

© Lucia Scuteri

PHYSIOTHERAPY is...



What is Physiotherapy?

- **Physiotherapy is effective treatment for injury and illness**
- **Physiotherapists are skilled in the hands-on management of medical problems**

What is Physiotherapy?

Science and evidence based care

–Clinically and scientifically proven techniques to help heal conditions affecting your body

Who are physiotherapists?

Go-to health professionals

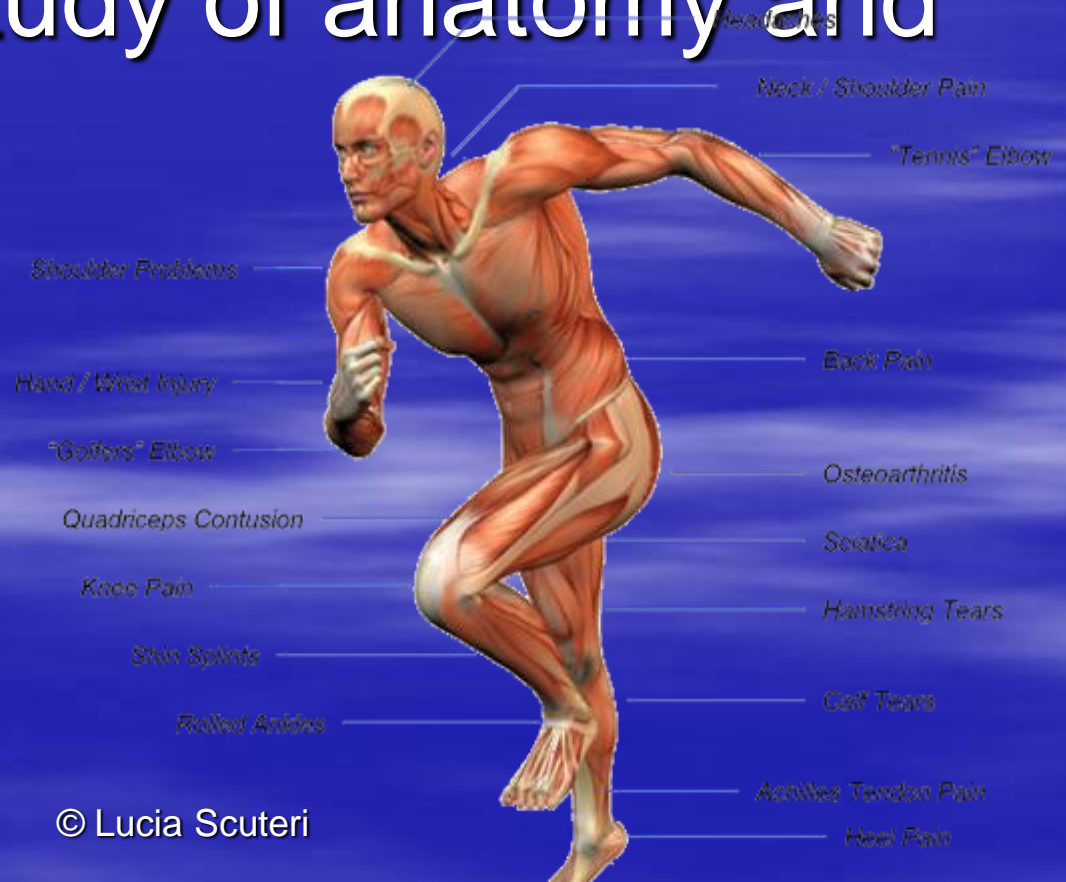
- Accessible, first-line health professionals
- Skilled in health promotion, injury prevention and patient management



Who are physiotherapists?

