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## Survey on belief and awareness of physiotherapy among other health care professionals

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### Abstract

This study shows belief and awareness of Physiotherapy among other health care professionals. Physiotherapy is a health care profession which involves treatment of an individuals in order to develop, maintain and restore range of motion. Physiotherapy involves treatment of various conditions such as Arthritis, Frozen shoulder, neuromuscular conditions such as Stroke, Bell's palsy, Ligament injuries, and Meniscal tear etc. Physiotherapist ensure the physical, social, and mental well-being of an individual by improving their quality of life in order to overcome the pain, stiffness and increasing mobility. 50 health care professionals were contacted for the current study among which 29 were males and 20 were females, selected randomly for data collection. 50 subjects were taken from different professionals such as Doctors, BSc Radiology, MSc Radiology, Dialysis technologist, BSc nursing, MSc nursing, Pharmacist, Lab technician and many other in which none of the health care professions answer the questions correctly we conclude that the awareness of physiotherapy among other health care professionals is poor and there is need of increasing awareness among other health care professionals by conducting workshops and seminars in order to improve their knowledge about physiotherapy.

**Keywords:** Awareness of Physiotherapy, among other, health care professionals

### Introduction

Physiotherapy is a health care profession which aims the physical, social, and mental well-being of an individual in order to reduce pain and stiffness of joints and improve, restore and maintain range of motion and increase flexibility and mobility of various joints to ensure the functional ability of an individual throughout the whole life. Physiotherapy services are largely initiated in health care systems, private training, schools, sports and work place settings. To encompass suitable treatment, the physiotherapists must announce the cultural, psychological and social factors that sway the patients. This commences with the assessment of the patient's condition along with medical history review and physical examination. This brings up to all patients, despite of age and context. Physiotherapy has numerous specialties which includes cardiopulmonary, geriatrics, neurology, orthopaedics and paediatrics, to name a few.

Physical therapy is linked with acknowledge and increasing quality of life and movement potential within the spheres of promotion, inhibition, treatment/intervention, habitation and rehabilitation. This integrates physical, psychological, emotional, and social wellbeing. Physical therapy includes between the physical therapist, patients/ clients, other health professionals, families, care givers and communities in a process where movement potential is figured and goals are determined upon, using erudition and proficiency entirely to physical therapists. Physiotherapy is a very lively health care profession. Physiotherapy is a familiar profession around the world. Physiotherapy interventions and treatment techniques helps in the management of various impairments and debilities. Physiotherapy can be used to manage several conditions from Paediatric age group to geriatric age group.

In the healthcare institution, professions like those of Doctors and Nurses are well comprehend than the other paramedical professions like Physiotherapy. Nevertheless, the physiotherapist plays a presiding role in supplying health care and it is a highly organized profession worldwide. Physiotherapy is a healthcare profession engaged with human function and movement and manipulating potential. Also, physiotherapists work in a widespread of health upbringings including intensive care, mental illness, stroke recovery, occupational health, and care of the elderly. Physiotherapy is absolutely distant than setting musculoskeletal sports

injuries even though that is possibly the most communal discrimination of the profession. It uses physical methods to encourage, maintain and restore physical, psychological and social well-being, fascinating account of divergences in health status and it is science-based, devoted to ranging, applying, assessing and reviewing the evidence that emphasizes and informs its practice and circulation the exercise of clinical result and informed analysis is at its fundamental. The main trepidation of physiotherapy is rehabilitation which is defined as "The restoration of an individual part or parts back to normal or near regular function after a restricting disease, injury, dependence or detention.

### Methodology

**Subjects:** 50 health care professionals were selected from Paramedical, Nursing faculty of RIMT University & Clinics and hospitals of Ludhiana, among which 29 were males and 20 were females Using purposive sampling.

**Variable:** Awareness of Physiotherapy among other health care professionals.

**Test and Criterion Measure:** To check the awareness of physiotherapy among other health care professionals by answering the questioner.

### Collection of Data

50 health care professionals were contacted among which 29 were male and 20 were females and they were asked to answer the questionnaire. Following questions were included in the questionnaire:

S. No	Detail of the Questions
1	Are you familiar with the word Physiotherapy
2	Are you aware of the existence of Physiotherapy in Punjab
3	Is occupational therapy and Physiotherapy same
4	Do you feel that Physiotherapy is an expensive treatment
5	Do you think you need to know more about Physiotherapy
6	Do you believe that your current awareness on Physiotherapy is sufficient to advice a patient in need of Physiotherapy services to seek a trained Physiotherapy
7	Do you think Physiotherapy is necessary
8	Do you think that Physiotherapists contribute to the well-being of individuals who seek their services
9	Do you believe that Physiotherapists can make a diagnosis and as well, treat individuals who seek their services
10	Do you think that Physiotherapists should be in all hospitals
11	Would you like to be or encourage your relatives to be a Physiotherapist
12	Have you or your relations ever been treated by a Physiotherapist
13	Would you recommend Physiotherapy services to an individual who may need them

