

MEET EMMA KENDRICK

MSc PROSTHETICS & ORTHOTICS, KEELE UNIVERSITY

Day in the life as a Prosthetics and Orthotics MSc Student



WHAT DOES A TYPICAL DAY ON YOUR P&O COURSE LOOK LIKE?

I usually wake up around 8am and start my morning routine by getting ready for the day. I've recently started doing a short yoga stretch in my room to loosen up after sleeping, it helps wake my body up before classes.

I make and eat breakfast, prepare my lunch, double-check my bag, and walk about 10 minutes to class as I live on campus. Our teaching days normally run from 9:30am to 5pm with an hour lunch break. I take notes, ask questions, get involved in practical sessions, and socialise with classmates during lunch. After class,

I head back to my room and review my notes, check the uploaded lecture slides, and fill in anything I missed.

I make dinner and then go to an evening society – sometimes sports like badminton or netball, other times more social activities like crafts, pool, or learning BSL. When I get home, I shower (especially after sports), pack my bag for the next day, look over my plan, get into my pyjamas, and spend 30–60 minutes reading before going to sleep around 10pm.



HOW DO YOU BALANCE LECTURES, PRACTICAL SESSIONS AND INDEPENDENT STUDY?

I keep myself organised with a weekly routine that fits around my timetable.

Each day has a set purpose, whether that's reviewing lecture content, practising techniques, or completing assignments.

I use Saturdays to stay on top of university work, and Sundays are my reset days, baking for the week, doing washing, tidying my room, and fitting in some colouring or art if I have time. Having structure helps me stay balanced and avoid falling behind.



WHAT I FIND MOST INTERESTING

Definitely interacting with patients and practising our assessment and practical techniques.

Theory is important, but you only really understand your strengths, and what you need to improve, when you apply it in real situations and learn from your mistakes.



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MY FAVOURITE PART OF A PLACEMENT DAY

My favourite part is meeting patients and hearing their stories. Everyone has a different journey and something they've had to overcome.

Being part of their rehabilitation and seeing how much a device can improve their confidence or independence is incredibly rewarding.



PROUDEST ACHIEVEMENT

My proudest achievement is starting the MSc and settling into the clinical environment with confidence.

It's a demanding course, but I'm proud of how much I've grown, academically, practically, and personally, in such a short time.

PROUD



SKILLS I HAVE ACQUIRED SINCE STARTING THE COURSE

I've developed a wide range of skills, including clinical assessment techniques, practical skills in both prosthetics and orthotics, communication and rapport-building, professional reasoning, teamwork, and time management.

I've also become more confident in asking questions, reflecting on my performance, and understanding how theory translates into real-world practice.



WHAT I WAS MOST SURPRISED AT, STUDYING P&O

I was surprised by how broad the profession is, the range of conditions, presentations, and devices we learn about is huge.

Every patient is different, and even small changes in assessment or device design can make a big difference. It's a lot more varied and creative than I expected.



THE MOST REWARDING LEARNING EXPERIENCE

The most rewarding moments have been when I've worked with patients who were nervous or unsure, and through communication and patience, helped them feel more comfortable.

Seeing someone walk out of the clinic feeling more supported than when they walked in reminds me why I chose this profession.

