

1. What is Physiotherapy?

Physiotherapy is a health care profession concerned with human function and movement and maximising physical potential. It is concerned with identifying and maximising quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention and rehabilitation. It uses physical approaches to promote, maintain and restore physical, psychological and social well-being, taking into account variations in health status.

or

Physiotherapy is a treatment method that focuses on the science of movement and helps people to restore, maintain and maximize their physical strength, function, motion and overall well-being by addressing the underlying physical issues. Physiotherapy also helps with preventing further damage or injury on the previously affected body part.

2. What conditions can Physiotherapy treat?

- 1. Neurological:** promoting movement and quality of life in patients who have had severe brain or spinal cord damage from trauma, or who suffer from neurological diseases such as stroke, Parkinson's disease and multiple sclerosis.
- 2. Musculoskeletal:** preventing and treating clients with musculoskeletal conditions such as neck pain, back pain and arthritis.
- 3. Cardiovascular:** providing support, prevention and rehabilitation for people suffering from chronic heart disease and rehabilitation after heart attack.
- 4. Respiratory** (asthma, chronic obstructive pulmonary disease, cystic fibrosis).
- 5. Pain:** managing or preventing pain and its impact on function in patients.

6. Cancer, palliative care and lymphedema: treating, managing or preventing fatigue, pain, muscle and joint stiffness, and deconditioning.

7. Incontinence: managing and preventing incontinence and pelvic floor dysfunction.

8. Women's health concerns: addressing health issues surrounding pregnancy,

3. What are the advantages and disadvantages of Physiotherapy?

Advantages of Physiotherapy:

- 1.** Physiotherapy helps repair tissue damage, reduces stiffness and pain, increases mobility and improves quality of life.
- 2.** Physiotherapy aims to train the patient, which allows him to achieve his goals, eliminate or minimize pain and dysfunction and make beneficial changes to health, improving lifestyle.
- 3. Reduce or eliminate pain:** Manual therapy techniques or therapeutic exercises such as soft tissue and joint mobilization; treatments such as taping, ultrasound or electrical stimulation helps in relieving pain and to restore the joint and muscle function, which in turn reduces pain. These therapies prevent pain from returning back.
- 4.** Improves mobility and balance.
- 5.** Physiotherapy can help avoid surgery
- 6.** Physiotherapy can prevent injuries.
- 7.** Physiotherapy can help you recover from a stroke

Disadvantages of Physiotherapy:

- **Pain:** It may happen that your pain increases while you recuperate and recover. To address such pain, oral pain medicines might be

administered prior to a session of physical therapy. Heat/cold therapy or other topical methods can work as well.

- **Muscle fatigue and soreness.**
- **Swelling:** This is very common; it's because of the fact that the tissues, muscles and ligaments are stretched in order to strengthen them. This can result in swelling and further pain because of it.
- **Lack of outcome:** As with any medical intervention, participation in physical therapy is no guarantee of recovery or complete resolution of symptoms. Because this can be discouraging, you may be tempted to discontinue your therapy. However, ending therapy prematurely will likely result in long-term pain and re-injury. It is important to stay the course. Talk with your therapist to discuss your personal goals, and be as specific as possible. Your therapist may be able to adjust the direction of treatment to target your specific goals or may educate you on lifestyle changes you can make to facilitate improved outcomes.

4. When should one consider Physiotherapy?

Many of the common reasons people get Physiotherapy are varied but here are the most common: reduce or eliminate pain, avoid surgery, improve mobility, recover from stroke, recover from a sports injury, improve balance strength muscles to prevent falls, pre-diabetes management, managing age related issues.

Persons suffering from following conditions can approach for physiotherapy:

- If injured while playing
- If suffering with chronic pain from long time
- During and after pregnancy
- During and after surgery
- To prevent from chest complications

- To prevent from thrombosis
- To prevent from pressure sores
- To prevent muscle wasting and joint mobility

5. Can Physiotherapy be done at home?

Over 75% of people requiring home care are elderly who require assistance in managing physical and cognitive limitations. Physiotherapy provided in the home lowers mortality rates related to falls and the risk and rate of falls in older adults, reduces number of nursing home admissions and hospitalizations, and decreases hospital length of stay.

Home-based physiotherapy programs are highly cost-effective, reduce hospital length of stay and prevent hospitalization. For example:

- Early discharge home with rehabilitation services for stroke patients.
- Home-based physiotherapy for rehabilitation from knee and hip replacements surgery
- Home-based physiotherapy services keep people independent in their homes, preventing falls and providing a safe environment within the home.
- Highly Convenient & Time Saving.
- Progress Due to the Comforts of Home

The benefit of receiving treatment in the comfort of your own home cannot be understated. In your own home, you are in a familiar environment and therefore you are at your most comfortable and relaxed

- Safer for High-Risk Individuals

There are many individuals who are considered high-risk patients and would put themselves in an unsafe environment by receiving in-office physiotherapy services. Perhaps they have an illness or disability that compromises their mobility.