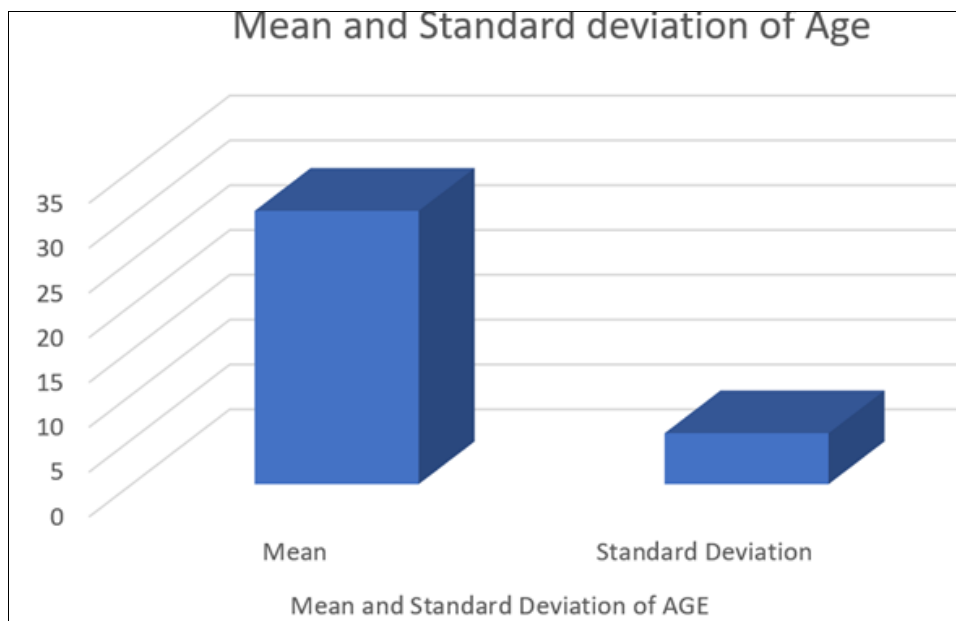
### Statistical Analysis

To check the Physiotherapy awareness among other health care professionals, mean and standard deviations were calculated. The data was analysed and represented in the form of graphs.

### Result

**Table 1:** Shows the Mean and Standard Deviation of Age

	Age of subjects	Frequency (f)	Mean	Standard deviation
Age	21-25 Years	26	30.5	5.69
	26-30 Years	15		
	31-35 Years	4		
	36-40 Years	6		



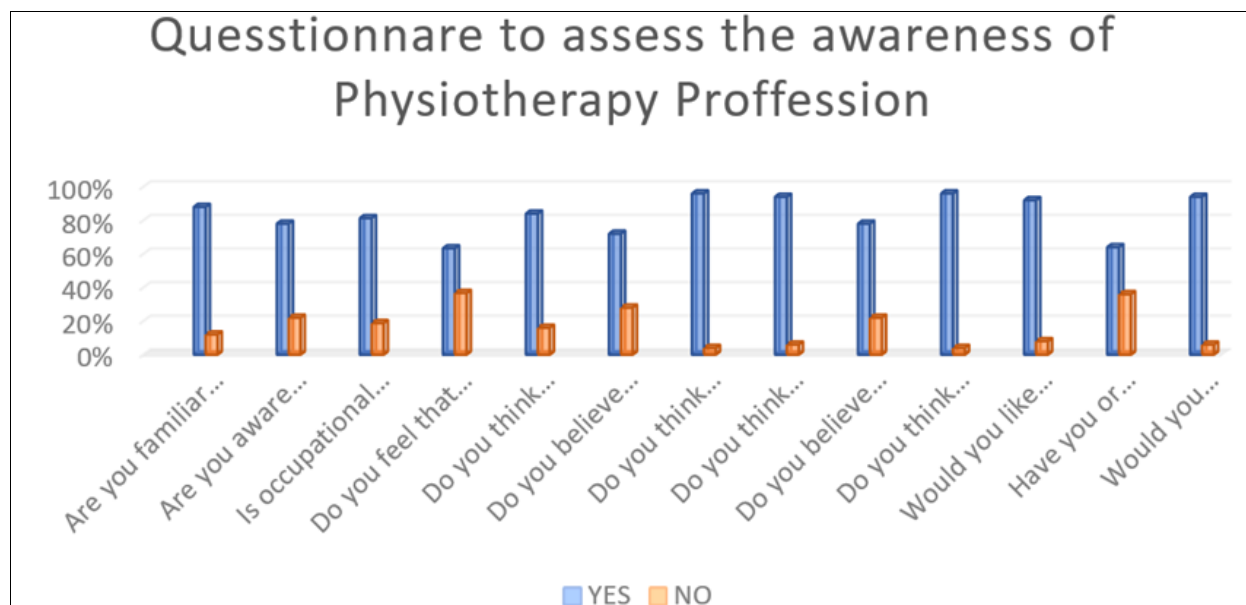
**Graph 1:** Shows the mean and Standard Deviation of Age

