



What Makes You a Successful Healthcare Worker?

I'm a physical therapist. I own my own physical therapy clinic (www.motionworkspt.com) and have recently been named the Wisconsin Physical Therapist of the Year. I think what makes me a successful healthcare worker is empathy. It's a skill that I have developed over the years that you can never learn in school. We are all struggling to do the best we can in life, and sometimes we need a little help along the way. Over the years I've learned as a physical therapist that it takes more than the right exercises, the right techniques, or even the right education to have a successful outcome with a patient. It takes a lot of listening, understanding, and finding the best way to communicate with and empathize with that patient to inspire action, whether that action be exercises done at home, beginning an exercise program, or dramatically addressing and improving their work-life balance (or all three). I strive to help patients understand my role as their coach, and their role as the athlete. If patients put in the time and effort and I am effective in my role, together you achieve your goals.

Dr. Jill Murphy was recently named the Wisconsin Physical Therapist of the year. She has over a decade of experience as a physical therapist, athletic trainer, and strength and conditioning specialist. She completed her Doctorate of Physical Therapy from the University of St. Augustine and been quoted in publications such as the Chicago Tribune, Fox News, SheKnows.com, About.com, and Advanced for PT.

She presents workshops and lectures on a variety of topics including spine evaluation and treatment techniques, manual therapy, and medical documentation and billing in venues across the country. Jill has served as an adjunct instructor for the University of Wisconsin Oshkosh and is currently the owner of MotionWorks Physical Therapy, a physical therapy clinic in Wisconsin.