

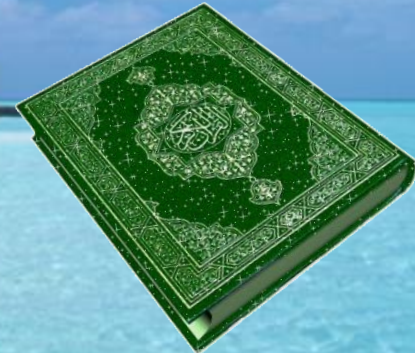


(يَرْفَعِ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا

الْعِلْمَ دَرَجَاتٍ وَاللَّهُ بِمَا تَعْمَلُونَ خَبِيرٌ)

صدق الله العظيم

سورة المجادلة (آية 11)



# ***Role of Physical Therapy in Occupational and Environmental profession***

**Dr / Ragae Saeed Mahmoud**

**Lecturer of physical therapy**

**South Valley University**

## **Benefits of physical therapy for patients often explore many options to:**

1) Increase mobility: Physical therapists frequently work to help patients who are experiencing chronic pain or recovering from an injury to improve their mobility.

2) Strengthen muscles: Stronger muscles can reduce some muscle strain put on joints that cause pain.

3) Prevent scar tissue infection build-up: Naturally form scar tissue after an injury or surgery.

4) Improve health outcomes: Physical therapy can help maximize health outcomes after surgery or injury.

5) Increase flexibility: It's important to stretch tight muscles and joints to improve patient flexibility.

**During history-taking, screening and the use of specific tests and measures, Physiotherapists are required to:**

- 1) Undertake a comprehensive examination/assessment of the patient.
- 2) Evaluate the findings from the examination/assessment to make clinical judgments regarding patients.
- 3) Implement a physical therapist intervention/treatment program and education in agreement with the patient.
- 4) Evaluate and re-evaluate the outcomes of any interventions/treatments.

- 5) Make recommendations for self-management.
- 6) Collaborate with health professionals.
- 7) Formulate a diagnosis, prognosis and plan.
- 8) Provide consultation within the health team and determine when patients need to be referred to another professional.

**N. B.:** Intervention and treatment aimed to prevent impairments, activity limitations, participatory restrictions, disability and injury including the promotion and maintenance of health, quality of life, workability and fitness in all ages and populations.

Intervention is implemented and modified in order to reach agreed goals and interventions may include:

- Education.
- Therapeutic Exercise.
- Functional training in self-care, home management, work, community.
- Manual therapy techniques (including mobilization/manipulation).
- Prescription, application, and fabrication of devices/equipment (assistive, adaptive, orthotic, protective, supportive, prosthetic).
- Airway Clearance Techniques.

- Breathing Techniques.
- Integumentary repair and protection techniques.
- Electrotherapeutic modalities.

### **Types of Physical therapist:**

1) Physical Therapists: Anyone who completes their Doctor of Physical Therapy (DPT) degree and passes the licensure exam can practice as a physical therapist.

2) Home Health Physical Therapists: who visit and treat patients where they live. It happens because these types of patients who cannot travel to a private clinical practice for treatment.

The most common types of patients that require home health therapy include: *Elderly, Disabled individuals and Victims of life-altering injuries.*

3) Travel Physical Therapists: who travel to various locations and fill in at hospitals that need staffing help. Traveling physical therapists only assist facilities on a temporary basis (e.g., several weeks or months).

4) Outpatient Physical Therapists: who having experienced outpatient physical therapy. These physical therapists work with patients who received a referral from a doctor as a result of an injury, illness, or surgery.



5) Skilled Nursing Facility Physical Therapists: They provide treatment in designated physical therapy plans inside patients' home out of hospitals.

6) Acute Physical Therapists: They focusing on the mobility and ability for patients to safely return home and they work closely with an entire healthcare team.

7) Inpatient Physical Therapists: They working with patients as they recover in a rehabilitation hospital setting and helping a patient regain the use of thier arms (stroke cases).

## **Different physical therapy specialties include:**

1) Cardiovascular & Pulmonary Clinical Specialist (CCS): They help patients recover from heart attacks or open-heart surgery, and they can help patients manage respiratory diseases such as COPD.

2) Geriatric Clinical Specialist (GCS): They helping patients with musculoskeletal conditions like osteoporosis, as well as progressive neurological diseases like Alzheimer's and Parkinson's diseases.

3) Orthopedic Clinical Specialist (OCS): They treat injuries and conditions of the bone, muscle, tendons, ligaments and joints problems and musculoskeletal disorders such as arthritis or those recovering from surgery.

4) Neurologic Clinical Specialist (NCS): They treat patients with developmental, systemic and traumatic disorders that affect the neuromuscular system.

5) Pediatric Clinical Specialist (PCS): They treat physical conditions from infants to children such as cerebral palsy and cystic fibrosis.

6) Oncology Specialist: They help patients manage and recover from musculoskeletal, neuromuscular, integumentary, cardiovascular and pulmonary rehab needs.

7) Women's Health Specialist (WCS): They help women experiencing pelvic region issues such as incontinence or sexual problems.

8) Electrophysiologic Clinical Specialist (ECS): They treat human dysfunctions using electricity to monitor, measure physiologic responses in patients.

9) Sports Clinical Specialist (SCS): They expert about athlete, injury management and rehabilitation.

10) Wound Management Specialist: They treat wounds healing after surgery appropriately and assist in recovery to normal movement.

11) Occupational Therapists: They working with patients to allow them to be independent in their ADL. Also, it helping patients improve their mobility and motor skills through the use of everyday activities.

**Physical therapists make advices about the patient's job/task being done that depend on:**

- 1) The demands on the worker during job (activities, workload, work pacing, shift work and fatigue).
- 2) The equipment used (its design in terms of size, shape, controls, displays, and how appropriate it is for the task).
- 3) The information used (how it is presented, accessed, and changed).
- 4) The physical environment (temperature, lighting, noise, vibration).
- 5) The individual's physical and psychological characteristics.

- 6) Body size, shape and posture.
- 7) Fitness and strength during applying activities.
- 8) Mental abilities to do task.

**Physical therapist duties and responsibilities toward patients may include:**

- Reviewing patient medical histories.
- Diagnosing patients by observing their movements and listening to their concerns.
- Developing individualized patient treatment plans.
- Outlining clear patient goals and the expected plan outcomes.

- Using exercises, stretching, equipment and hands-on therapy to manage patients' pain, increase mobility and prevent further pain and injury.
- Recording patient progress and modifying the plan of care if needed.
- Educating patients and family members about the recovery process.

Thanks