**Table 2:** Shows demographic data of various health care professionals. N=50

Variables	Options	Percentage (%)	Frequency (f)
Age	21-25 Years	26%	26
	26-30 Years	15%	15
	31-35 Years	4%	4
	36-40 Years	6%	6
Gender	Male	54.7%	29
	Female	43.4%	23
Qualification	BSc nursing	28%	28
	Masters	23%	23
	PhD	4%	4
Years of service	Up to 1 Year	5%	5
	2-5 Years	16%	16
	6- 10 Years	20%	20

**Table 3:** Shows the Acknowledgement percentage awareness of Physiotherapy among other health care professionals.

S. No	Details of the Questions	Yes	No
1	Are you familiar with the word Physiotherapy	88%	12%
2	Are you aware of the existence of Physiotherapy in Punjab	78%	22%
3	Is occupational therapy and Physiotherapy same	81.3%	18.8%
4	Do you feel that Physiotherapy is an expensive treatment	63.3%	36.7%
5	Do you think you need to know more about Physiotherapy	84%	16%
6	Do you believe that your current awareness on Physiotherapy is sufficient to advice a patient in need of Physiotherapy services to seek a trained Physiotherapy	72%	28%
7	Do you think Physiotherapy is necessary	96%	4%
8	Do you think that Physiotherapists contribute to the well-being of individuals who seek their services	94%	6%
9	Do you believe that Physiotherapists can make a diagnosis and as well, treat individuals who seek their services	78%	22%
10	Do you think that Physiotherapists should be in all hospitals	96%	4%
11	Would you like to be or encourage your relatives to be a Physiotherapist	92%	8%
12	Have you or your relations ever been treated by a Physiotherapist	64%	36%
13	Would you recommend Physiotherapy services to an individual who may need them	94%	6%

**Graph 2:** Shows responses on Questionnaire on awareness of Physiotherapy profession among other healthcare professionals.

### Discussions

There is lack of awareness and knowledge of Physiotherapy among health care professionals due to presence of quacks and prescription of exercise by doctors in a wrong way as the Physiotherapists are well qualified and have knowledge about Anatomy in which they are specialized, thus they can prescribe exercise in a better way and can make diagnosis and treat patients such as musculoskeletal conditions (Frozen shoulder, bursitis, tendinitis, ankle sprain, back pain and neck pain) on the basis of their knowledge of Anatomy which

could not be treated better than any Physiotherapist. A study was conducted by Abichandani D *et al.* in which researcher believed that, one can conduct interactive interdepartmental workshops in medical colleges, hospitals and clinics about the field of physiotherapy especially among medical professionals. In such workshops, people should be explained about the fundamentals of the field, duties of a physiotherapist, evaluation and assessment done by a therapist, the science and evidence supporting each treatment program and how it helps to prevent injuries and disabilities.

Implementation of such measures can provide a great aid in increasing acquaintance of doctors to the field of physiotherapy, thereby improving referral for the same. Physiotherapy has progressed from overall to field service in past years. Physiotherapists are elaborate in critical estimation and result making in debilities and implement evidence based clinical practice. Physiotherapists are useful possessions in educating public about flourishing lifestyles and fitness exercises for preclusion of physiological risk factors for non-communicable diseases, which is recognized as a main risk to worldwide healthiness.

### Conclusion

Conclusion of the above study shows that the knowledge and the awareness among other health care professionals is poor in most of the questions of surveyed population. None of the health care professionals was able to answer the whole questionnaire perfectly. Perception of the Physical therapy on profession on average is good but not excellent and not a 1% of the population found to be a good profession. The study revealed that there is insufficient knowledge and awareness among other health care professionals, among which doctors were though found to be much familiar as compared to other health care professionals such as Pharmacists, Radiologists, Biotechnologists, Nurses, Lab technician etc. There is need to increase the knowledge and role of Physiotherapy among other health care professionals by conducting regularly seminars and lectures among other health care professionals on prevailing and developing on part of Physiotherapy in health care systems. The awareness and belief among other health care professionals is poor because of their lack of knowledge and awareness one can conduct interactive interdepartmental workshops in medical colleges, hospitals and clinics about the field of physiotherapy particularly between medical professionals. In such workshops, people should be enlightened about the essentials of the field, responsibilities of a physiotherapist, evaluation and assessment done by a therapist, the science and suggestion secondary to each treatment plans and how it supports to prevent damages and debilities. Application of such actions can deliver a great encouragement in cumulative consociate of doctors to the field of physiotherapy, in so doing educating recommendation for the same.

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