

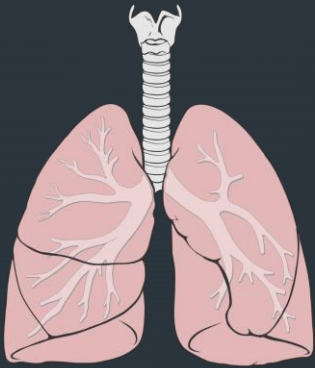
Kristy Bonanno

Physiotherapist

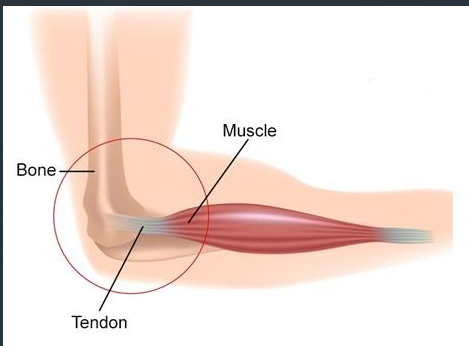
# What does a physiotherapist do?



# What is physiotherapy?



We provide services/interventions to individuals and populations to develop, maintain and restore maximum movement and functional ability.



# What is physiotherapy?

We are **primary healthcare practitioners**

We can assess, diagnose and treat autonomously including ordering investigations, & some physiotherapists can prescribe medication.



# What types of patients do we see?

Paediatrics

Orthopaedics

Neurological

Elderly

Post-surgical

Women's health

Cardiopulmonary

Musculoskeletal disorders

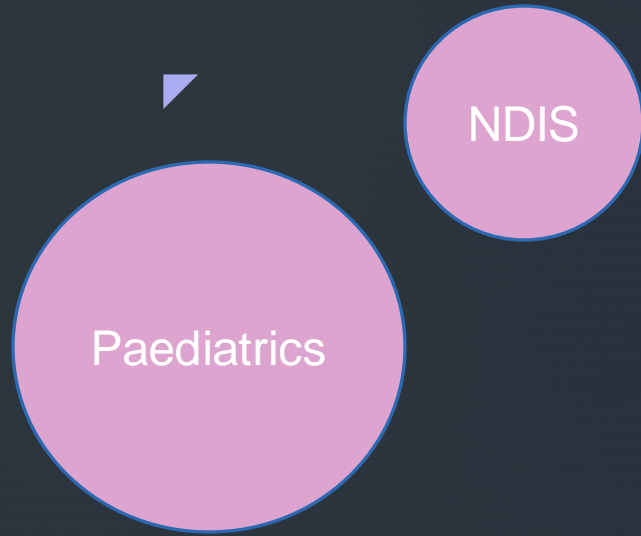


## Where do we work?

- Acute setting: e.g. hospital
- Sub-acute setting: e.g. rehabilitation centre
- Community settings e.g. **private clinics**, home visits (NDIS participants, private patients, Medicare, Home Care Packages), Aged Care Facilities, Corporate settings, Workers Compensation



