

## What is Physiotherapy and Why it is Viewed as a Driving Force in Rehabilitation?

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### Introduction

Physiotherapy is a type of health care that helps people regain, maintain, and improve their strength, function, mobility, and overall well-being. The phrases “physiotherapy” and “physical therapy,” as well as “physiotherapist” and “physical therapist,” denote the same thing and are interchangeable.

Only qualified and registered or licensed physiotherapists can practice physiotherapy, which is an internationally recognized health profession. Physiotherapists are concerned with the prevention, treatment, and rehabilitation of diseases or dysfunctions of human movement in order to promote health and well-being. Professionals in physiotherapy diagnose a malfunction, perform therapeutic interventions, and assess the outcome. Physiotherapy is recognized as an autonomous profession because of its evidence-based practice and clinical decision-making abilities.

### The Function of Physiotherapists in the Health-Care Industry

Physiotherapists are concerned with therapeutic management, such as pain relief, post-surgical rehabilitation, improving body movements in various diseases, sports injury prevention and rehabilitation, elderly balance and walking functions, and preventing cardiopulmonary complications, among other things. Rehabilitation centres, sports, occupational health centres, industrial sectors, primary health centres, special schools, geriatric centres, and other settings have all expanded the scope. Physiotherapy will continue to influence health care trends as a dynamic and diverse profession with various levels of development around the world.

### Myths and Facts about Physiotherapy

**Myth:** It is thought that a recommendation from a physician or surgeon is required to meet with a physiotherapist.

**Fact:** Physiotherapy has become a self-contained profession as a result of high-quality education, clinical practice, and research. As a result, no reference is required.

**Myth:** It is a common misconception that physiotherapy is just for people who are in pain.

**Fact:** As part of a preventative programme, physiotherapy also focuses on increasing and maintaining fitness in healthy persons.

**Myth:** Only massage will be performed by the physiotherapist.

**Fact:** Advanced manual techniques such as joint mobilization, manipulation, soft tissue release, and others are used in physiotherapy. A part of it is therapeutic massage.

**Myth:** Electrical equipment is used by physiotherapists to give electric shocks to the body.

**Fact:** Electrotherapy techniques that function through analgesic processes for pain treatment are included in physiotherapy. Ignorant individuals mislead others into believing that physiotherapy techniques provide an electric shock, resulting in blood loss, side effects, and other complications.

**Myth:** Physiotherapy clinics are often mistaken for gyms, and physiotherapists are mistaken for personal trainers.

**Fact:** A physiotherapist is well-versed in fitness. Physiotherapist-designed exercise routines can assist an unfit person become fit. A fitness trainer cannot take the place of a physiotherapist in terms of responsibility.

### Physiotherapy as a Profession

The health-care industry is currently one of the most promising and developing businesses. Physiotherapy is an active, revolutionary, and authentic job choice among medical frontline professionals. Physiotherapy is a gratifying, difficult, and diversified profession that contributes significantly to the delivery of health care. The demand for physiotherapists is on the rise all across the world. Over the last decade, entry-level physiotherapist pay has increased at a constant and modest rate. According to surveys conducted by Forbes and the Washington Post, physiotherapists are content with their jobs. Students pursuing a career in physiotherapy might expect professional and personal success.

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