

"How earning a college degree will positively impact my life?"

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Movement is the key to life. Everything we do involves movement, from our first baby steps to the goals on our bucket lists, we move. Through athletics, parenting, and life experiences everyone gets injured and because of these injuries our ability to move is hindered. Once we have adversity and our movement is affected our lives become harder and our once joyous hobbies become painful reminders of our inability to move effectively. This becomes a cycle where injuries become persistent and we compensate in various ways which usually only lead to further injuries. This cycle can be broken though, through learning and encouragement a person is able to regain their movement and find joy without pain. It is for this reason that I wish to pursue my degree in becoming a Doctor of Physical Therapy.

I want to be a Doctor of Physical Therapy because I have experienced firsthand the positive impact a physical therapist can have on an individual. When I injured my shoulder I visited doctor after doctor and had many tests done and the common response I received was to stop the activities I loved until it healed. After several months of rest I returned to the gym and was still in pain, and after consulting another doctor I was referred to a physical therapist. The physical therapist was able to guide me on the path of healing through exercises that strengthened my weaknesses while encouraging me to enjoy the activities I loved, slowly progressing to 100%. I understood then that I want to be a person that enables other to do the things they love and not a person who tells someone they can't or shouldn't.

Having held a variety of jobs in my life from being a video producer to being a parent, I have discovered that the most important thing in life is the impact we can have on other human beings. Every day we interact with others and have opportunities to impact their lives for the better. Being able to positively influence someone else's life is an amazing accomplishment; it is what truly matters in this life. For most, our legacies will not be in the history books but in the conscious memory of the people we helped and influenced throughout our lives. Everyone has struggles and often times it is the simple

acts that we perform that can improve a person's day immediately whether it is a smile or lending an ear. Sometimes though people will have struggles that last a lifetime through events often beyond their control and by becoming a physical therapist I will be able to directly assist people on their road to recovery and make a lasting impact on their lives.

When a person gets injured it is often more than just physical pain that they experience. The physical pain hinders their movement but the pain also takes its toll mentally and emotionally on an individual. Every time someone moves while they are in pain they become afraid to move in that way and experience the grief of feeling helpless and sometime hopeless. Often times the pain will cause a person to give up doing the things they love, whether it be running, gardening, or playing with their children. With the proper assistance and encouragement people can overcome these obstacles. By assisting people on the road to recovery I will be able to not only assist them in their ability to move but I will be able to assist them in overcoming their fears and finding the joy they once used to have when doing their favorite activities.

By becoming a Doctor of Physical Therapy I will be able to make a meaningful impact on my community and also give back to those who have given so much. My husband is a member of the SOF community and I witness firsthand how these soldiers sacrifice their bodies through years of airborne operations, constant deployments, and rigorous physical fitness training. During my observation hours I witnessed firsthand the need that soldiers have for physical therapy to recuperate after their injuries they have suffered while serving. These injuries impact every facet of their lives not just their service to our country. My ultimate goal would be to work with soldiers and help them rehabilitate so they can return to service and their families at 100%.

Earning my Doctor of Physical Therapy degree will not only positively impact my life but I will in turn be able to make a positive impact on those around me. It is a tough three year journey ahead of

me to achieve this goal, but the rewards of positively impacting those who have given so much in the service of their country will be worth it. I have accomplished many things in my life but it earning this degree that will enable me to achieve my goals and fulfill my desire to serve those who have served and sacrificed for this country so willingly.