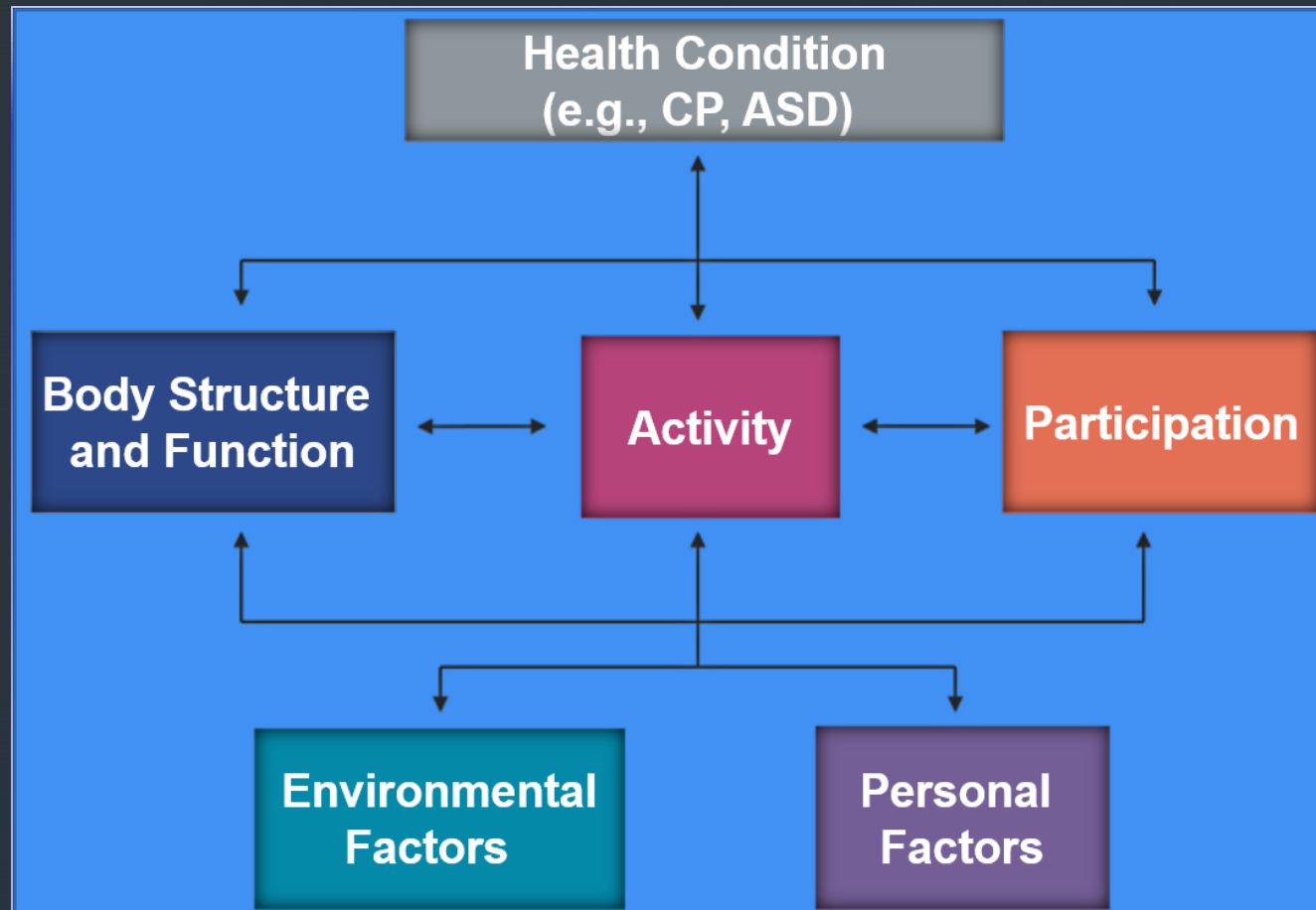
# Whole Family Health

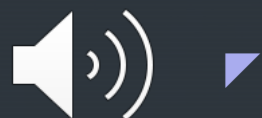


- Community setting – patients come to us
- National Disability Insurance Scheme (NDIS)  
– paediatrics (mainly) and adults with a disability
- **What do physio's do in this setting?**



# International Classification of Functioning (ICF)





# Physiotherapy impairments

Condition	Neurological/genetic	Cardiorespiratory	Musculoskeletal
<b>Cerebral Palsy</b>	<ul style="list-style-type: none"><li>• Spasticity</li><li>• Hypertonia (high tone)</li><li>• Coordination issues</li><li>• Balance</li></ul>	<ul style="list-style-type: none"><li>• Airway clearance issues</li></ul>	<ul style="list-style-type: none"><li>• Weakness</li><li>• Tightness</li><li>• Contractures</li><li>• Mobility</li></ul>
<b>Downs Syndrome</b>	<ul style="list-style-type: none"><li>• Hypotonia (low tone)</li></ul>	<ul style="list-style-type: none"><li>• Congenital heart defects</li><li>• Restrictive upper respiratory tract</li></ul>	<ul style="list-style-type: none"><li>• Hypermobility</li></ul>
<b>Autism Spectrum Disorder</b>	<ul style="list-style-type: none"><li>• Coordination issues (gross and fine motor)</li><li>• Gross motor delays</li><li>• Motor planning</li><li>• Ataxic gait</li></ul>	<ul style="list-style-type: none"><li>• Poor CVS endurance</li></ul>	<ul style="list-style-type: none"><li>• Weakness</li></ul>





# Physiotherapy impairments

Condition	Neurological/ genetic	Cardiorespiratory	Musculoskeletal
<b>Muscular dystrophy</b>	<ul style="list-style-type: none"><li>• Pain</li></ul>	<ul style="list-style-type: none"><li>• Airway clearance issues</li><li>• Breathing difficulties</li></ul>	<ul style="list-style-type: none"><li>• Scoliosis</li><li>• Weakness</li><li>• Tightness</li></ul>
<b>Lower limb abnormalities</b> <ul style="list-style-type: none"><li>- Talipes</li><li>- Toe walking</li><li>- Metatarsus adductus</li><li>- Pes planus (flat feet)</li></ul>			<ul style="list-style-type: none"><li>• Weakness</li><li>• Tightness</li><li>• Dysfunctional movement</li></ul>



## Other conditions we assess & treat

Gross motor developmental delay

Fine motor developmental delay

Attention Deficit Hyperactivity Disorder (ADHD)

Developmental Coordination Disorder (dyspraxia)

Intellectual disability

Inherited genetic disorders e.g. Williams Syndrome, Fragile X syndrome

# What things do we help with?

- Gross motor activities: walking, running, skipping, jumping, climbing, hopping
- Fine motor skills: gripping, object manipulation
- Functional activities: stairs, sports, self-care tasks
- Coordination issues
- Proprioception/depth perception
- Balance issues
- Motor control
- Endurance / exercise tolerance / stamina
- Airway clearance, maximising lung function
- Management of long-term conditions

If a child is not meeting their milestones, or not able to keep up with peers, we can help!





## How do we do this?

We assess and intervene where necessary

- Prescribe assistive technology e.g. Ankle Foot Orthoses (AFOs), walking aids, compression clothing, electric scooters, night splints
- Intervention targeted at their impairments to help them achieve their functional goals e.g. abnormal walking due to quad weakness – target the quad weakness.
- Referral for other treatment options e.g. botox
- Advice and education for patients and their families/carers



## How do we do this?

- Pain management
- Serial casting
- Chest physiotherapy
- Hydrotherapy
- Wheelchair prescription
- Manual therapy
- Exercise prescription



## When to refer for physiotherapy?

- If the child is delayed in gross/fine motor skills (not meeting milestones)
- If the patient has pain
- If the parent reports the child falls often
- If the parent reports the child has trouble with certain functional activities e.g. stairs, skipping, jumping
- If the child is not walking with the appropriate walking pattern
- If the child has coordination or proprioceptive issues

