

Physical Therapy as a Profession. Education

Introductory Discussion:

1. Why did you choose physiotherapy as your major?
2. What is the most exciting thing about your profession?
3. What is the most difficult thing about your profession?
4. Why do you think physiotherapy is important?
5. Where would you like to work after graduation?

(hospitals – physiotherapy clinics – sports clinics – rehabilitation centres – spas – long-term care centres – nursing homes – health centres – patients' own homes – day care centres – assisted living facilities)

TASK 1 Reading

Before reading :

Match the words to their definitions:

incapacitated a sudden loss of brain function caused by a blockage of a blood vessel

stroke a procedure involving removing, repairing, or replacing a body part

treadmill not having enough strength or power; "lying ill and helpless"

surgery restore to good health or useful life

rehabilitate an exercise machine for running or walking

Find the synonyms to the following words in the text:

ordinary – disease – movement -
machine – get better –

Career Profile

A physical therapist (PT) is a health professional helping to rehabilitate a patient while recovering from surgery, or a patient who has been injured or incapacitated in some way by an accident, illness or stroke.

A physical therapist may see patients in a medical office or hospital setting. Physical therapy ranges from short-term to long-term depending on how serious the patient's condition is.

For example, a patient who has had a relatively routine knee surgery may need a few sessions of physical therapy to get his or her knee back to its full range of motion.

On the other hand, a more seriously injured patient may require months of physical therapy just to gain the strength and range of motion needed to stand and walk.

Typical Work Load and Work Environment:

Physical therapists may see patients in a medical office, such as an orthopedic surgery practice, or hospital setting. Typically a patient will be referred to a physical therapist by a physician, who prescribes the physical therapy treatment and follows up to assess the patient's progress regularly after one or more courses of therapy.

A physical therapy room is equipped with a variety of apparatus, used to rehabilitate patients. This may include weights, mats, and treadmills where PT's can perform a variety of exercises with the patients to improve motor skills, sensory perception, and muscle strength.

(<http://healthcareers.about.com/od/alliedmedicalprofiles/p/PhysicalTherapist.htm>)

After reading:

Find the following information in the text:

- who does a PT help?
- where does a PT usually work?
- what equipment does a PT room normally have?
- how does exercise help patients in rehabilitation?

TASK 2 Listening

Required Skills for Physical Therapists:

Discussion point: In your opinion, which skills should a physical therapist have?

Video

http://www.youtube.com/watch?v=YqZGswvhRZw&feature=results_video&playnext=1&list=PL5DB325AC60CBA473

Before watching - Vocabulary:

Compassionate- understanding and caring about someone who is in a bad situation

Fragile- easy to break or damage

Humanitarianism-based on the similarity to the word used in Czech, can you explain the meaning?

Disabled-the one who is unable to use a part of their body

Vital-very important, necessary

1. Watch the video and prepare to answer the following questions:

Which chronic disease is mentioned in the video?

Why should a PT be in a good physical condition?

Which administrative tasks should a PT do?

2. Watch again and fill in the gaps:

Physiotherapists combine _____, medicine and humanitarianism to teach patients how to help themselves.

They play a vital role in helping _____ victims and the disabled recover from injuries.

Because of the fragile _____ of many of their patients, PT must be compassionate and _____ when working with others.

A career in physiotherapy offers specialization in particular areas such as pediatrics, _____ or urology.

TASK 3 Reading

Education

Educational qualifications for Physiotherapy vary somewhat internationally. Some countries require relatively little formal education while others require specialist masters and doctoral degrees.

In the **United States**, training in physical therapy culminates in either a Master's degree or a doctor of physical therapy (MSPT, or DPT) from an accredited physical therapy program. Physical therapist education includes clinical internships. All states also require physical therapists to pass the National Physical Therapy Examination before they can practice. Each state regulates licenses for physical therapists independently.

In the **United Kingdom** in order to qualify, students are required to complete 1000 hours of clinically based learning: this typically takes place in the final two years; however, some courses also have clinical placement in the first year. Thirty-five universities train physiotherapists in the UK. The majority of physiotherapists work within the National Health Service, the state healthcare system.

