# Physiotherapy interview: meet Connor

>> CONNOR: My name's Connor. I'm a physio within NHS Grampian rotating around, but currently working in musculoskeletal physiotherapy. I've been working as a physio for almost two years now.

>> CONNOR: When I was thinking about what I wanted to do as a career, I didn't fully understand what physio was exactly. I kind of found out later, after doing sport and exercise science at my undergrad. Yeah, it was just totally up my street.

>> CONNOR: In physiotherapy, we see everything from head to toe. You get a very diverse understanding of people's physiology. You do have to understand people's conditions and things that we don't see.

>> CONNOR: You know, in MSK it is more muscles and skeletons and kind of clear issues, but there are so many other aspects that impact someone's ability to be active and do things and feel even self-motivated. And we get trained in how to address those things with different kind of conversational tactics. It's more than people think, in a good way, not in an overwhelming way.

>> CONNOR: So, one of the main things that really stuck with me when I was trying to understand like, what is this role is that somebody's health isn't just being absent of disease. It's their ability to self-manage. And so, physiotherapy is a means of using movement to help someone self-manage and improve their overall quality of life. It's a lot bigger than just getting them working out.

>> CONNOR: The skills that physio would need, can be very broad. I think generally it's important to be, autonomous, which is your basic ability to make decisions yourself. We need to be able to have effective problem-solving skills as well, be very effective communicators with the different kind of patients we see.

>> CONNOR: The main reason I enjoy being a physiotherapist is seeing the outcomes of your work. You get to see the difference that you make in people's lives.