

Techniques in Physiotherapy **Sandhya Kille***

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Editorial

When someone is affected by an injury, sickness, or handicap, physiotherapy can help them regain movement and function. It can also help you lower your chances of being hurt or sick in the future. It takes a holistic approach in which the patient is actively involved in their own care.

When does physiotherapy come into play?

People of all ages can benefit from physiotherapy for a variety of health issues, including difficulties with the:

- Brain or neurological system bones, joints, and soft tissue
- Circulation and the heart
- Lungs and respiration

Instead of focusing on the particular parts of an injury or sickness, physiotherapists look at the total body. Physiotherapists are professionally trained and regulated professionals that perform physiotherapy.

Advice and education

One of the most important characteristics of physiotherapy is that it looks at the full body rather than just the particular aspects of an ailment. As a result, providing general guidance on how to improve your wellbeing – such as by exercising regularly and keeping a healthy weight for your height and build – is a vital aspect of treatment.

A physiotherapist can also give you specific advice on how to look after yourself and lower your risk of pain or injury in ordinary activities. If you suffer back discomfort, for example, you may be advised to maintain excellent posture, use proper lifting and carrying techniques, and avoid awkward twisting, overstretching, or prolonged standing.

Exercise and movement

To assist you enhance your mobility and function, physiotherapists frequently recommend movement and exercise. Workouts designed to develop movement and strength in a specific portion of the body, activities that require moving your entire body, and exercises done in warm, shallow water are all examples of this (hydrotherapy or aquatic therapy)

Mobility devices, as well as advice and exercises to help you enhance or maintain your physical activity.

Therapeutic manual therapy

Manual therapy is a technique in which a physiotherapist manipulates, mobilises and massages the bodily tissues using their hands.

This may be useful:

- Reduce stiffness and pain
- Enhance blood circulation aid in the efficient drainage of fluid from various sections of the body improve mobility of various parts of the body promote relaxation

Other approaches

- Physiotherapists may also utilise the following approaches to help relieve pain and promote healing:
- Ultrasound acupuncture Transcutaneous Electrical Nerve Stimulation (TENS)
- Although some people have found these treatments to be successful, there is little scientific data to back them up.
- Strain Counter strain works by inhibiting the spasm reflex's hyperactivity, enabling the muscle to relax by increasing oxygenation and reducing discomfort.
- Individualized Exercise Instruction for Functional Training

- Stabilization of Function Training
- Kinesiology Lymphatic Drainage Taping
- Yoga Fit Therapy is a type of physical therapy that combines yoga
- Mobilization of the viscera.

What is the purpose of physiotherapy?

Our modern lifestyle, with all of its conveniences and benefits, have begun to reveal its effects on our bodies, causing neck and back strain, knee discomfort, and a long list of other ailments. This is not only a problem for adults; children are also affected by our modern lifestyle.