

Physiotherapy helps in Pain Management and Cure – Infographic

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Physiotherapy is a way of managing pain without the help of surgery or drugs. There are different types of injuries, illness or trauma where physiotherapy can provide relief.



Sports Injuries

Sports people tend to push their bodies over the limit and are very often prone to injuries like fractures, torn tissues and ligaments, sprains etc. Physiotherapists are a big help to athletes and well known athletes usually have a full time physiotherapist to ensure that their body is in top shape.



Accidents and Trauma

Injuries after accidents are common and the type of injury depends on the trauma. Most of them require some kind of physiotherapy to help a person get back on their feet.



Post Surgery

Orthopaedic surgeries definitely require physiotherapy, post surgery, but very often other surgeries may also require a bit of rehabilitation, especially if the patient is in bed for a long time.



Geriatric Physiotherapy

As people get older, they are prone to small mishaps, apt to fall down more often and may have to undergo medical procedures to recover. Very often, just the advent of old age causes weakened joints and muscles. Physiotherapy can be a big boon to the elderly.



Chronic Diseases

Diseases like arthritis, cancer, spinal injury, peripheral neuropathy etc respond well to physiotherapy and the ill can maintain an optimum level of movement and function with the help of physiotherapy.

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