University-trained in the health sciences

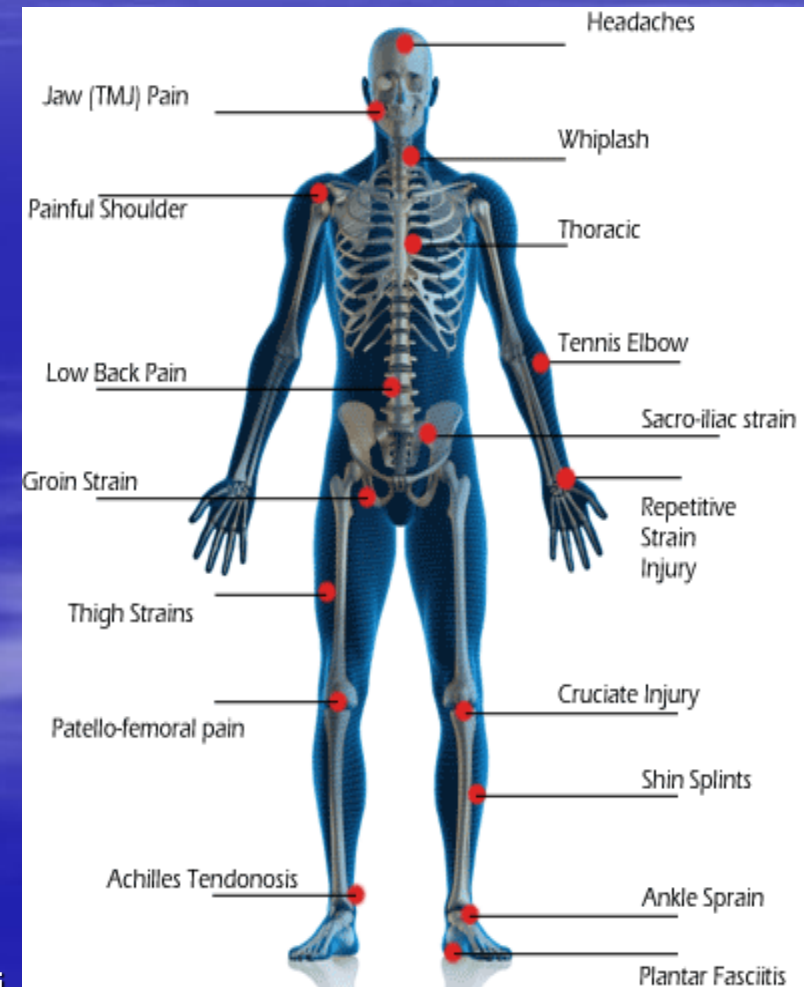
– Intensive study of anatomy and physiology



Who are physiotherapists?

Skilled in clinical reasoning

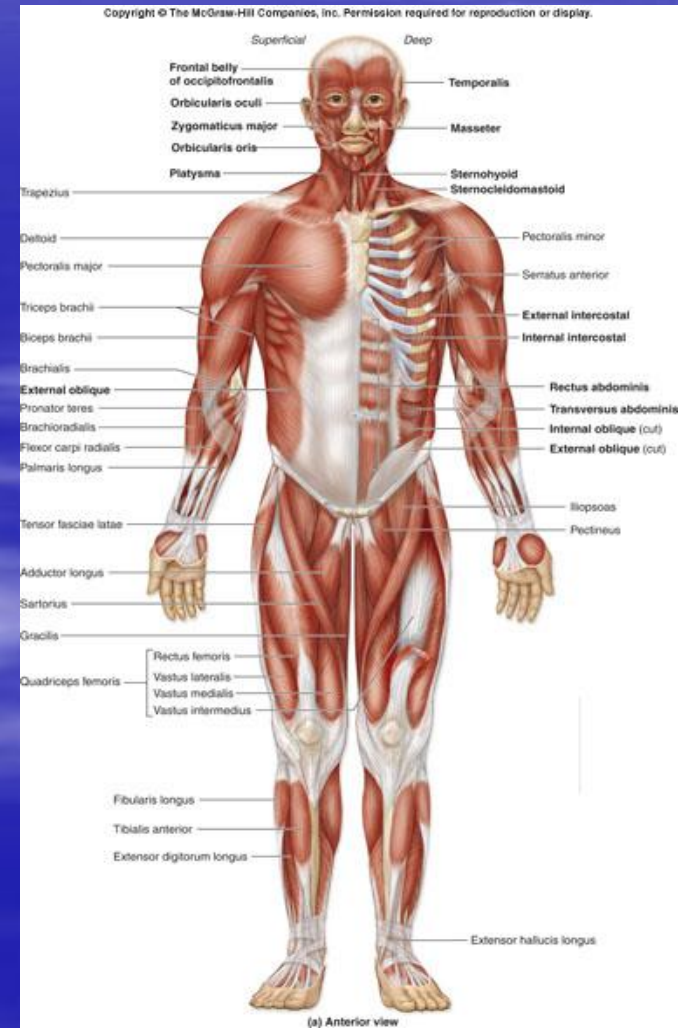
- Life long learners
- Committed to evidence-based decision making



Who are physiotherapists?

Licensed and regulated health professionals with a unique professional title

– Only registered physiotherapists can provide physiotherapy services



Where do physiotherapists work?

Wide variety of public health care settings

- Hospital in-patient and out-patient clinics
- On-site **physiotherapy** in long-term care homes
- Home-visit **physiotherapy** services

Where do physiotherapists work?

Wide variety of private clinics

- Direct access physiotherapist services are widely available
- Many private clinics can accommodate walk-in appointments

What exactly do physiotherapists do?

