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The evolving physiotherapist in a modern world

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One of the principal responsibilities of a physiotherapist is to create the appropriate balance between managing a patient's expectations and essential intervention. The concept of personalized care can be described as providing the right treatment for the right patient at the right time, ideally giving the best treatment for each individual patient. However, physiotherapy treatment must remain founded on the same evidence-based approach that has made effective intervention standardized. Having a flexible and open mind in our approach to treatment does not infer naivety or ignorance. It instead acknowledges that new questions regarding the efficacy of physiotherapy treatment will always be asked with new perspectives offered in light of new research continuously emerging. Assessment and treatment skills aside, if we want to support the empowerment of our patients for the rest of their lives, we need to have a genuine passion for helping people, an open but discerning mind and a commitment to self-development. We must of course stay abreast of what is being researched and observe the best of practice. Having a healthy skepticism to new research is not an excuse to be uninformed but can rather be viewed as an opportunity to rise to the challenges they present, instead of being dictated to. We must gather knowledge, synthesize it and apply it with relevance and confidence to our patients with the understanding that any new research is only a snapshot that it is part of a larger picture.

Biography

Tripti R A Gyan completed her BSc (Hons) and MSc in Physiotherapy at Coventry University in the UK. She has over 19 years' clinical experience including 13 years in Private Practice. She was a member of the Physiotherapy Team at the London 2012 Olympic Games, the 2014 Commonwealth Games in Scotland and is hoping to be part of the 2016 Medical Team at the Rio 2016 Olympics. She is committed to raising the profile of the Physiotherapy profession and enjoys collaborating with her international colleagues.

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