In **Australia** programs are available at both undergraduate and post graduate level. The physiotherapy degree can be undertaken over a 4 years period as an undergraduate or 2-3 years post graduate with the early components being predominantly theoretical including basic anatomy, biology, physics, psychology, kinesiology and physiology. The program generally progresses with an increasingly clinical focus and usually the final year involves practical placements at clinics, and research.

In **India**, universities offer an undergraduate program of physiotherapy with four years of academic and clinical program and 6 months of compulsory internship. There are over 250 colleges offering undergraduate program in physiotherapy (BPT) and more than 50 colleges offering masters in Physiotherapy (MPT) with 2 years duration.

<http://thephysiosite.com/physiotherapy-training.php>

True or false:

1. The majority of physiotherapists in the UK work in private clinics.
2. In India universities offer four years of undergraduate studies and six months of internship.
3. In the USA there is one unified license for physiotherapists
4. In Australia the first year of the program involves practical placements at clinics.

What can you say about the education for physiotherapists in the Czech Republic? Do you think that it should be improved or modified? If so in which ways?

TASK 4 Taking medical history - useful phrases

These are the categories of questions a PT may ask at an initial session with a patient. Add some more to the group.

1. Family:
 - How old are you?
 - Are you married?
 -

2. Job
 - What do you do for living?
 - How long have you had the job?
 -

3. Home/living situation
 - Where do you live?
 - Do you live alone?
 -

4. Life style/ Recreational activities
 - How do you spend your free time?
 - Do you take any exercise?
 -

5. Allergies, medications
 - Do you have any allergies?
 - Has your doctor prescribed you any tablets for your condition?
 -

6. Illnesses, operations, injuries
 - Have you ever been treated for a nervous condition?
 - Have you ever been admitted to a hospital?
 -

7. Aids, assistive devices
 - Do you wear a brace or back support?
 - What distance can you walk without difficulties?
 -

8. Pain and musculoskeletal symptoms
 - Are you in pain?
 - Do the joints feel stiff?
 -

9. Intensity
 - Is it mild, severe, or very severe?
 - On a scale of 1 to 10, how much does it hurt?
 -

10. Location

- Where is the pain?
- Does it spread down your legs?
-

11. Quality

- Can you describe the pain?
- Is it sharp, dull, constant or intermittent?
-

12. Onset, duration

- What were you doing when it started?
- Does it come and go?
- Have you had similar symptoms before?

13. Alleviating and aggravating factors

- What postures or activities make your symptoms worse?
- Is it relieved by painkillers?
- Does anything special bring it on?
-

14. Effects of pain/ symptoms on daily functions

- Does it stop you from bending or reaching for something?
- Does the pain wake you up?
-

15. Neurological signs/ symptoms

- Do you have any tingling sensation in your hands or feet?
- Do you experience any weakness, numbness, tingling, burning, shooting pain, vertigo or dizziness?
- Are your hands clumsy?
-

16. Continence

- Do you have any difficulty in passing water?
- Can you control your bowel movements? Do you ever wet yourself?
-

17. Breathing

- Do you gasp for air?
- How many stairs can you climb without getting out of breath?
-

18. Cardiovascular signs

- Do you experience hot or cold sensations in your arms or legs?
- Do you experience any swelling in your arms or legs?
-

19. Concluding remarks:

- What do you think is the matter with you?

TASK 5 Medical Vocabulary:

What advice does the doctor give?

1. I'm going to Nepal on business.
 2. I can't get into my clothes.
 3. I can't sleep at night.
 4. My eyes are often sore and I sneeze a lot.
 5. I often have stomach-ache.
 6. I feel much better, doctor.
 7. I've got a terrible cough.
-
- a. Good, you needn't come back for a month.
 - b. You really must stop smoking.
 - c. You should do more exercise - it's very relaxing.
 - d. You'll have to have a few injections.
 - e. You shouldn't eat so much fried food.
 - f. You really must lose some weight.
 - g. You should have some allergy tests.