- Assess, manage and treat a broad range of medical conditions from sprained ankles to strokes
 - Relieve physical pain and help heal injuries
 - Increase mobility, build strength, improve balance, and enhance cardiovascular performance

What exactly do physiotherapists do?

- **Help you to help yourself**
 - Engage clients by prescribing therapeutic exercises
 - Teach clients to better manage their own health

How do physiotherapists approach patient care?

Patient-friendly

- Pursue the individual goals and aspirations of their patients
- Tackle the root cause of physical health problems
- Release clients in good health as quickly as possible

What specific conditions do physiotherapists treat?

- Orthopaedic

- Back and neck pain
- Arthritis and osteoarthritis
- Fractures or sprains
- Joint replacements
- Sports injuries

Benefits

Decreased pain

- Improved joint mobility and strength
- Restored physical function and injury prevention
- Possibly prevent or delay surgery

What conditions do physiotherapists treat?

Cardio-respiratory

- Chronic obstructive pulmonary disease
- Cystic fibrosis
- Heart disease
- Respiratory infections
- Post-surgical care

Benefits

- Improved breathing and secretion clearance
- Reduced breathlessness and increased endurance
- Increased strength of arms and legs

What conditions do physiotherapists treat?

- **Neurological**
 - Developmental delay
 - Parkinson's disease
 - Spinal cord injury
 - Stroke

Benefits

- Improved balance, coordination, strength, flexibility, and function
- Ability to manage daily tasks
- Reduced pain
- Improved mood

What conditions do physiotherapists treat?

- **Women's health**
 - Breast cancer rehabilitation
 - Chronic pelvic pain
 - Incontinence

Benefits

- Reduced post-surgical pain and swelling
- Reduced fatigue caused by radiation and chemotherapy
- Improved pelvic pain and urinary incontinence

Physical therapy (also physiotherapy)

is a health care profession that provides treatment to individuals to develop maintain and restore maximum movement and function throughout life 🍌



© Lucia Scuteri

An explosion of life!



PHYSIOTHERAPY

- includes providing treatment in circumstances where movement and function are threatened by aging, injury, disease or environmental factors.



Physical therapy

is concerned with identifying and maximizing quality of life and movement potential within the spheres of

- promotion,
- prevention,
- treatment/intervention,
- habilitation
- rehabilitation



This encompasses

- physical,
- psychological,
- emotional,
- social well being



It involves the interaction between

- physical therapist (PT),
 - patients/clients,
 - other health professionals,
 - families,
 - care givers,
 - and communities
- 💡
- in a process where movement potential is assessed and goals are agreed upon, using knowledge and skills unique to physical therapists.



Physical therapy is performed by

- a physical therapist (PT) or an assistant (PTA) acting under their direction.
- PTs use an individual's history and physical examination to arrive at a diagnosis and establish a management plan and, when necessary, incorporate the results of laboratory and studies.



Physical therapy has many specialties:

- cardiopulmonary,
- geriatrics,
- neurologic,
- orthopaedic
- Pediatrics

...



PHYSICAL THERAPISTS

practice in many settings:

- clinics or offices,
- rehabilitation facilities,
- skilled nursing facilities,
- extended care facilities,
- private homes,
- education and research centers,
- schools,
- hospices,
- industrial workplaces
- other occupational environments,
- fitness centers
- sports training facilities



HISTORY

Physicians like Hippocrates and later Galenus have been the first practitioners of physical therapy:

