

## **Topic: My Journey from Injury to Aspiring Physical Therapist**

**Situation:** Severe ankle sprain during soccer playoffs

**Challenge:** Months of rehab and mobility struggles, the team had to forfeit, lost friend group and identity.

**Turning Point:** Bonding with empathetic physical therapist, Dr. Jackson, who inspired me

### **My Reactions:**

- Intrigued by the anatomical models and exercises Dr. Jackson used
- Asked questions about muscle mechanics and rehabilitation processes
- Realized I had a knack for learning the biomechanical concepts
- Joined Dr. Jackson's therapy sessions for other patients between my appointments

### **Insight:**

The injury shattered my high school athletic dreams, but Dr. Jackson showed me a new playing field. Her compassion, problem-solving skills, and ability to combine science and motivation opened my eyes. Though I can't compete like before, I've now found my true calling—to help others overcome physical setbacks while exploring the fascinating human mechanics behind therapy and recovery. I'm eager to apply my perspective and experiences toward becoming a healer in this incredibly rewarding field.