

Pocket Orthopaedics

Evidence-Based Survival Guide

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Preface

As new clinicians, one of the greatest obstacles to serving our patients best is self-confidence. The power of believing in oneself is a physical therapist's best friend. Physical therapy is not just about fixing mechanical problems; it is a beautiful collage of human relationships—the simple act of caring, listening, and giving the patients your best. This survival guide is but a temporary learning aide as we each walk the same scary path toward excellence. Rest assured that each and every therapist before you once stood, knees knocking, before a patient, not knowing what on earth was going on or what treatment to offer. This guide will make this journey faster and more straightforward. Take pride in your profession, take pride in your expertise, and know that there are few professions that can offer the compassion and care that we as physical therapists can and do every day. Go forth and make the world a better place...

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