



Dr. Paul Kochoa, PT, OCS, CGFI Physical Therapist and Owner of PAR 5 Physical Therapy



I help active adults get back to doing the things they love to do without pain medications, injections, or surgery, even if they've tried physical therapy before.

How long have you been a physical therapist?

Over 20 years

Where do you currently work?

PAR 5 Physical Therapy in Randolph, NJ

How do you spend most of your time at work?

I treat active adults, I perform manual treatment like stretching and joint manipulation and then instruct them on exercise so they can become stronger, more flexible, and more resilient.

Why did you choose this career?

I chose this career because I believe that everybody should be able to perform simple maintenance on their bodies to stay active and healthy as they age.

What did you do to prepare for this career?

I went to school for 7 years. I got my undergraduate degree in Exercise Science and Sports Studies from Rutgers University and my doctorate in Physical Therapy from Mercy College.

What do you enjoy most about your job?

I get to be active and fit, and I get to help others do the same so they can be the best version of themselves.

What do you find most challenging about your job?

Not everyone is motivated to improve themselves.

What is one piece of advice you would give to a young person who is interested in your profession?

Be curious. Ask questions. You will always be learning new things every day for the rest of your life.

PAUL'S FUN FACT

In my former job, I was a DJ in New York City and Philadelphia.



www.careercarnivalforkids.com

Posted December 2021