

Physical Therapy

This semester, I am not taking any Exercise Science classes. I chose to participate and observe my Intro to Psychology class because in several ways, it can be related to physical therapy. Last week on February 12th, we were mostly talking about the split brain. We compared the left and right brain and studied each side. I always thought it was interesting how the brain's right hemisphere controls the muscles on the left side of the body, while the left hemisphere controls the muscles on the right.



While on this topic, we also discussed how the cerebrum controls balance, coordination and muscle control. My professor, Michael Uhes, shared a video with us by Dr. Mark Kiselica. The video covered important parts of the brain, specifically the spinal cord. The spinal cord connects all parts of the body to the brain which is also known as the central nervous system. If the body was not connected to the brain, it would be impossible to communicate movement. The brain is basically the boss of the body, including the muscles. If the cerebrum was severely damaged, it will cause the body muscles to be paralyzed. On the other hand, if the body were to lose a limb, the brain can teach those muscles how to work with a prosthetic limb, as if it were already attached to the body. The brain can do incredible things, and I think teaching your body how to function with a prosthetic limb as the most amazing. The brain must get used to not having the original arm/leg on the body, but over time, it will

recognize the new one and work with it.



Psychology plays a large role in physical therapy because without the mind, the body wouldn't be able to function. The physical therapists need their mind to help heal their patients, and the patients need theirs to teach themselves how to use their muscles again.

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