

Musculoskeletal Physiotherapy- An Overview

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Introduction

Musculoskeletal Disorders

Musculoskeletal disorders are injuries or disorders which influence the movement of human body or musculoskeletal system (which includes muscles, tendons, ligaments, nerves, discs, blood vessels, and so on). They can affect any part of the body from the neck to the limbs, back, hands and feet. They may be caused due to improper holding or lifting heavy objects, repetitive strain or direct injury or trauma.

A few examples of musculoskeletal disorders which can be treated with musculoskeletal physiotherapy are ligament sprains, post-operative rehabilitation, muscle strains, carpal tunnel syndrome, cartilage tears, back ailments, bone fracture rehabilitation and various kinds of arthritis.

Musculoskeletal Physiotherapy

Musculoskeletal physiotherapy is a specialist physical therapy treatment for patients who exhibit the symptoms of a musculoskeletal disorder. It focuses on the biomechanical and structural rehabilitation of a patient. It encourages the patient to recover from their condition more quickly via regular treatment sessions and to create adapting strategies to aid the patient during the recovery process and prevent secondary problems from occurring, with an objective to maximize the individual's functional movement so that they can return to their regular routine lifestyle. This kind of treatment is most generally used to address accidental injuries, sports injuries and resolving physical impairment due to lifestyle and ageing.

What a Musculoskeletal Physiotherapist Do?

Musculoskeletal physiotherapists hold Masters in physiotherapy; they have advanced training in treatments and techniques specifically applicable to musculoskeletal disorders. Musculoskeletal physiotherapists generally find patients specifically with muscle and joint problems, often causing pain in the back and neck. Some common treatment options can include:

- Give basic anatomy education and advice regarding your condition
- Manipulation and manual therapy, to free up the movement of stiff joints
- Massage and stretching to loosen tight muscles and joints
- Patient specific Exercise therapy
- Electrotherapy, hydrotherapy
- Adapting strategies and self-management techniques
- Pain management

How Musculoskeletal Physiotherapy Helps?

Musculoskeletal physiotherapy contributes to patient recovery and improved lifestyle in several ways:

1. Improves muscle strength and flexibility, quality of movement, proprioception and co-ordination
2. Improves range of motion, ease and quality of movement
3. Improves coordination and control of movement
4. Totally relieve or reduce your pain
5. Decrease swelling and inflammation
6. Helps patient to develop coping strategies against the pain or difficulty while performing normal movements during the recovery process. In other words, provide strategies to best manage injury or condition.
7. Assist to achieve physical exercise or functional fitness goals.
8. Teaches and consolidates healthy ways of moving to reduce reoccurrences of musculoskeletal disorders in future.
9. Prescribe exercises to be done at home, gym work-out to enhance recovery. They can also formulate a maintenance programme after recovery in order to make you benefitted from your physical therapy.
10. Musculoskeletal physiotherapy can ultimately speed up recovery and further allow returning to normal activities as early as possible.
11. Improve the level of self-independence and self-sufficiency.

Musculoskeletal Physiotherapy have been successful in treating

- Back Pain
- Neck Pain
- Head and Face Pain
- Shoulder Pain
- Elbow and Arm Pain
- Leg, Foot and Ankle Pain
- Hip, Groin and Buttock Pain
- Joint Problems
- Arthritis Management
- Sports Injuries
- Muscle, Tendon, Ligament Injuries
- Post Operation Rehabilitation