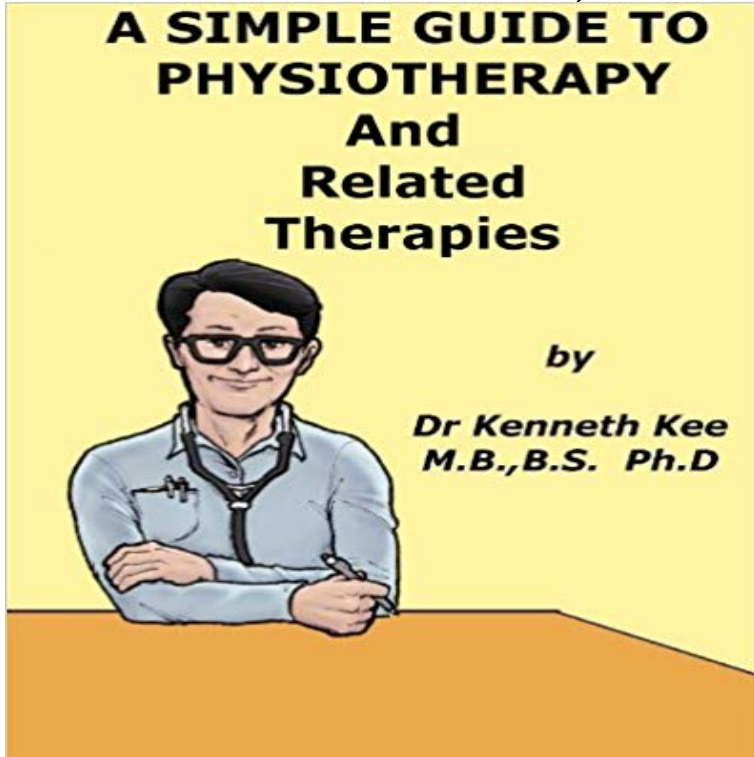


A Simple Guide to Physiotherapy and Related Therapies (A Simple Guide to Medical Conditions)



Physiotherapy is also known as physical therapy of medical conditions. That answers the question of what is physiotherapy for many people. As a supplementary type of health care, physiotherapy concerns itself with providing physical healing methods for many different kinds of injuries and illnesses. What is done at a Physiotherapy Clinic? Therapy at a Physiotherapy Clinic: When a patient is referred to the physiotherapy clinic, he or she will be evaluated by a physiotherapist. After this initial evaluation, he or she will be scheduled for treatments like ultrasound or acupuncture etc as recommended by the doctors in conjunction with the physiotherapists. They will be assigned exercises to do at the clinic. A good physiotherapist will begin treatment right away. What are the different Types of Physiotherapy? The different types of Physiotherapy: 1. Massage or manipulation (hands-on) of the musculo-skeletal system when the muscles and tissues are injured. 2. Traction of the skeletal system to lengthen the spaces between bones so that nerves or tendons are pressed on by the bones. 3. Strengthening of the muscular system help the patient to recover from surgery as well as prevention of tightening of the muscles and tendons and making them more flexible. 4. Heat (heat pads, infra-red light, shortwave diathermy) help the blood circulating after injuries and help earlier recovery. 5. Ice (cold compress) help to reduce swelling and tissue damage. 6. Ultrasound treatment, radiofrequency waves, are all-useful to relieve pain and stiffness. 7. Hyperbaric treatment: Increase in oxygen pressure can improve the faster healing of injuries and recovery from surgery. 8. Horse riding has been used to help patients with cerebral palsy. Some of the cerebral palsy patients have even won medals at the Paralympics Games. All these methods tend to promote better

health, both physical and psychological. The importance of physiotherapy equipment: Equipment for helping patients regain their strength and mobility is a part of what is physiotherapy. This equipment may allow a person who is partially paralyzed to get the most exercise possible. This is crucial in maintaining the integrity of their spines and muscles. The importance of Education in Physiotherapy: Besides the methods used in Physiotherapy, education is a part of what is physiotherapy. A physiotherapist will teach a patient how to care for their injuries. He will teach exercises to do at home so that therapy can continue beyond the walls of the clinic or hospital. He will teach ways to overcome difficulties that cannot be cured. Rehabilitation is another part of Physiotherapy treatment: Patients have injuries from sports, car accidents, or assault. These injuries can be treated through physiotherapy. Given the right treatments and an injury that will respond to treatment, much progress can be made. Full functioning may be regained. It may even be possible for them to go back to work rather than being laid up at home. Physiotherapy is a carefully planned and executed treatment strategy. It is based upon assessments of the conditions that patients suffer. If all goes well, the patient will return to their original condition. If this is not possible, the goal is for the patient to reach a goal that is the best movement and lack of pain that is possible. The preventative side of the field of physiotherapy is very important in the overall holistic treatment of a patient. It is a part of the work of practitioners of physiotherapy to encourage exercises and postures that will help patients avoid physical injuries and conditions requiring their services. An excellent physiotherapist will have fewer return patients, but the flow of people needing physiotherapy continues.

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explanations about their problems. . Exercise Science Guide. **Treatments (Interventions) for Cerebral Palsy**
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