

Department of Health Promotion and Exercise Science:

Internship Comprehensive Outline

Paul Medina

Capital Energy Training

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Objectives

Objective 1: During the internship, I want to develop the proper skills and techniques when it comes to adapting to different clients. I will establish a base-evaluation on my abilities to work with clients and learn and improve as I continue along the internship. With feedback from both my supervisor and the clients, I can improve and continue to grow in the healthcare world.

Objective 2: Throughout the internship, I would like to become more fluent and knowledgeable in how I communicate with clients. To achieve this, I will receive feedback and practice on my own time. Over time, I feel as though my improvements will be seen in factors such as my body language and fluidity.

Objective 3: After the internship, I want to be able to apply what I've learned into my own personal life and improve my habits. Over time, myself and others will be able to see the results from my improvements and hopefully share my learnings with others.

Objective 4: Throughout the internship, I would like to be able to learn how to improvise as I go. I have seen Paul, my supervisor, incorporate some freestyle and out-of-the-box methods as he works on his clients. Keeping up with the latest medicine and incorporating multiple techniques when the opportunity arises is how I will achieve this goal.

Agency and Community Description

Capital Energy Training is located in Northwest Washington, D.C. just outside of American University. The Northwest region of Washington, D.C. is home of the Capital. Northwest Washington, DC is home to slightly over 340,000 people and encompasses a variety of different races and ethnicities. Washington, DC holds a variety of different occupational opportunities which allows for a diverse set of clientele. At Capital Energy Training, we experience individuals daily who have a desire to improve their efforts, receive manual treatment services for recovery, or just get a good workout in.

Capital Energy Training is located inside of Capital Cyro, home to services that include a “Capital Tan”, cryotherapy, infrared sauna, and reflexology. At Capital Cyro, a number of tanning beds are available to get hit with that perfect color whenever a client would like. Cryotherapy is a more modern version of an ice bath that athletes would typically look for before or after an exercise session. It was designed to treat Rheumatoid Arthritis and inflammatory joint diseases, but after such success, has expanded to treat systemic inflammation throughout the body. The giant cylinder reaches temperatures that range from -200°F and -256°F and each treatment is only three minutes in length. After a cryo-session, clients feel less sore, less stressed, and any chronic pain may be muffled in the following days after the session. The infrared saunas are used in a therapeutic manner as it increases blood flow, removes toxins, and promotes a natural anti-inflammatory response throughout the body. These sessions last anywhere between twenty and thirty minutes and also leaves the client feeling refreshed and ready for their next adventure. Reflexology is driven by the theory that our hands and feet have certain reflex points that directly correlate to the muscles, nerves, organs, glands, and bones throughout the body. The

point of a reflexology session is that it balances the nervous system and stimulates the release of endorphins throughout the body.

Capital Energy Trainings studio holds a number of different pieces of equipment that help Paul Medina, supervisor, properly and effectively work on his patients. Many of Medina's sessions often incorporate a mixture of a recovery session as well as a slight yet effective workout to put the affected area of a client under some pressure. The clients walk in and out of the studio with smiles on their faces. Medina and I have been able to inform patients about their current status', areas of progression, and areas of improvement as well as our hopes for down the road in terms of clients well-being. The welcoming feeling of Capital Energy Training is an environment that allows clients to feel as they are at home and in good hands no matter the session.

Special Project

The special project that I proposed was to set up with a standardized take-home exercise program that clients can receive. While interning at Capital Energy Training, the majority of affected areas that I was exposed to were neck, back, and hip clients. For the purpose of the duration of the internship, these areas are going to be the ones that I tackle on. Down the road, I will be able to add on more areas that would account for the other patients with different affected areas. I was able to create a few slideshows that were sent out to a few clients for their at home routine. To start this project, an evaluation needs to be done on the client to determine what exactly needs to be implemented for the best possible outcome. During the evaluation, we will also determine what the client has accessibility to outside of the studio in regard to equipment. As the session continues on, the evaluation is assessed and is developed into a brief and broad list of at-home exercises that can be taken out the door for the client. The exercises given will be ones that do not require assistance in terms of proper placement. They will also be ones that the client is familiar with and feels comfortable performing alone. After each time a client performs their exercises at home, they will be asked to jot down any observations they may find. These include any pain or discomfort, questions, comments, or concerns. Patient safety is always the main priority. Communication is going to be the main effort when it comes to establishing what works, what doesn't, what needs to be changed, and so on. Clients will gradually progress through their take-home remedies and be able to learn how to make small lifestyle changes that they can use on their journey back to their youth. Flyers will also be made to promote the at-home remedies and will be placed around the studio for easy accessibility.

