

A physiotherapist, also known as a physical therapist, is a licensed healthcare professional who specializes in diagnosing, managing, and treating physical impairments, disabilities, and pain through non-pharmacological, non-surgical methods. Their goal is to restore movement and function, prevent further injury, and improve quality of life.

**Key Roles of a Physiotherapist:** Assessment and diagnosis of musculoskeletal, neurological, and cardiorespiratory conditions.

Rehabilitation following injuries, surgeries, strokes, or chronic illnesses.

Manual therapy, such as joint mobilization or soft tissue techniques.

Therapeutic exercises to improve strength, mobility, and endurance.

Patient education on posture, ergonomics, and injury prevention.

Use of modalities like ultrasound, electrotherapy, or dry needling (depending on country regulations).

**Common Conditions Treated:** Low back and neck pain

Sports injuries

Stroke and neurological disorders (e.g., Parkinson's disease, MS)

Post-operative rehabilitation (e.g., joint replacements)

Respiratory conditions (e.g., COPD, cystic fibrosis)

Pediatric developmental disorders

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