

Mugberia Gangadhar Mahavidyalaya

Department of Physical Education

Paper: ATHLETIC CARE AND REHABILITATION

Sub: Physiotherapy

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Meaning of Physiotherapy

- Physiotherapy consist of two words. One is ‘Physio’ which means ‘physical agents’ and ‘therapy’ means ‘treating people’. So it is the treatment of disease, injury, or deformity by physical methods.
- It is the science of treatment of disease by exercise, massage, heat, light, electricity or other physical agencies. Use of drugs in this form of therapy is avoided. When required, it can be administered from the neonatal to the geriatric stage.
- Sports physiotherapy is a specialized branch of physical medicine mainly concerned with the prevention, treatment and rehabilitation of the athlete.

Definition of Physiotherapy

- Physiotherapy is a medical practice in which a license health care provider professionally helps to reduce pain and restore mobility after an injury and surgery.
- It is the treatment of disease, injury, or deformity by physical methods such as massage, Ice treatment, heat treatment, and exercise rather than by drugs or surgery.
- Physiotherapy, also referred to as physical therapy, involves evaluating, diagnosing, and treating a range of diseases, disorders, and disabilities using physical means.

History of Physiotherapy

Physicians like Hippocrates & later Galenus are believed to have been the first practitioner of physiotherapy to treat people in 460 BC.

Modern Physiotherapy was established in Great Britain toward the end of 19th century.

Physiotherapy is a result of the Second World War. During the Second World War, when a large number of soldiers and civilians suffered injuries, the need for putting them back on health track became imperative. The number of injured persons was so large that acute shortage of medicines was felt. The situation gave rise to a new science of healing, now known as 'Physiotherapy'. Physiotherapy is the cheapest treatment without drugs.

Need of Physiotherapy

1. Balance and coordination
2. Neurological problems
3. Disturbed sleep
4. Reduce pain
5. Recover from the stroke
6. Avoid surgery
7. Improve mobility
8. Manage lung and heart disease
9. Manage women health and other condition.

Importance of Physiotherapy

1. Physiotherapy gives relaxation of hypersonic muscle.
2. The tone and power of muscle is maintained by therapeutic exercises.
3. It improves muscle endurance.
4. Use a variety of techniques to maintain the property of muscles & joints.
5. The normal joint movement is maintained by therapeutic exercises.
6. It increases blood flow.
7. It manages the neuromuscular coordination.
8. Therapeutic exercises gives the confidence level of patients.
9. It helps to reduce the patient's fear, anger and excitement.

Importance of Physiotherapy

1. Assess, manage & treat a broad range of medical conditions from sprained ankle to strokes.
2. Relieve physical pain & heal injuries.
3. Increase mobility, build strength, improve balance & enhance Cardiopulmonary performance.
4. Use a variety of techniques to maintain the property of muscles & joints.
5. Make individual independent for his/ her activity of daily living.
6. Provides gait training & Posture correction.

THANK YOU