

Physiotherapy

[Physical therapy](#) or physiotherapy (often abbreviated to PT) is a physical medicine and [rehabilitation](#) specialty that remediates impairments and promotes mobility, function, and quality of life through examination, diagnosis, prognosis, and physical intervention (therapy using mechanical force and movements). It is carried out by physical therapists (known as physiotherapists in most countries)

In addition to clinical practice, other activities encompassed in the physical therapy profession include research, education, consultation, and administration. In many settings, physical therapy services may be provided alongside, or in conjunction with, other medical services.

[Physiotherapy for low back pain](#).

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