

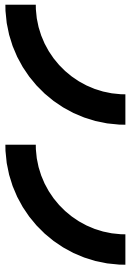
Some of the challenges his patients experience are simple day-to-day activities like going up the stairs, walking to the bathroom or getting up from a chair. David's care involves helping patients overcome these challenges by building up their strength. He creates specific exercise programs for his patients. He also assesses the patient's home environment for safety hazards. Sometimes he will recommend patients to use a mobility devices like canes or walkers to help reduce stress on joints and muscle.

For David, seeing his patients gradually grow and achieve their goals is a perk of being a physical therapist. Getting to know my clients, witnessing their growth, and seeing their happiness when they achieve small accomplishments are just a few of the rewards I enjoy. Like an onion, everything is layered...there's always a new patient, a new set of health conditions, a new environment and a new opportunity to help someone get over their personal obstacles—whatever they may be.

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