

# PHYSIOTHERAPY

# FISIOTERAPIE

## WHAT IS PHYSIOTHERAPY?

Physiotherapy is treatment to restore or promote the normal, physical functioning of the individual. Various methods are used to achieve this. Students are trained in exercise therapy, electrotherapy, massaging, mobilisation and tuition with a view to restoring or promoting the normal physical functioning of the individual.

Exercise therapy includes specialised techniques to strengthen muscles and to mobilise stiff joints. Patients are taught co-ordinated and skilled movement patterns so as to render them functionally independent.

Electrotherapy modalities are used mainly to alleviate pain and to increase the blood supply with a view to influencing the pathological processes in the body.

Soft tissue such as muscles, the skin and scars are mobilised during massaging to alleviate pain and muscular spasms, reduce swelling, improve circulation and soften scar tissues.

## SCHOOL SUBJECTS

To qualify for selection for Physiotherapy you must have Mathematics and Physical Science (both at Higher Grade).

## TRAINING UNIVERSITY

The BPhysiotherapy or BSc Physiotherapy degree is offered at most universities. The duration of the course is four years.

## COMMUNITY SERVICE

An informed community is a healthy community, and consequently much time is spent on teaching patients and those who care for them.

## RESEARCH

Already at undergraduate level, students are given the opportunity to become acquainted with the research process. Research is essential for the development of the profession.

## CAREER OPPORTUNITIES

Employment opportunities for physiotherapists are available in hospitals, schools for children with special needs, and mine- and industrial clinics and hospitals. Opportunities exist in private practice, the SA National Defence Force, homes for the aged, local government bodies (municipal clinics) and sports centres.

## FURTHER STUDY

A degree in Physiotherapy allows admission to study for the Master's degree.

## WAT IS FISIOTERAPIE?

Fisioterapie is behandeling om die normale fisiese funksionering van die individu te herstel of te bevorder. Verskeie metodes word gebruik om dit te bewerkstellig. Studente word opgelei in oefenterapie, elektroterapie, massering, mobilisering en onderrig om sodoende die individu se normale fisiese werking te herstel of te bevorder.

Oefenterapie sluit gespesialiseerde tegnieke in om spiere te versterk en stywe gewrigte te mobiliseer. Gekoördineerde en vaardigheidsbewegingspatrone word aan pasiënte geleer, sodat hulle funksioneel onafhanklik kan wees.

Elektroterapiemodaliteite word hoofsaaklik gebruik vir die verligting van pyn en die stimulering van die bloedtoevoer om die patologiese prosesse in die liggaam te beïnvloed.

Sagte weefsel soos spiere, die vel en littekens word tydens massering gemobiliseer om pyn en spierspasma te verlig, swelling te verminder, sirkulasie te verbeter, en littekenweefsel te versag.

## SKOOLVAKKE

Om vir keuring vir Fisioterapie in aanmerking te kom, moet jy Wiskunde en Natuur- en Skeikunde hê (albei op Hoër Graad).

## OPLEIDING UNIVERSITEIT

Die B.Fisioterapie of BSc Fisioterapie graad word by die meeste universiteite aangebied. Die kursus duur vier jaar.

## GEMEENSKAPSDIENS

'n Ingeligte gemeenskap is 'n gesonde gemeenskap, en daarom word baie tyd bestee aan die onderrig van pasiënte en hulle versorgers.

## NAVORSING

Studente kry reeds op voorgraadse vlak die geleentheid om kennis te maak met die navorsingsproses. Navorsing is noodsaaklik vir die ontwikkeling van die beroep.

## BEROEPSGELEENTHEDE

Betrekkings vir fisioterapeute is beskikbaar in hospitale, skole vir kinders met spesiale behoeftes, en myn-, en nywerheidsklinieke. Werksgeleenthede bestaan ook in privaatpraktyke, die SA Nasionale Weermag, ouetehuse, plaaslike owerheidsinstansies (munisipale klinieke) en sportsentra.

## VERDERE STUDIE

Die Baccalaureusgraad in Fisioterapie verleen toegang tot studie vir die Meestersgraad in Fisioterapie.

