

THE Importance of Caring

NOVEMBER 2022

my journey into health care



Mark Jarecki, PT, DPT
 PHYSICAL THERAPIST

Growing up, Mark Jarecki didn't know what he wanted to do for the rest of his life, but with a little push and guidance from his mom, he found the job of his dreams.

After working at Columbus Community Hospital for nearly 24 years, Jarecki's mother knew the variety of opportunities available. That's why, when Jarecki needed to job shadow a career for his high school class, his mother signed him up to shadow a physical therapist at Premier Physical Therapy.

Jarecki had a great experience and recalled an encounter with a patient that solidified his decision to pursue a career as a physical therapist.

"The patient we were working with got very emotional and expressed how she wished she could spend more time with her friends and be more active," he said. **"That encounter stuck with me because I love helping people, and I thought it would be rewarding to help people become more physically active and help them live life to the fullest."**

After graduating from Lakeview High School in 2014, Jarecki attended the University of Nebraska-Lincoln and received his Bachelor of Science degree in nutrition, exercise and health science. After receiving his bachelor's degree, Jarecki returned to Columbus and worked

as a therapy aide with Premier Physical Therapy during the summer of 2018 before attending physical therapy school at A.T. Still University of Osteopathic Medicine in Mesa, Arizona.

Ultimately, the Platte Center native and his wife decided to move back to Columbus following Jarecki's graduation from physical therapy school.

Jarecki applied for an open position at the hospital because of his positive experience working as a therapy aide with Premier Physical Therapy.

"One aspect I noticed about hospital employees was that there are a significant amount of therapists who have worked at the hospital for a long time," he said. **"This told me there must be something about the organization that people like — otherwise, they would not stay this long."**

Jarecki accepted the position and started his new role as a physical therapist with Rehab Services at the Wellness Center on June 7, 2022.

Jarecki said he stays busy with patient appointments, seeing an average of eight patients daily for treatments, progress evaluations and initial evaluations. Throughout his appointments, he utilizes specific techniques such as therapeutic exercises, functional training, gait training,

neuromuscular re-education, electrical stimulation and therapeutic ultrasound to care for his patients.

"The hospital has helped me gain confidence as a new physical therapist by orienting me and accommodating my schedule," he said. **"I can work with people and illnesses I have the most experience with while also learning more about areas I don't know as much about."**

Jarecki is thankful he chose to pursue a career in health care, specifically patient care, because of the rewarding impact he can make on people's lives. He said the area that has made a significant difference in his work is the ability to communicate with people.

"You can interact with people all day long, but the difference in someone's experience can be how you communicate and relate to them," he said.

In his free time, Jarecki enjoys spending time with his family and friends outdoors, camping, boating and taking family trips.

To learn more about rehabilitative services available at the hospital, visit columbushosp.org.