

# **Introduction to Physiotherapy**

## **What is Physiotherapy**

Physiotherapy is a subject that deals with the treatment to restore, maintain and make the patient well. They help through physical rehabilitation, injury, health and fitness. Physiotherapy is a course that deals with applying modes of physical movement.

Physiotherapy is a course that allows students to work with human anatomy. It provides a lot of career opportunities and also helps them learn new skills with regards to the body. The individual who has an interest and also the willingness to help people and give them treatment, then a course in Physiotherapy is a great choice for you.

Physiotherapy is one of the growing sectors in the healthcare field. More emphasis is done on the techniques and methods used in the treatment. The professionals working in this field have to make sure that they are well-versed and updated with the techniques so that they find it easy to treat the patients. The course can be pursued at a bachelor's degree, master's degree and also has a certificate course.

After completion of this course of Physiotherapy, the individuals are hired as Physiotherapist, Lecturer, Osteopath, etc. The course can be pursued as a bachelor's degree or master's degree, and also some of the institutions provide certificate courses in this field. Therefore, the individual needs to study the subjects thoroughly.

## **Scope of Physiotherapy in India and Abroad**

The scope of Physiotherapy is tremendous in India as well as Abroad as it is one of the finest and reputed professions. The job opportunities in this field are challenging and at the same time are interesting. If the individual is interested in curing physical dysfunctions in patients, then a career in this field is a great choice for you. The course focuses on both giving theoretical as well as practical knowledge.

After completing the Physiotherapy course, the individuals are eligible to work in various sectors such as hospital administration, public health management, etc. The experts in this field have a larger role and responsibility in hospital scenarios. It provides excellent career opportunities to the individuals once they complete the course.

Therefore, the scope of the Physiotherapy course is expanding and opening the doors to many career opportunities. The need for professionals in this field is never-ending as people need to be treated with appropriate treatment. It also depends on the individual how he/she studies the subjects and gets well-versed in this field.

## **Careers in Physiotherapy**

Physiotherapy is one of the most important sectors in the healthcare system. The course aims at teaching the students and making them well-versed in the field so that they find it easy to treat the patients.

The students are made to face the challenges in the field and enhance their skills. The students who are willing to study the various aspects of injury, and

treatment of the injury, should pursue a career in this field.

After the successful completion of the Physiotherapy course, the individuals are hired at various job roles based on their area of interest as there are a vast number of career opportunities available in the field. Some of the careers in this course are as follows:

- Physiotherapist
- Defence Medical Establishments
- Sports Physio Rehabilitator
- Customer Care Assistant
- Exercise Physiologist

### **Upcoming trends**

The field of physiotherapy is increasingly growing, giving the individuals many opportunities to grow and enhance themselves. It is an important part of the healthcare system with an increasing number of job opportunities. It provides a variety of exciting opportunities for new as well as current employees. Certain changes are coming up in the field, such as working in standalone clinics, sports medicine, etc. One of the trends is the rise of standalone clinics/rehab centres and home healthcare careers.

The home healthcare services are one of the trends that physiotherapy services are provided at the patient's home.

With everything getting digitized, the therapists, as well as the patients, are finding it easy to stay connected as diagnosis, as well as the medicines, can be provided digitally. Some of the upcoming trends are:

- Patient Safety
- Advocacy
- Home-Based Care
- Telehealth
- Revenue Diversification
- Diversity

### Job Profiles and Top Recruiters

The job profiles are many in this field as the field keeps growing day-by-day with the need for more professionals in the field. The individual needs to fit in the job criteria to get hired in the workplace. Some of the job profiles in Physiotherapy are:

Job Profile	Job Description
<u>Physiotherapists</u>	Physiotherapists are the ones who are responsible for treating people who are affected by injury, illness, or disability through any movement. They are responsible for maintaining the health of people of all ages and managing pain.
Osteopath	The main role of the Osteopath is to first detect the problem and provide treatment on the same. They prevent problems by helping the patients do exercise, move, stretch, etc. They are responsible for providing the treatment and functioning of the body smoothly.
Sports Physio Rehabilitator	The Sports Physio Rehabilitator is responsible for looking after the treatment of the injury resulting from sports and exercise. They give advice and provide treatment simultaneously.
Professor	Professors are the one who is hired to teach students in post-secondary about the subjects that are covered in this course. They are responsible for teaching the students the subjects and making them thorough with the course.

Therapy Manager	Therapy Managers are the ones who manage the staff and manage the operations that take place daily. They are responsible for hiring and also teaching the new assistants. They also, at times, direct the patient care.
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### Some of the recruiters in this field are:

- Fortis
- Max Healthcare
- Indian Council of Medical Research
- Apollo Hospital
- Sports Teams
- Educational Institutions

### Average Salary

The salary package paid to the individual differs from one job profile to another. The individual is paid according to the job profile that he/she is hired for. The salary package keeps fluctuating from one job profile to another. The salary package changes according to the work experience.

Job Profile	Average Salary
Physiotherapist	RS. 2 to 7 Lakhs p.a. (Approx.)
Researcher	RS. 3 to 7 Lakhs p.a. (Approx.)
Therapy Manager	RS. 5 to 7 Lakhs p.a. (Approx.)
Professor	RS. 9 to 12 Lakhs p.a. (Approx.)
Private Physiotherapist	RS. 3 to 6 Lakhs p.a. (Approx.)

## **Required Skillset for Physiotherapy**

Every profession needs the individual to possess certain skills to get better at work. This field also needs the individual to possess certain skills:

**Interpersonal Communication** - The individual needs to have this skill to communicate with the patients, team members and other members of the organization efficiently. As the physiotherapy specialists, they are responsible for communicating effectively.

**Team Working Skills** - The individual needs to have these so that they find it easy to work in the team. The individual should be able to solve the problems of the team and work with them efficiently.

**Tolerance and Patience** - The individual should be tolerant and patient to be calm and diagnose the patient with the proper treatment. They should be able to work with tolerance and patience as there are times when there can be an emergency or pressure.

**Good Time Management** - The individual should possess this skill as they need to make timely decisions and also provide timely treatment to the patient. They should be able to diagnose the problem and also manage the required things for the treatment.

**Work Under Pressure** - The individual should be able to work under pressure as there are times when the patient needs urgent treatment. The individual should be quick and work under pressure when required. The

individual needs to have this skill as they need to work under pressure most of the time.

### **Course Curriculum for Physiotherapy**

The course curriculum for Physiotherapy gives the individual an in-depth knowledge about the course and how it works. The curriculum encompasses lectures, practical, and also internship. The course curriculum includes:

- Anatomy
- Basic Nursing
- Electrotherapy
- General Medicine
- Allied Therapies
- Neurology and Neurosurgery

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