

A Brief Study on Physical Therapy: Conditions and Effects

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Physical therapy deals with diseases or injuries that impede a person's ability to move and perform daily activities in their life. PTs use individual history and physical examination to achieve diagnostic and therapeutic management and, include laboratory study results and X-rays, CT-scans or MRI findings. Electromyograms and nerve conduction velocity tests can also be used. Physical therapy usually includes the help of certain exercises, manual therapy, and equipment such as education, electrophysical methods including heat, cold, electricity, sound waves, radiation, auxiliary materials, prosthetics, body parts, and other interventions. PTs work with individuals to prevent premature loss of mobility by developing resilience and health-focused and active lifestyle programs, providing services to individuals and communities to improve retention and restore maximum mobility and ability to function throughout life. This includes providing medical care in situations where movement and function are threatened by aging, injury, disease, or environmental factors. Physical therapy is the work of a multidisciplinary specialist who specializes in orthopedics, cardiopulmonary, neurology, endocrinology, sports medicine, geriatrics, pediatrician, gynecology, wound care and electromyography. PTs practice in a variety of settings, such as private orthopedic clinics, outpatient or office clinics, health and wellness clinics, correctional facilities, state-of-the-art nursing centers, expanded care centers, private homes, education, and research centers, schools, nursing homes, industries, gymnasiums and sports training facilities. Physicians also train in the non-patient care fields such as health policy, health insurance and health care management. Respiratory cardiologists and physiotherapists offer a variety of treatments for heart disease or pre- and post-cardiac surgery or lung surgery. Manual therapy is used in this field to help detoxify the lung fluid experienced by cystic fibrosis. Lung disorders, heart attacks, post coronary bypass surgery; chronic pulmonary disease, and pulmonary fibrosis, treatment can benefit specialized cardiovascular specialists. Geriatric physiotherapy treatment covers a wide range of issues affecting people as they age normally but usually

focuses on the adult. There are many conditions that affect many people as they grow older and include but are not limited to the following: arthritis, osteoporosis, cancer, Alzheimer's disease, hip and joint changes, balance disorders, incontinence, etc. It is recommended that neurophysiotherapists work with psychiatrists when providing physical therapy for movement disorders. Orthopedic surgeons diagnose, treat, and treat disorders and injuries to the musculoskeletal system including rehabilitation after bone surgery, severe trauma such as sprains, complications, and initial unexplained injuries such as tendinopathy, bursitis, and paralysis such as scoliosis. Orthopedic surgeons are trained in treating postoperative orthopedic procedures, fractures, severe sports injuries, arthritis, sprains, back and neck pain, spinal conditions, and amputations. Physical therapy for children helps to diagnose health problems early and uses a variety of methods to provide physical therapy for children's problems. These therapists are specialized in diagnosing, treating and controlling infants, children, and adolescents with a variety of congenital, developmental, neuromuscular, skeletal, or acquired diseases. Physical therapy in the field of oncology and palliative care is a specialty for continuous development, both for serious and non-serious diseases. Physical therapy in both groups of patients is now seen as an integral part of the treatment process, as early diagnosis and new treatments improve patients' longevity. Admittedly, patients need to have access to the right level of rehabilitation, so that they can function at a lower level of dependency and increase their quality of life, no matter how long they have lived.

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Declaration of Conflicting Interests

The authors declared no potential conflicts of interest for the research.