

Physiotherapy

Dr Danish

The treatment of disease, injury, or deformity by physical methods such as, heat treatment, and exercise rather than by drugs or surgery.

Objective of physiotherapy technician

To assist physiotherapist in carrying out his rehabilitation program

To take care of equipment/machinery in physiotherapy department

To handle and operate the equipment /Machines

To assist/instruct the handicapped patients to carry out their rehabilitation programmes

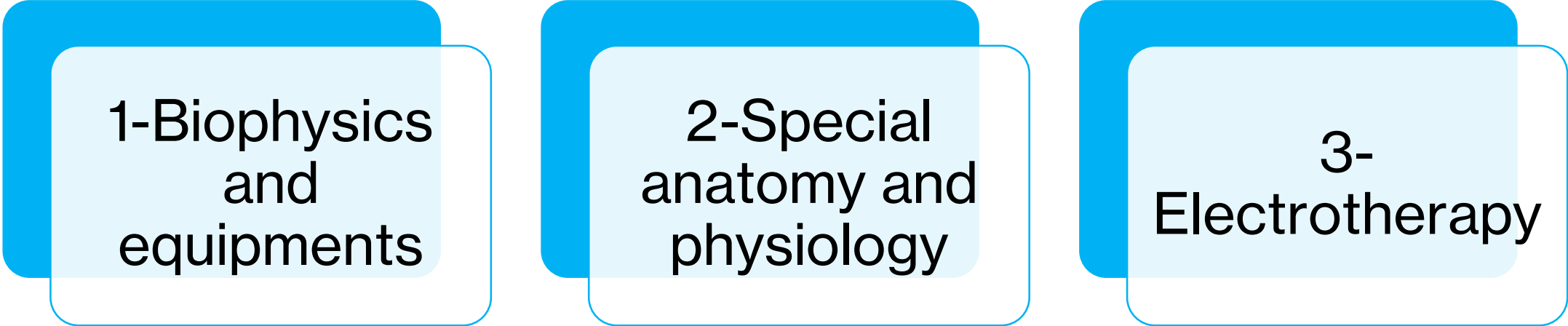
To repair the minor defects in equipment

To physically carry out the passive/active exercises in case of patients who require such exercises

To maintain records of physiotherapy programme of patients/department

To develop special skills for rehabilitation of paraplegic, quadriplegics and patient with other, musculoskeletal diseases post operative, neurological etc.

Physiotherapy technique –I



1-Biophysics
and
equipments

2-Special
anatomy and
physiology

3-
Electrotherapy

Electrotherapy

- A form of treatment that uses electrical energy to promote healing, relaxation, and pain relief.

1. Benefits

- Pain relief
 - Improved muscle function
 - Reduced inflammation
 - Promotes healing and tissue repair
 - Relaxes muscles and reduce muscle spasm
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Types of electrotherapy

1. TENS(Transcutaneous electrical nerve stimulation)
 - Stimulates nerves to reduce pain
 2. EMS (ELECTRICAL MUSCLE STIMULATION)
 - IMPROVES MUSCLE STENGTH.
 3. INTERFERENCIAL CURRENT THERAPY
 - .Reduce inflammation
 4. INFRARED RAYS THERAPY
 - .Reduce muscle spasm and relaxes the muscles.
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COMMON APPLICATIONS

- Physical therapy and rehabilitation
 - Pain management for chronic condition
 - Sports injuries and muscle recovery
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