

Lacey Fries

Dr. Foster

HPSS 2223

28 April 2026

Philosophy of Movement

Movement has always been a large part of my life, from childhood to now I have always enjoyed being active in some way. From dancing in the living room of my childhood home, to playing softball, and basketball as a child, and later dancing competitively, I have always been active in some way. Even now, I have been going to the gym consistently, training for a strongman competition and later I plan to begin getting ready for powerlifting competitions. Movement is a great stress reliever for me and many others and that is how it contributes to “the good life” for me.

As a physical therapist, promoting movement and keeping people active is key to helping them get better and keep them healthy. Participating in physical activity also makes me feel more competent in a career that will require me to educate people about movement and exercise. A study done by Beth Black, MarySue Ingman, and Jamie Janes (2016) examined the role that physical therapists have in promoting a healthy lifestyle with patients. The study found that most participants in the study agreed that physical therapists should educate them about maintaining a healthy lifestyle, as well as being a role model for engaging in physical activity. (Black et, al, 2016)

Patients that come to physical therapy often come into the clinic in pain that alters how they go about their daily lives. Some come in with injuries that stop them from being as active as they once were. Maria Björkman and Louise Danielsson (2024) looked at how physical activity

helps those with depression. The study shows that when people have knowledge, personal experience and and having a safe environment increases the probability of those with depression to engage in physical activity. (Björkman et al, 2024) As a physical therapist, it is crucial for me to be able to keep patients' needs and emotional state in mind to be able to properly treat patients and keep them active.

In class, we talked about how a large majority of the population are undereducated about the benefits of physical activity. People that seek physical therapy often also need help learning how to exercise properly (Foster 2026) It is very important for me to have the ability to properly educate patients about the right way to move and keep people healthy.

References

Beth Black et al., “Physical Therapists’ Role in Health Promotion as Perceived by the Patient: Descriptive Survey,” *Physical Therapy* 96, no. 10 (2016): 1588–96,
<https://doi.org/10.2522/ptj.20140383>.

Björkman, M., & Danielsson, L. (2024). Belief, hope and help from others: a qualitative study on what facilitates physical activity in people with depression. In *Physiotherapy Theory & Practice* (Vol. 40, Issue 10, pp. 2370–2379).
<https://doi.org/10.1080/09593985.2023.2251051>

Foster E. (2026). *Physical Education* [PowerPoint slides]. Canvas.\n
https://isu.instructure.com/courses/10786/files/1062097?module_item_id=530690