

Volunteer Checklist:

Welcome to Marino Physiotherapy! We are so glad you are here and want this to be a fulfilling experience for you. Your observations as a person with fresh eyes are so valuable and if you see areas that can be improved or if there is a way we can improve your time with us, please talk to Alaina Marino – the owner. Here is a general list of areas we could use your assistance. If you have any questions, Alaina and Elizabeth are your first resources, and Jason up front at the desk can be helpful as well, and of course, you can always ask the therapists if they need anything – they will love you for that. Please introduce yourself to the staff as you see them so we can all get familiar with you.

Volunteer Guides: Danny, Bill, Alaina, and Ashley are the PT's. Elizabeth is the PTA's. ASK if you are unsure how to do something or have not done it before.

Wipe down and refresh linen for any table that has been used.

Ask the front desk to assist with other filing tasks

Listen for timers going off and ask the therapists if you can help. This may include (with therapist instruction):

- Listen for e-stim or traction to beep and assist patient by removing electrodes, device, thermal modalities such as hot or cold pack.
- Attend patient as they complete exercises and alert the therapist of any pain or discomfort or signs of struggle, breathing difficulty, or patient changing color to red or pale.
- Attend patient for customer service needs (show where bathroom is, help with paper work, visit with them while they are on the nustep/bike/TM)
- Being a second set of hands in a treatment session

Flip laundry, fold, and put away.

Look at schedule and go to wipe down mats at the :00, :20, and :40 of each hour and between patients.

Wipe down all chairs and stools in gyms and waiting rooms

Wipe down equipment or any surfaces a patient may touch such as counters and door knobs

Swiffer top of cabinets or furniture

Wipe all equipment at least once per shift

Wipe off weights and rehab equipment

Wipe down the area around pool (seats and in dressing room).

If you are looking to observe treatment sessions as you are interested in becoming a therapist, PLEASE LET THE THERAPISTS KNOW so that we can help you get more time doing this.

REMEMBER: You are responsible for keeping up with your Volunteer hours. If you are doing observations for PT or Grad school requirements, it is a good idea to keep notes on what TYPE of patients you got to see (no personal information), what TREATMENTS you found interesting, and what you learned from your time here. This information is also good for a more detailed letter of recommendation if you should need one in the future.

THANK YOU & WELCOME!!!!