

Physiotherapy

MEDICAL EVIDENCE SHOWS THAT IF YOU KEEP PHYSICALLY FIT BY EXERCISING REGULARLY YOU INCREASE YOUR CHANCES OF LIVING A HEALTHIER LIFE - FEELING WELL, LOOKING WELL, MAINTAINING YOUR LIFESTYLE. PHYSIOTHERAPISTS ENCOURAGE PEOPLE TO KEEP ACTIVE WITH SENSIBLE EXERCISES SUITED TO THEIR AGE AND PHYSICAL CONDITION.



WHY CHOOSE PHYSIOTHERAPY?

If you suffer from back or neck pain, a sports injury, arthritis – in fact any joint or muscle problem – physiotherapy can help relieve your pain and get you moving again.

Physiotherapists are trained to assess the underlying causes of joint, muscle and nerve injuries and provide effective treatment. They use a wide range of drug-free techniques to relieve pain, restore movement and prevent further problems.

Physiotherapy can also assist in the management of a wide variety of other conditions. A few examples are; neurological disorders such as Stroke and Parkinson's Disease; movement disorders in children; rehabilitation after major injury; Asthma and other chest problems. Physiotherapists are involved in helping people of all ages, from young infants to the elderly.

PREGNANCY AND AFTER

Physiotherapists run exercise programs to keep you fit before the birth of your child and get you back in shape afterwards.

Antenatal classes will give you an understanding of the changes women experience before, during and after childbirth.

AT WORK

Physiotherapists can help you improve the safety and efficiency of your work practices.

Whether working at home, in the factory or on the farm, you may experience back pain, neck pain, headaches, muscle strains or sciatica. Your physiotherapist is well equipped to treat the problem and teach you good working habits.

SPORT AND LEISURE

For pain relief and the speediest return to your sporting activities, see a physiotherapist.

During your visit, the problem will be assessed and explained to you. As well as giving you appropriate treatment, the physiotherapist will advise you on ways to prevent the problem recurring.

YOUR CHILD

Visit your physiotherapist for treatment and advice if your child has problems with movement, co-ordination, or posture.

Children with frequent chest infections or asthma also benefit from physiotherapy treatment.

60 AND OVER

The right help can make life so much easier, even after a setback like a broken leg or hip. Your physiotherapist will help you to walk again and restore your independence. Physiotherapists can treat many of the health problems experienced by older people, such as arthritis, bladder control difficulties, stroke or osteoporosis.

PUTTING YOU BACK IN ACTION

Physiotherapy helps put you back in action by carefully treating your painful joints and muscles, educating you about managing your condition, advising you on ways to prevent a recurrence, and by designing a personal exercise program.

YOUR FIRST VISIT

When you first visit a physiotherapist you will be given a thorough assessment. Your physiotherapist will explain what's causing the problem and select the best options for treatment.

TREATMENT

Treatment may include any or all of these techniques:

- Joint manipulation or mobilisation
- Soft tissue massage
- Stretches
- Supervised exercises
- Pain relief techniques such as acupuncture, ultrasound or laser
- Home exercise program

FINDING A PHYSIOTHERAPIST

Working in private practice, hospitals, schools and community health centres, physiotherapists are fully qualified, registered practitioners. As members of the Australian Physiotherapy Association, they are bound by a Professional Code of Ethics.

To find a physiotherapist, look in the Yellow Pages under 'Physiotherapists' or call the Australian Physiotherapy Association in your state.

You can ask your doctor to refer you to a physiotherapist, or you can go directly without a referral. If you are covered through a private health fund, you can claim a rebate for physiotherapy treatment.

GENERAL

Many physiotherapists in private practice are listed in the Yellow Pages. Physiotherapists also work in public hospitals, residential aged care facilities and community health centres. Check to see if a physiotherapist is a member of the APA. Members of the APA are bound by a Professional Code of Ethics and have access to extensive and continuing postgraduate education programmes.

HEALTH REBATES

You may consult a physiotherapist either directly or by referral from your medical practitioner. Most private health insurance funds offer rebates for physiotherapy treatment.



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