

# JILL (Hoppenjans) TULEY

## Improving Life One Step at a Time

Graduate: Class of 2000    Occupation: Physical Therapist Assistant  
By Allison Fischer, Spring, 2010

Graduating from the class of 2000 from Forest Park High School, my cousin, Jill (Hoppenjans) Tuley now works in Forest Park's own backyard. After graduating from college in 2005, Scenic Hills Care Center hired her as a physical therapist assistant. This was her first place of employment, and she has worked there ever since then.

When the first patient walks through the door around 7:30 am, Jill's day begins. When workman's compensation is present, her day begins earlier; she has to be there around 6:30 am on those days. Between 3:00 and 4:00 pm, her work day ends because that is when the last scheduled appointment ends. In addition, Jill does home health. When she travels to a patient's house, her day sometimes lasts longer than usual.

As a physical therapist assistant, Jill instructs people on how to perform an exercise for a certain muscle or group of muscles. Along with teaching her patients how to use walkers, canes, wheelchairs, and crutches, Jill gives treatments for pain relief using massages, her favorite treatment of pain relief, and electrical stimulation. Explaining about strokes and fall prevention, she can also treat wounds. She stands in front of senior groups and speaks to them. Jill loves watching her patients get better and helping them to reach their goals. At the end of the day, the goals they achieve makes her feel good. Downfalls to her job exists. The most stressful part of her profession is when the patients do not want to get better.

While in high school, Jill participated in sports. Her best highlight while playing in sports was when she played on the first girls' soccer team at Forest Park. Jill may have known exactly what sports she wanted to play, but she didn't know what she wanted to do after high school.

Knowing that she wanted to work in health care, but not for sure what career she wanted to be in, she went to Vincennes University and received her associate's degree in athletic training and physical therapy. Jill said, "When I was in school I wanted to get out of it the entire time. So I went for a degree that took a shorter amount of time. I now would give a lot to go back and get a bachelor's and master's degree."

Jill lives in Mariah Hill with her husband of five years, her dog Eddie, and her cat Tabby. She loves to read, stay active, and spend time outdoors. Jill advises all students "Don't be in a hurry to grow up. Enjoy school." I proudly present Jill (Hoppenjans) Tuley, a person I admire and look up to.