

Commentary

Physiotherapy and Its Importance

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Introduction

Physiotherapy also referred to as physiotherapy, is provided by the physical therapists to market, restore or maintain health through physical examination, diagnosis, prognosis, patient education, physical intervention, rehabilitation, disease prevention and health promotion. Physiotherapy is provided as a medical care treatment with the other medical treatment like medicines. As medicines alone does not give you results when it is particularly a physical injury. Physiotherapy helps us to solve the injuries or illness that stop a person from performing his daily activities of life and helps to regain the strength, so that an individual can revive his life.

The Physiotherapists use physical examination and individual's history to reach a diagnosis and establish a management plan. Electro diagnostic testing like nerve conduction velocity testing and electromyograms also are used. Therapists initially study the history and later examine the laboratory studies of the injury like X-ray or CT scan. Later some exercises and handling of some mechanical devices come under the schedule of the therapy and later the therapist does the management of the exercises and tasks according to the history and kind of injury.

Hippocrates and Galen are the first practitioners of physiotherapy. Based on the techniques used, it is used to heal the problems different systems like neurological system, musculoskeletal system, respiratory system and cardiovascular system. Neurological physiotherapy is additionally called neurophysiotherapy or neurological rehabilitation. Neurophysiotherapists are to collaborate with psychologists during the treatment of movement disorders, as the treatment might be more impactful.

The Physical therapy helps to increase the human movement by decreasing fatigue or pain in the gradual basis and hence improving the mobility and physical stability. The

therapists also deal with different kinds of problems of various systems and hence follow a unique technique for each problem. This results in different personalized therapy for different patient. Physical therapy has been proven very effective in treating diseases like asthma, heart problems, joint, ligament, tendon, bone and muscle disorders, pelvis disabilities, spine and neural problems.

The therapist and patient must possess a good coordination with each other this will be the first step, because without this the sufferer will not be able to share the problem to the other person in a free manner. Later psychological satisfaction is another aspect which results in successful treatment outcome. Initially all the patients cannot diagnose pain, the therapist need to help them out and start a session that will help them to regain strength to perform their daily activities and manage pain. The therapy needs to be explained perfectly to the patient and give them personalized care to ensure that they recover through it. The tele health or the online sessions of the therapy has also become popular since the pandemic since there is social distancing required.

It might be any sort or of issue or problem, physical therapy has been proven to be successful in many diverse areas and aiding to treat various disorders and helping people regain their previous life without losing self-confidence and self-respect, helping people fight ailments and achieve their dreams.

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Conflict of Interest

We have no conflict of interests to disclose and the manuscript has been read and approved by all named authors.