

Editorial on Musculoskeletal Physiotherapy Sandhya Kille*

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Editorial

The client's biomechanical and structural recovery would be the subject of musculoskeletal physiotherapy. With specific goals in mind, the individual's functional movement would be maximized so that they can resume their usual everyday activities. Accidental accidents, sports injuries, and overcoming physical disability due to lifestyle and ageing are all common uses for this form of therapy.

The word "musculoskeletal physiotherapy" refers to physiotherapy that deals with musculoskeletal disorders. Muscles, bones, joints, nerves, tendons, ligaments, cartilage, and spinal discs are all considered part of the musculoskeletal system. The fundamental sciences of anatomy, physiology, and biomechanics are used as context theory in the assessment and treatment of patients in musculoskeletal physiotherapy. In the field of musculoskeletal physiotherapy, management methods include not only "manipulation," but also "manual assessment and treatment techniques," "unique physical exercise," "electrotherapy," and "posture and movement disorders."

The therapist will concentrate on the bones, muscles, ligaments, and tendons, as well as the heart, circulation, and lungs' related systems. Based on the initial assessment, treatment is personalised to each person. Following care, patients are given exercise plans and advice, and the number of treatments varies depending on the patient's recovery progress.

An injury to the bones, joints, muscles, tendons, ligaments, or nerves is a common cause of musculoskeletal pain. Jerking motions, car crashes, falls, breaks, sprains, dislocations, and direct hits to the muscle may all cause this.

The best way to handle this is to fix the root cause, which may

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differ depending on whether you're suffering from bone, muscle, ligament, tendon, or joint pain.

If your doctor has diagnosed you with a specific illness, you can find information about how physiotherapy can help by clicking on the link below.

Musculoskeletal Disorders

If you are experiencing any of the symptoms described in the connection below, we might be able to assist you after a consultation with one of our professional physiotherapists.

Symptoms of Musculoskeletal Disorders

Our facilities are completely equipped with gyms and recovery rooms, allowing our professional therapists to treat a wide variety of musculoskeletal disorders. We also have gait analysis and hydrotherapy services on hand if needed.