

# Physiotherapy

.The term *physiotherapy* comes from the Greek word *physis* - natural force and *therapeiá* - treatment as a service. It uses different forms of energy (including movement) to therapeutically influence pathological conditions. It is divided into **therapeutic physical education** (LTV) and **physical therapy**<sup>[1]</sup>.

## Therapeutic physical education

- Group / individual rehabilitation.
- **Fitness exercise** - already in an acute or subacute state with the patient in bed, also as preventive RHB in risk groups.
- **Exercise according to the muscle test** - meaning of ch. for peripheral paresis, exercises against resistance, use of dumbbells + pulleys.
- In the case of spastic disorders - the Kabat technique is based on specific movement patterns, based on the principle of muscle interplay, movement in diagonals.
- '*Method of Mr. and Mrs. Bobath* - Ch. in children with DMO, uses a position to initiate movement when spasticity is dampened, using cervical, vestibular reflexes and various exercise aids.
- **Vojt's method** - based on the phylogeny of movement, there are 2 reflex coded movement units in humans: reflex crawling + reflex turning - they can be equipped only in a certain position and stimulation, indications: DMO, spastic hemiparesis after CMP and<sup>[1]</sup>.

## Physical Therapy

- **Direct current:** galvanization - accelerates metabolism in tissues;
- **alternating interference currents'** - affecting pain (diadynamic, analgonic, etc.);
- **IR radiation** - "pre-warming", spasticity release before subsequent exercise;
- **electromagnetic waves** - alleviation of inflammation, degenerative disease of the musculoskeletal system;
- **UZ** - disruption of adhesions, alleviation of spasticity, analgesic effects;
- **laser** - acceleration of healing of various muscles. and joint injuries, limiting the formation of keloid scars;
- **UV radiation** - osteoporosis;
- **paraffin wraps'** - alleviation of spasticity before exercise;
- **hydrotherapy** - whirlpool baths for upper and lower limbs, mud and bog wraps + baths, Scottish sprays, sauna<sup>[1]</sup>.

## Links

## Related Articles

- Functional electrostimulation
- Physiotherapy in patients with cerebellar disorders
- Physiotherapy in patients with spinal cord lesions

## References

1. SEIDL, Zdeněk – OBENBERGER, Jiří. *Neurologie pro studium i praxi*. 2. edition. Praha : Grada Publishing, 2004. ISBN 80-247-0623-7.