

# Physiotherapy



## >>What is physiotherapy?

Physiotherapy is a therapeutic health profession concerned with enhancing mobility and quality of life by using clinical reasoning to deliver the most suitable treatment for an injury or condition. Physiotherapists work with people of all ages. Physiotherapists assess, treat and prevent disorders in human movement caused by injury and disease. Physiotherapists aim to restore or maintain normal physical function by the application of treatment modalities such as manual therapy, movement training and electrical or physical agents. Physiotherapists may specialise in musculoskeletal physiotherapy, women's health, continence, aged care, respiratory conditions, occupational health and safety, sports medicine, babies and young children, problems of the nervous system and spinal injuries, hydrotherapy, health promotion, education and research.

## Where do physiotherapists work in Tasmania?

Physiotherapy services are available to the community in a number of settings: private practice; domiciliary care; sports facilities; hospitals; schools and universities; public health organisations; rehabilitation and disability centres; non-government organisations; community centres; aged care facilities; and workplaces.

Physiotherapists also work as industry consultants, in research and training.

## How do Physiotherapists work in DHHS?

**Community:** Physiotherapists work in community health centres and rural health facilities as part of Community Allied Health services. Community physiotherapy provides outpatient, domiciliary and some inpatient services from metropolitan and rural sites throughout the state. Community physiotherapists see a variety of conditions including musculoskeletal, simple rehabilitation, mobility and falls problems. Physiotherapy services are provided by the Community Rehabilitation Unit as part of the outpatient based multidisciplinary rehabilitation team for clients with complex needs or as a single profession services. Other community services may be provided from multi purpose units and district hospitals.

**Acute Care:** Physiotherapists work in the Royal Hobart Hospital, Launceston General Hospital and the North West Regional Hospital to provide acute and sub acute services to in-patients and out-patients. Services are provided in the context of multidisciplinary care and on a unit or specialty basis. The Launceston General Hospital and North West Regional Hospitals also provide community care and rehabilitation.

## What qualifications and regulations are required to practice?

Physiotherapists are university educated health practitioners, with entry to the profession being at either Bachelors or Masters Degree level. A person wishing to practice as a physiotherapist in Tasmania must be registered and eligible for membership of the Australian Physiotherapy Association. To obtain membership a person must have trained in an accredited tertiary institution.

### Useful links

<http://apa.advsol.com.au/about/home.cfm>

<http://www.physioboard.tas.gov.au/>