

# What Is Physiotherapy? (With Pictures)

## Physiotherapy is good for your health

PT helps the patients suffering from certain movement disorders, which could be congenital (present at the time of birth), age-related, accidental, or due to certain lifestyle changes.

Physiotherapists work in collaboration with their patients by advising or guiding them about certain exercises and educating them about certain lifestyle changes, which altogether help alleviating various painful and impaired mobility conditions. They can promote walking and assist patients with their mobility issues.

The hands of physiotherapists are able to relieve pain and stiffness. They can also improve blood circulation, and relax the area. Manual therapy is a technique that mobilizes, manipulates, and improves the function of affected areas.

## 4 Types Of Physiotherapy You Should Be Aware Of

### Physiotherapy

For decades, the benefits of physiotherapy were well known. Most people don't know that physiotherapy can be done in many forms. You can choose from pediatric, orthopedic and Geriatric physiotherapy. Each treatment method is unique and addresses different conditions.

Exercise is a key component of all types of physiotherapy. The therapist might recommend massage, joint mobilization or traction depending on your specific needs. Your health and well-being are the ultimate goals.

Let's see the main types of physiotherapy and their benefits:

This form of treatment appeals to older adults as they go through the aging process. Geriatric physiotherapy specialists have the expertise and skills to help with age-related conditions such as arthritis, incontinence and Alzheimer's disease. This enables them to create tailored programs to alleviate pain, return mobility, and facilitate daily living.

The elite athletes often work with physical therapy. A good therapist can help you recover faster from training, prevent injuries, and boost your sports performance. He may recommend stretching and strengthening exercises, massage therapy, or mobility aids that

speed up healing.



Your fitness level can also be assessed by sports therapists. They will identify weak spots. Exercises can be recommended for those suffering from muscle imbalances and shin-splints. You will be able to perform better and decrease your risk of injury.

Have you ever experienced back and neck pain, fractures, muscle strains, or sprains? This is where orthopedic physiotherapy comes in. Expert therapists can diagnose, manage and treat any musculoskeletal disorder that could affect your flexibility and range-of-motion.

A combination of massage, cryotherapy or heat therapy and balance and stretching exercises are all used to treat the condition. Physiotherapists can also recommend at-home exercises and ergonomic devices that speed up healing.

Select a physiotherapist that specializes in your problem. Some therapists have specialized knowledge in women's issues such as prenatal and PMS. Some therapists specialize in treating sports injuries. Therefore, you need to evaluate your options and make an educated decision.