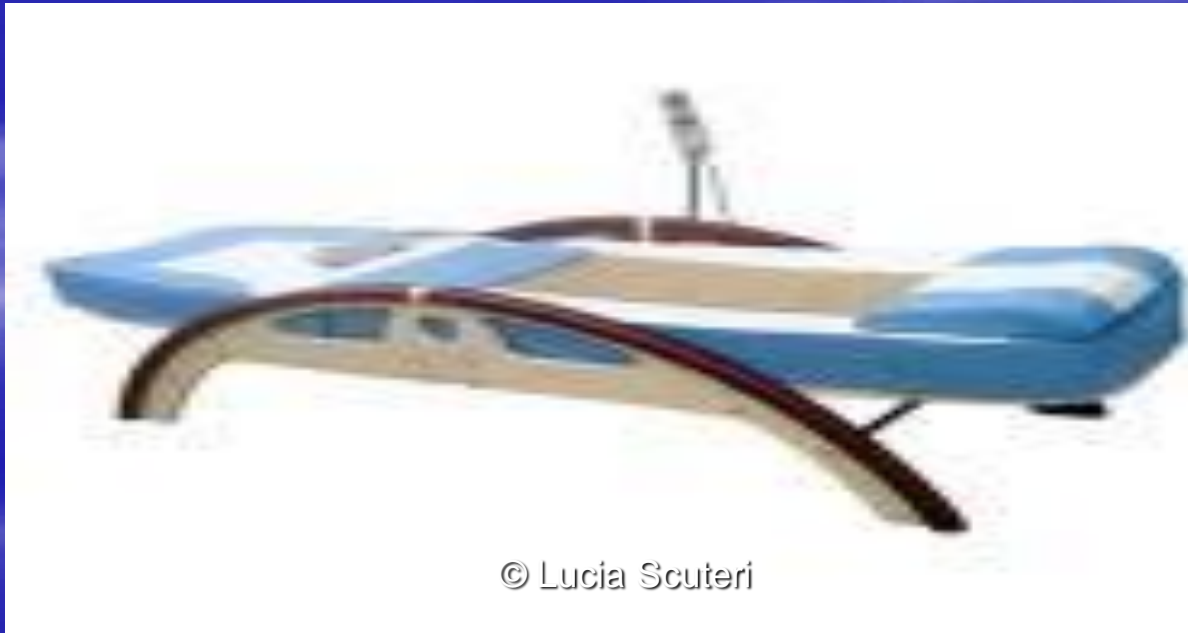
- massage,
- manual therapy
- hydrotherapy

in 460 B.C



After the development of orthopedics (18^o century)

- machines like the Gymnasticon were developed to treat gout and similar diseases by systematic exercise of the joints, similar to later developments in physical therapy.



The origins of actual physical therapy as a professional group :

Per Henrik Ling “Father of Swedish Gymnastics”
founded the Royal Central Institute of
Gymnastics (RCIG) in 1813 for

- massage,
- manipulation,
- exercise.



© Lucia Scuteri



Other countries soon followed

- In 1894 four nurses in **Great Britain** formed the **Chartered Society of Physiotherapy**



After 1950

physical therapists started to move :

- hospital based practice,
- orthopedic clinics,
- public schools,
- college/universities,
- geriatric settings (skilled nursing facilities),
- rehabilitation centers,
- hospitals,
- medical centers.



Specialization for physical therapy in
the U.S. occurred in 1974,



with the Orthopaedic Section

World Confederation of Physical Therapy (WCPT recognises there is

considerable diversity in the:

- social,
- economic,
- cultural,
- political environments in which physical therapist education is conducted throughout the world.



WCPT recommends physical therapist entry-level educational programs be based on **university or university-level studies, of a minimum of four years.** independently validated and accredited .

University degrees Masters and Doctorate :

Professional education prepares physical therapists to be autonomous practitioners in collaboration with other members of the health care team .

SportsFizz
PHYSIOTHERAPY
SPORTS INJURY CENTRE



Worldwide the six most common specialty areas in physical therapy are:

1) Cardiopulmonary

Cardiovascular and pulmonary .

Manual therapy is used in this field to assist in clearing lung secretions experienced with cystic fibrosis. Disorders, including heart attacks, post coronary bypass surgery, chronic obstructive pulmonary disease, and pulmonary fibrosis, treatments can benefit from cardiovascular and pulmonary specialized physical therapists

2) Geriatric

There are many conditions that affect many people as they grow older :

- arthritis,
- osteoporosis,
- cancer,
- Alzheimer's disease,
- incontinence, etc.



Geriatric physical therapy helps those affected by such problems , they to help restore mobility, reduce pain, and increase fitness levels.

3) Neurological

- Physiotherapists work with individuals who have a neurological disorder or disease. These include Alzheimer's disease, Charcot-Marie-Tooth disease (CMT), ALS, brain injury, cerebral palsy, multiple sclerosis, Parkinson's disease, spinal cord injury, and stroke, impairments of vision, balance, ambulation, activities of daily living, movement, speech and loss of functional independence.

4) Orthopedic

diagnose, manage, and treat :

- disorders and injuries of the

musculoskeletal system

including rehabilitation

after orthopaedic surgery 📢

- in the treatment of post-operative orthopaedic procedures, fractures, acute sports injuries, arthritis, sprains, strains, back and neck pain, spinal conditions and amputations.



5) Rotator Cuff Physical Therapy

- The rotator cuff is a group of four muscles that surround the ball of the shoulder joint, These muscles provide you with the ability to rotate and elevate your arm, while they also give you stability to your shoulder joint.



6) Pediatric

These therapists are specialized

- in the diagnosis,
- treatment,
- management of infants, children, and adolescents with a variety of congenital, developmental, neuromuscular, skeletal, or acquired disorders/diseases .



GRAZIE

■ PER

L'ATTENZIONE!!!!!!