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INTRODUCCION

Physical therapy is responsible, among other things, for improving an individual's health by promoting their mobility and eliminating pain through exercises and physiotherapeutic treatments.



Physical therapists treat people who are recovering from physical harm and those seeking relief from pain caused by chronic physical problems. To work as a physical therapist you must obtain a degree and apply for a license to practice the profession., Physiotherapists use their knowledge of human anatomy and special tools (bars, balls, and exercise machines) to create series of repetitions of movements aimed at relieving pain or restricting mobility caused by illness or injury. For the most part, these professionals work in hospitals, clinics and other health centers dedicated to this medical specialty; however, as with other specialties of Medicine, Physiotherapy has subcategories that vary depending on the origin of the injury and the treatment required, among them stand out: sports physiotherapy, orthopedic, cardiovascular, pulmonary, geriatric, pediatric, aquatic, among others. In the case of those specialized physiotherapists, it is common for them to work in an environment close to that of their patients, such as sports centers and retirement homes. In addition, a large number of these professionals choose to work independently or autonomously. the most common functions of a Physiotherapist: Design and implement a personalized treatment plan for each patient in order to relieve their pain and restore their physical mobility: Read and analyze medical reports to determine the best treatment to follow. Perform an initial assessment of the patient's mobility. Design a treatment plan to rehabilitate the patient. Assist patients in performing different exercises designed to help them regain mobility. Instructing patients and their families in performing exercises and routines designed to be, practiced in their homes to improve their results. Keep track of improvements, diagnosis and goals achieved by the patient. Consult with medical professionals to track the progress of therapy and redesign the rehabilitation program if necessary. Enlist patients once they have achieved the goals set. Be aware of the latest techniques, achievements and treatments in the field of Physiotherapy:

Attend and participate in seminars, conferences and conferences in conjunction with other professionals in your field to share new methods and treatments., Daily tasks Treat new patients and analyze their medical history to design an appropriate treatment plan. Treat patients according to a pre-established program and medical instructions or recommendations. Track patients' history, diagnosis, treatment and medical improvement. Evaluate each patient's progress to the end of treatment. Physical therapy is a health care profession that works with people to identify and maximize their ability to move and function, an essential part of what it means to be healthy



CONCLUSION

are the goals we're headed for and can be set in the short, medium and long term. In physiotherapy, unreal goals, by ambitious in time or in achievement, can lead to hope that they become vain and create in the patient a lack of further motivation and also, the one that is not able to assume the possible consequences or consequences of the disease feeling the physiotherapeutic treatment as a failure. These objectives must be set after learning of the impact of disability and, above all, they must be clear and adapted to the patient's possibilities. The patient should experience the benefits of physiotherapy in each treatment session, achieving orthopedic improvement and always through human contact. The patient must be explained in clear and accessible language why the choice of a technique and how it will be organized and developed. It must be the physical therapist who adapts to the patient and not the other way around, taking into account their age, pathology, social and professional context.

ORACIONES

She won't be back in a few hours, from therapy.

he doctor can't see you now

You must tell the therapist the truth.

I always arrive on time my therapies

I always go with a friend to my therapies

I never miss the classes of therapies

me and my grandmother always go to therapy classes

my grandfather every day improves his health thanks to the therapy he always receives



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