

ROLE OF PHYSIOTHERAPISTS IN THE CURRENT HEALTHCARE SYSTEM

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Role of Physiotherapists in the Current Healthcare System
Physiotherapists provide the services of physical therapy. Physiotherapy services include exercise to minimize patients' restricted movement and apply manual mobilization to mobile joints to decrease pain, and use of modalities. Physiotherapists also provide education to the patient on which movement to avoid to minimize patient symptoms. Physiotherapists treat diseases using different methods, helping their patients to stay active without pain. The main aim is to relieve the pain of the patient and maximize the quality of life of their clients.^[1]

Every year, physiotherapist helps in the prevention of non-communicable diseases. One of the biggest risk factors for the development of these diseases that is increasing people's mortality is having no physical activity. Patients who need long-term hospital care is rising, so a properly structured exercise planned by physiotherapists is important. Since physical activity can lower the incidence of non-communicable diseases, it is clear that Physiotherapist has a significant role to play in society.^[2]

Physiotherapists can lessen the burden of disability by advising active lifestyles.^[3] Physiotherapist can lead to improved fitness, but it also produces better-fit individuals.^[4] Physiotherapists apply different techniques e.g. behavior modification regarding healthy lifestyles.^[2] The impact of rapidly increasing urbanization has made people less concerned with their wellness, which is linked to lifestyle-related disorders. Studies indicate that many disorders can be prevented by fitness and

exercise.^[5] Physiotherapists specialize in human movement and they work to advance wellness and fitness.^[2]

Physiotherapists help injured athletes by understanding their mechanism of injury during sports. They assess, diagnose, and treat injuries related to sports by following different protocols.^[6] Physiotherapists in cardiac centers educate the patients about returning to normal life after cardiac surgery. Physiotherapy provides a rehabilitation exercise plan for several cardiopulmonary conditions.^[7]

Orthopedic physiotherapist focuses on treating musculoskeletal restrictions. Rehabilitate conditions, such as sprains and fractures, to make the patient fully independent. They treat conditions related to joint mobility. Patients with neurological conditions related to brain and spinal cord injury can improve their conditions to a greater extent with the help of PT. They rehabilitate these patients in movement after neurological insults in doing their activities related to daily living.^[8]

Pediatric PT can also help children with special needs who have impairments and activity limitation or hyperactivity.^[9] Physiotherapists also deal with pregnant females to stay active before and after childbirth and how to avoid post-partum problems.^[10]

PT has a variety of treatment approaches and techniques. Hence, to restore the movement to the best possible level. A physiotherapist is important in the healthcare system, enhancing the physical function and movements of individuals of all ages from pediatrics to geriatrics. Recently due to awareness about health and wellness, people in the world are acquiring wellness. So, you are hurting your body with medicine and why not Physiotherapy or Physiotherapists?

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