

THE Importance of Caring

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my journey into health care



Jonathon Brezenski, PT, DPT, ATC, Credentialed MDT
 PHYSICAL THERAPIST AND ATHLETIC TRAINER

From an early age, Jonathon Brezenski knew he was destined for a career in health care.

As a child, he was dead-set on a career as an orthopedic surgeon. But a chance encounter in high school would lead Brezenski to a different medical field and to a job with Columbus Community Hospital's Premier Physical Therapy.

During his freshman year of high school, Brezenski hurt his back during basketball practice. That injury and the resulting need for physical therapy led to him meeting Randy Perault, MSPT Cert, MDT, ATC. At the time, Randy and his wife, Pam Perault, MS, PT, ATC, owned and operated Perault Physical Therapy.

"After receiving care from Randy and recovering from the injury, I started to get an interest in physical therapy and athletic training," Brezenski said. **"My interest in the career became my new goal and I never changed my mind after getting to know Randy and Pam."**

Brezenski went on to do an internship with Perault Physical Therapy before graduating from Scotus Central Catholic in 1998. He would then come back to work for them as a rehab technician during the summers while he attended Briar Cliff University in Sioux City, Iowa.

After receiving a degree in health, physical education and recreation with emphasis in athletic training from Briar Cliff, Brezenski became a certified athletic trainer and earned a doctorate in physical therapy from the University of Nebraska Medical Center.

A year before Brezenski finished his doctorate program, Perault Physical Therapy was purchased by CCH and became Premier Physical Therapy. Pam told Brezenski there would be a position open there as a physical therapist.

Brezenski started working at Premier Physical Therapy a month after receiving his physical therapy degree, and he's been there ever since.

"It was great opportunity for us to move back to Columbus and establish ourselves in the community as we started our family," he said.

As a physical therapist at Premier Physical Therapy, Brezenski is responsible for the evaluation and treatment of patients for a wide variety of cases. He also coordinates treatment plans with referring physicians to help patients return to their optimum function. Along with his physical therapy duties, Brezenski also helps cover area school events as an athletic trainer, as needed.

In each of these roles, Brezenski is thankful for the support he receives from CCH.

"We are very blessed to have such a supportive and progressive organization," he said. **"CCH is extremely supportive in providing opportunities for professional development, as well as encouraging involvement in the community."**

For example, Brezenski said the hospital supported him becoming credentialed in mechanical diagnosis and therapy of the spine through the McKenzie Institute, as well as adding functional dry needling to his practice.

The support Brezenski receives from CCH is one of the reasons he's glad that his career path led him back to Columbus and to physical therapy and athletic training. He's also thankful to have a career he finds so rewarding.

"Watching the progression of a patient through an episode of care and helping them regain confidence and motivation during our sessions is one of the most rewarding aspects of my job," he said. **"Each day is a new day and a new challenge and being able to connect with patients and help them achieve their goals and seeing the smile on their faces is a pure joy."**

For more information on Brezenski or Premier Physical Therapy, visit www.columbushosp.org.