Appendices

Evaluation

Clients name: _____

Affected area(s): _____

Notes/Evaluations:

Exercises performed during session & feedback:

Exercises prescribed:

(Sample take home sheet)

NECK:

- Neck side bend
 - Start by looking straight ahead
 - Bend the neck so that your ear is trying to land onto your shoulder
 - Hold the stretch for 30-45 seconds, twice on both sides
- Neck rotations
 - Rotate the head 360° in both clockwise and counterclockwise directions
 - Rotate for about 30-45 seconds in each direction
- Neck retractions
 - Start standing face forward
 - Pull your chin back while keeping the body still, then return to normal
 - Repeat for 3 sets of 10-15
 - If applicable, use resistance bands to add a load
- Neck flexions
 - Start sitting face forward
 - Clap your hands behind the head and start to slowly push your chin down to your chest
 - Stop when you feel a big stretch in the back of your neck
 - Return back to normal and repeat 3-5 times

(Sample take home sheet)

BACK:

- Warm-up: Arm circles
 - Stand with your feet shoulder width apart
 - Extend the arms out to a “T” shape
 - Rotate the arms forwards and backwards
 - Do this for 30-45 seconds in each direction

- Bird-dogs
 - Start on all fours
 - Extend the right arm straight forward and the left leg straight back
 - Pause for a second and return back to starting position
 - Switch arms and legs and repeat 2 sets of 10 on each side

- Reverse flys (with dumbbells)
 - Grab a comfortable weight and bend at the hip slightly forward
 - Raise the arms out to the side until the body is shaped like a “T”
 - Return back slowly and repeat for 3 sets of 10

- Back extensions
 - Lay on your stomach with your forearms on the ground
 - Pushing up from the forearms and keeping your head down, extend to a 90° angle and hold for 45 seconds
 - Repeat 3-5 times

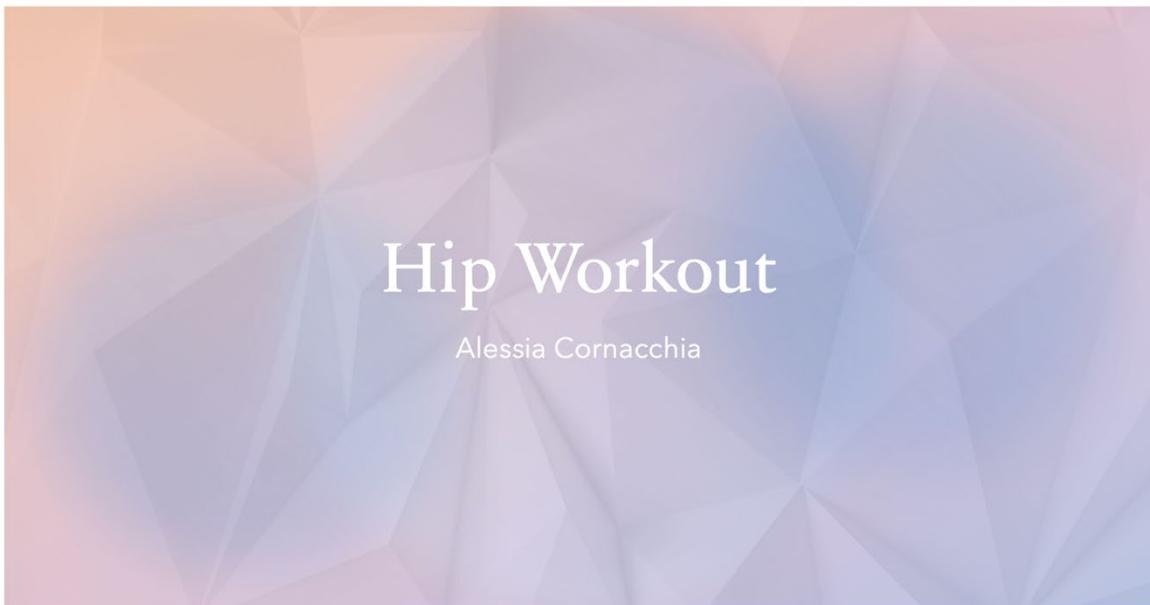
(Sample take home sheet)

HIP:

- Clamshells (with or without resistance bands)
 - o Lay on one side of the body
 - o Place the inside part of your feet together so that your knees are stacked on top of one another. At this time, if using a resistance band place it across the bottoms of your quads.
 - o Spread your knees apart to “open the clamshell”, pause for a moment at the top, and return back to normal
 - o Repeat for 3 sets of 12-15
- Fire hydrants
 - o Start on all fours
 - o Keeping one leg at a 90° angle, bring it up out to the side while keeping your body straight and your palms stay flat
 - o Lower the leg and repeat for 4 sets of 8-10
- Lying lateral leg raises
 - o Start by laying on one side with your feet stacked on top of one another
 - o Place your hand on the hip on the side that is not on the ground, but place the arm on the ground under your head
 - o Keeping the leg straight, raise the leg to what seems to be a 45° angle
 - o Lower the leg and repeat for 3 sets of 20



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take home sheet.*2

- **No** equipment necessary
- **Easy** and **simple** choices, no assistance required
- **Virtual** help center/meetings available upon request**

*Take home exercises may be limited to certain areas of the body for the time being.

**Available via Zoom or phone call