

Website Bio Template



Name: Leslie Rognstad Defenderfer
Institution: Houston Community College

TOTA Involvement if any: Member

Where are you currently in your academic process (fieldwork, capstone)?

I am currently in my first fieldwork 2 placement in IRF at Methodist Hospital. I am getting experience with a wide variety of diagnoses and deficits and implementing interventions. The rehab team is a great example of a cohesive interdisciplinary collaboration, and I am getting a holistic view of patient care. My next placement is at TIRR IRF, and I am really excited to see the differences and similarities between the two facilities and broaden my experience.

Anticipated Graduation Date: May 2024

Interests/Professional Goals:

As a future COTA, my professional interests lie at the intersection of neuroscience, physical dysfunction, and aquatic therapy. My passion for understanding the intricacies of the nervous system and its impact on physical well-being drives me to continually explore innovative therapeutic approaches. I am particularly drawn to the rehabilitative potential of aquatics, recognizing the unique benefits it offers in enhancing mobility and function. My aspiration is to further develop my skills within an acute Inpatient Rehabilitation Facility, where I can actively contribute to the recovery journey of patients. Looking ahead, I envision bridging to OT to deepen my impact and scope of practice. My ultimate goal is to integrate my love for swimming and water with occupational therapy, creating a holistic approach to rehabilitation. I am eager to be part of a practice that harnesses the therapeutic power of aquatic environments, leveraging the soothing properties of water while seamlessly incorporating activities of daily living into treatment sessions.