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Physical Therapy

# Introduction

Physical therapy is a profession of healthcare discipline which provides services to patients in the management of movement, enhancement of the range of motion, restoration and maintenance of well-being, optimal functions, and prevention of disabilities and diseases. American Physical Therapy Association organizes and places physical therapists and physical therapy assistants in the country. Physical therapy is a career in which students learn major subjects that help them to learn various structures and functions of the body. These subjects include anatomy, physiology, kinesiology, biochemistry, rehabilitation sciences subjects, and musculoskeletal physical therapy. They deliver services particularly in the discipline of rehabilitation and physical therapy.

# Video 1

**Hospital** - Physical Therapy: Clinic vs. Hospital URL: <https://www.youtube.com/watch?v=tosh6eRB8qY>

Physical therapists are healthcare professionals who work at hospitals and have options to join home care facilities and clinics (*Physical Therapy: Clinic vs Hospital - YouTube*). It is a good opportunity for physical therapists to work in hospitals and deliver services to patients suffering from injuries, low back pain, knee and shoulder pain, and post-surgery pain. In hospitals, they deliver services to outpatients, athletes, and geriatrics particularly with the skills of hands and other equipment such as ultrasound, electrical muscle stimulation, and isokinetic. The video represented that the older patient visiting the hospital for physical therapy is 90 years old and the younger patient is 2 weeks old.

# Video 2

**Integumentary -** Soldiers Get Virtual Reality Therapy for Burn Pain URL: <https://www.youtube.com/watch?v=jNIqyyypojg>

Physical therapists provide healthcare services to a diverse group of patients including patients suffering from burn injuries. For these patients, it takes years to get back to normal life, however, physical therapists provide facilities to soldiers to and militaries help them in movement, range of motion, to ease them in pain management and services that enhance recovery. University of Washington, Hunter Hoffmann and Paul Simon have designed virtual reality technology for the patients to distract them during painful rehabilitation exercises (*Soldiers Get Virtual Reality Therapy for Burn Pain - YouTube*). Army Institute of Surgical Research and Christopher Maani states that the overall results of the technology have been proven to be very effective as MRI scans have shown that the brain of these patients reduces pain signals during virtual reality videos.

# Video 3

**Neuro** - Neuro Physical Therapy Video URL: <https://www.youtube.com/watch?v=SSL22ioAMJw>

The physical therapy profession has been reported an increase by 27% in Japan in the last eight years. It has been observed that the physical therapy profession is significantly increasing the health of patients and therefore, the demand for physical therapists is upsurging. Physical therapists deliver services to a diverse number of patients with injuries, damages, surgeries, diseases, and deformities (*Neuro Physical Therapy Video - YouTube*). Physical therapists help them in reorganizing and realignment through which functions of brain, and nervous system work more effectively. The video represented that patients suffering from nerve damage can recover through compensatory skills, robotic therapy, and continuous follow-up sessions for the movement of extremities such as arms and legs. Sue Potts was working in a nerve rehabilitation center for the past 30 years and stated that stroke patients can recover their motor return through physical therapy though regular sessions and follow-up is mandatory.

# Video 4

**Orthopedic -** Ice Hockey Stretches to Avoid Injury URL: <https://www.youtube.com/watch?v=jVTvR738AKo&feature=youtu.be>

These sources represented applications and the use of physical therapy in sports particularly hockey. Cindy explained various exercises that can help athletes to get warmed-up before play. She demonstrated exercises such as straight crossovers with abdominal rotations, and few movements of hip stretchers and flexors. She stated that hip flexors and stretcher exercises, and abdominal dynamic exercises can help players and athletes prevent them from getting injuries and damages (*Ice Hockey Stretches to Avoid Injury - YouTube*). It has been observed that athletes suffer from injuries related to knee, shoulders and on abdominal parts are due to lack of stretching.

# Video 5

Physical Therapy and Occupational Therapy URL: <https://www.youtube.com/watch?v=iXu0ntBTEXg&feature=youtu.be>

The source represented the importance of physical therapy in pediatrics. Parents visiting hospitals for their children seek the best services that can help their children to move and recover fast. Through this video, it was assessed that physical therapists and occupational therapist can help and assist children to recover from diseases (*Physical Therapy and Occupational Therapy - YouTube*). Occupational therapists help children in their daily activities such as brushing, dressing, moving, sitting and standing. They assist children to accomplish their daily activities by themselves. The physical therapist helps and assists children in movement by providing them many exercises that increase their range of motion and flexibility. Physical therapist along with occupational therapists help their patients in gross movements and coordination activities. These movements help and enhance their endurance and coordination.

# Video 6

Advice from a Physical Therapist Assistant (PTA) student from drkit.org URL: <https://www.youtube.com/watch?v=jVKBLrgoWvU&feature=youtu.be>

Physical therapy is a profession that is increasing nowadays. This profession admires people as people get recovered from immobility and deformity. Interviews of various physical therapists have shown that physical therapy has inspired them to join this profession. Many candidates have their grandparents recovered through physical therapy and therefore it motivated them to join this career. Physical therapy is a field that helps patients to recover their movements and mobility along with the flexibility of muscles that increases the recovery process (*Advice from a Physical Therapist Assistant (PTA) Student from Drkit.Org - YouTube*). Physical therapy is a course in which students learn anatomy, physiology, and kinesiology.

# Video 7

Physical Therapist Career Information: Physical Therapist Pros & Cons URL: <https://www.youtube.com/watch?v=4Xiker3SmEw&feature=related>

The source provided information related to the pros and cons of physical therapy. The significant pros of physical therapy are that it helps and assists patients to recover because of the expertise and skills of hands and is an inspiring moment for the professionals. Other pros include that professionals remain active and dynamically move and help patients to recover (*Physical Therapist Career Information : Physical Therapist Pros & Cons - YouTube*). The dynamic movements and skills help them to stay energetic and motivated. The major con includes the reimbursement of patients and healthcare insurance companies as older patients need time to recover from a condition and recovery is slow.

# Video 8

Physical Therapy - Exercise for People with Diabetes URL: <https://www.youtube.com/watch?v=_nxCAh9B834>

The source provided the information and knowledge regarding how diabetes can be prevented and controlled utilizing various exercises and activities. Research has shown that with the help of physical activities and exercises, a diabetic patient can maintain his blood sugar level and also it would help them to prevent other related illnesses such as hypertension (*Physical Therapy - Exercise for People with Diabetes - YouTube*). The studies have proved that exercise of 150 minutes per week can help reduce patients acquiring many diseases that are related to obesity and diabetes.

# Summary

Physical therapy helps and assists patients in the evaluation, assessment, diagnosis, promotion, prevention, and implementation of policies that enhance human health. The scope of physical therapy is widespread and physical therapists are working in healthcare facilities such as hospitals, clinics, home-based institutions, private practice centers, rehabilitation centers in almost all departments. The career in physical therapy is inspiring as people get recovered and move because of you. These departments of healthcare facilities include neurology, cardiology, women's health, pediatrics, musculoskeletal and primary care units.

# Challenges of Physical Therapy as a Career

It has been observed that physical therapy as a career is facing many hindrances from stakeholders and the scope of the filed. The discipline is not well understood and people do not consider it as a healthcare profession. Therefore, educating people and candidates regarding the importance of physical therapy can motivate them to join this profession. University of Washington has designed virtual reality technology and it can also help students and people to learn advancements in the field of physical therapy to overcome challenges. They deliver services in the fields of neurology, orthopedic and pediatrics and it needs to be promoted.

# Works Cited:

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