Andy Newman Student Physiotherapist Blog

In terms of why I wanted to be a physio.

I’m actually a final year mature student from Manchester Metropolitan University, aged around 26 when I started my physiotherapy studies. To get admitted onto a physiotherapy degree program for me first meant undertaking an access course to acquire the necessary level 3 qualifications as well as sitting a maths GCSE to acquire the required C / Level 4 grade. This was a challenging 12 months in which I juggled working part time with my part time study ending in the elation of having my place on the degree program confirmed.

I’d had a number of jobs and have even spent 5 years after leaving school serving in the British Army. After which Id started working in an office, in a role I just couldn’t see myself enjoying long term. I’d come to the conclusion I wanted a career as to oppose to a job. And a career where I would be positively impacting other people’s lives, not just moving pay day to pay day through the year. Physiotherapy was something that had caught my eye in the past and just refused to go away, often creeping up in my thoughts when It came to career change. I had always been ‘physically’ inclined and enjoyed understanding my own body and what I could do to make me feel the best I could day to day. I decided to start looking further into the profession and was fascinated by idea of learning and deepening my knowledge around the body and movement and how I could use that to help people who had experienced illness or injury and get them back to feeling well. This to me presented the absolutely perfect role for me in terms of motivation and job satisfaction. And this has been true through my clinical experience on placement.

My experiences throughout my placements have been incredibly varied, with placements including my current and final placement here in Community Stroke, MSK outpatients and orthopaedics as well as others. I’ve been lucky enough to experience different settings and different patient populations. It is these experiences out on placement that bring to life the learning that’s done in University. Quickly you discover you’re much more ready than you thought prior to stepping into your first placement.

I have had fantastic educators throughout, thought of course some better than others. I would say the key attributes to a good mentor and educator is someone that gives you the opportunities and confidence you need to continually increase your scope of practice as a student. Someone who is able to bring feedback to you in a constructive way and in a way that brings new understanding. Above all, someone who remembers what it was like to be a student and doesn’t pretend to have been an expert from day one.

I have loved the challenge of all my patient interactions and the joy of seeing those light bulb moments, where knowledge and strategy I’ve passed on has improved a patient’s life. I now look forward to graduating next year and continuing to gain countless more of these experiences through my career.