



# Physiotherapy

Medical evidence shows that if you keep physically fit by exercising regularly you increase your chances of living a healthier life – feeling well, looking well, maintaining your lifestyle. Physiotherapists encourage people to keep active with sensible exercises suited to their age and physical condition.

## WHY CHOOSE PHYSIOTHERAPY?

If you suffer from back or neck pain, a sports injury, arthritis, in fact any joint or muscle problem, physiotherapy can help relieve your pain and get you moving again.

Physiotherapists are trained to assess the underlying causes of joint, muscle and nerve injuries and provide effective treatment. They use a wide range of drug-free techniques to relieve pain, restore movement and prevent further problems.

Physiotherapy can also assist in the management of a wide variety of other conditions. A few examples are: neurological disorders such as stroke and Parkinson's Disease; movement disorders in children; rehabilitation after major injury; asthma and other chest problems. Physiotherapists are involved in helping people of all ages from young infants to the elderly.

## PREGNANCY AND AFTER

Physiotherapists run exercise programs to keep you fit and painfree before the birth of your child and get you back in shape afterwards. Antenatal classes will give you an understanding of the changes women experience before, during and after childbirth.

## AT WORK

Physiotherapists can help you improve the safety and efficiency of your work practices. Whether working at home, in the factory or in the office, you may experience back pain, neck pain, headaches, muscle strains or 'sciatica'. Your physiotherapist is well equipped to treat the problem and teach you good working habits.

## SPORT AND LEISURE

For pain relief and the speediest return to your sporting activities, see a physiotherapist. During your visit, the problem will be assessed and explained to you. As well as giving you appropriate treatment, the physiotherapist will advise you on ways to prevent the problem recurring, and ensure you return to your sport without compromising other joints and structures.

## YOUR CHILD

Visit your physiotherapist for treatment and advice if your child has problems with movement, coordination or posture. Children with chest complaints such as asthma, cystic fibrosis benefit from physiotherapy.



## 60 AND OVER

The right help can make life so much easier, even after a setback like a broken leg or hip. Your physiotherapist will help you to walk again and restore independence. Physiotherapists can treat many of the health problems experienced by older people, such as arthritis, bladder control difficulties, stroke or osteoporosis.

## PUTTING YOU BACK IN ACTION

Physiotherapy helps put you back in action by carefully treating your painful joints and muscles, educating you about managing your condition, advising you on ways to prevent a recurrence, and by designing a personal exercise program.

## YOUR FIRST VISIT

When you first visit a physiotherapist you will be given a thorough assessment. Your physiotherapist will explain what's causing the problem and select the best options for treatment. They will encourage questions from you as to the cause, management and possible prognosis.

## TREATMENT

Treatment may include any or all of these techniques:

- Joint manipulation or mobilisation
- Soft tissue massage
- Stretches
- Supervised exercises
- Education about lifting
- Pain relief techniques such as TENS, ultrasound and acupuncture
- Home exercise program

## FINDING A PHYSIOTHERAPIST

Working in private practice, hospitals, schools and medical practices (private and public), physiotherapists are fully qualified, registered practitioners. As licensed by Dubai Healthcare City or Department of Health and Medical Services, UAE they are bound by a Professional Code of Ethics.

You can ask a doctor to refer you to a physiotherapist, or you can go directly without a referral.

## GENERAL

Physiotherapists in Dubai must all be registered with either Dubai Healthcare City or Department of Health and Medical Services. To gain registration, they will have needed to prove their qualifications and have an exemplary record. Ask to see certification of this registration if you require it. They are bound by a professional Code of Ethics and have access to extensive and continuing postgraduate education programmes.

## HEALTH REBATES

You may consult a physiotherapist either directly or by referral from your medical practitioner. Most private health insurance funds offer rebates for physiotherapy treatment.