

What will you and your physiotherapist aim to achieve in your rehabilitation?

Ongoing independence.

- The ability to manage on your own.
- The ability to participate in your community.
- Where possible, return to employment.

How will these aims be achieved?

Your physiotherapist will work closely with you, other health professionals, and your family/whanau.

Your physiotherapist may:

- provide hands-on treatment.
- develop with you an ongoing exercise programme you can manage alone.
- visit you at home.
- go with you into the community to identify and overcome barriers which could prevent you participating.
- discuss with your employer a safe plan for your return to work.
- assess your workplace.
- link you to community support groups.

If you have been admitted to hospital, your physiotherapy rehabilitation may start there and continue after you are discharged.

Why a physiotherapist?

- Physiotherapists are highly skilled and highly educated, with a full understanding of the relationship between medical conditions and how the body works.
- At the heart of physiotherapy is the importance of keeping people active so they can participate fully in society.
- As registered health professionals, physiotherapists have to keep up their competence by ongoing education.
- Meeting the needs of various cultures, for instance Maori and Pasifika, is very important to physiotherapists.

How do you find a physiotherapist?

Private physiotherapists provide rehabilitation. They are listed in the Yellow Pages under physiotherapists, with their areas of special interest.

You can see a physiotherapist without a referral.

Public hospitals provide a rehabilitation service, in the hospital and community. Contact your GP or local hospital for details.

Produced by the
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August 2007



THE NEW ZEALAND SOCIETY OF
PHYSIOTHERAPISTS

Rehabilitation: Active for Life!

Kua kori!-Kia ora ai!



Your physiotherapist:
the health professional of choice

– helping you back to independence, in the community.



Muscle and joint problems

A physiotherapist can help you with your rehabilitation. For example:

- Sports injuries.
- Neck or low back pain.
- Fractures.
- Multiple injuries (for instance from serious car accidents).
- Surgery.
- Hand injuries.

A physiotherapist can also help you with pain you may have experienced over a long period of time (for instance back pain, osteoarthritis).



■ Hand therapy

Heart and lung problems

A physiotherapist can help you with your rehabilitation. For example:

- Heart attacks or heart failure. (This is known as cardiac rehabilitation.)
- Breathing problems – especially if you have a long-term lung condition. (This is known as pulmonary rehabilitation.)
- Heart or lung surgery.



■ Pulmonary rehabilitation group led by a physiotherapist

Neurology

A physiotherapist can help you with your rehabilitation. For example:

- Stroke.
- Head injury.
- Neurological disease.



■ Back to leisure pursuits after stroke