



Technical Methods of Physiotherapy and its Benefits

Amit Sharma*

Department of Allied Medical Sciences, Lovely Professional University, Punjab, India

*Corresponding author: Amit Sharma, Department of Allied Medical Sciences, Lovely Professional University, Punjab, India; E-mail: sharma.28649_amit@lpu.co.in

Received date: 20 February, 2023, Manuscript No. JAE-23-93018;

Editor assigned date: 23 February, 2023, Pre QC No. JAE-23-93018 (PQ);

Reviewed date: 09 March, 2023, QC No. JAE-23-93018;

Revised date: 16 March, 2023, Manuscript No: JAE-23-93018 (R);

Published date: 23 March 2023, DOI: 10.4172/JAE.100054.

Description

Physiotherapy is also known as physical therapy, is a healthcare profession that focuses on promoting, restoring, and maintaining physical function and mobility. It involves the use of various techniques and exercises to manage physical disabilities, injuries, and illnesses. Physiotherapists work with individuals of all ages from from athletes recovering from sports injuries to elderly patients with chronic conditions. The field of physiotherapy has evolved over time and has become an integral part of healthcare systems across the world.

The origins of physiotherapy can be traced back to ancient times when massage and exercise were used to treat injuries and illnesses. However, it was not until the 19th century that physiotherapy emerged as a distinct profession. During this time, a group of nurses in the UK began using exercise and massage to treat patients with neurological and orthopedic conditions.

In 1894, the Chartered Society of Physiotherapy was established in the UK, and the first physiotherapy school was opened in the US in 1914. Since then, the field of physiotherapy has continued to evolve, and today it is recognized as an essential component of healthcare systems worldwide.

The principles of physiotherapy are based on the idea that movement and exercise are essential for maintaining physical function and mobility. Physiotherapists use a patient-centred approach, which involves assessing the individual's needs and developing a personalized treatment plan that addresses their specific condition, goals, and lifestyle.

Physiotherapy encompasses a wide range of techniques and exercises that are used to manage physical disabilities, injuries, and illnesses.

Some of the benefits of physiotherapy techniques

Exercise therapy: Exercise therapy involves using physical activity to promote physical function, mobility, and strength. This can include aerobic exercises, strength training, and flexibility exercises.

Manual therapy: Manual therapy involves using hands-on techniques to manipulate joints and soft tissues to reduce pain and improve function. This can include massage, mobilization, and manipulation.

Electrotherapy: Electrotherapy involves using electrical stimulation to promote healing and reduce pain. This can include Transcutaneous Electrical Nerve Stimulation (TENS) and ultrasound therapy.

Hydrotherapy: Hydrotherapy involves using water to promote healing and improve physical function. This can include swimming, water aerobics, and whirlpool baths.

Respiratory therapy: Respiratory therapy involves treating conditions that affect the respiratory system, such as asthma, Chronic Obstructive Pulmonary Disease (COPD), and pneumonia. This can include breathing exercises and the use of breathing devices such as inhalers and oxygen tanks.

The benefits of physiotherapy are numerous and can have a positive impact on an individual's overall health and wellbeing.

Some of the benefits of physiotherapy

Pain relief: Physiotherapy can help to reduce pain and discomfort caused by injuries, chronic conditions, and surgeries. This can include manual therapy, electrotherapy, and exercise therapy.

Improved mobility: Physiotherapy can help to improve physical function and mobility, making it easier for individuals to perform daily activities such as walking, standing, and sitting.

Faster recovery: Physiotherapy can help to speed up the recovery process after injuries and surgeries. This can include exercise therapy, manual therapy, and hydrotherapy.

Prevention of injuries: Physiotherapy can help to prevent injuries by improving physical function, mobility, and strength. This can include exercise therapy and manual.

||

Citation: Sharma A (2023) Technical Methods of Physiotherapy and its Benefits. J Athl Enhanc 12:2.