

Physiotherapy for Musculoskeletal Problems in Primary Health Care

Alexander C. Samuel*

Department of Physical Therapy, University of Alberta, Canada

ABSTRACT

Primary assessors for patients with musculoskeletal diseases in primary care are physiotherapists and general practitioners (GPs). Previous research has found that referring patients to physiotherapists in primary care clinics had benefits in terms of workplace efficiency and healthcare usage. Physiotherapists assist patients and their families in maintaining continuity of care throughout the treatment process. Physiotherapists in primary care help with the diagnosis, treatment, and management of a wide range of acute and chronic diseases, as well as encouraging physical activity, mobility, and function. Physiotherapists in primary health care teams maximise mobility in response to patients' demands throughout their lives. This brief study highlights the importance of illnesses (musculoskeletal issues) that can be treated with physiotherapy.

Keywords: Physiotherapy; Health Care; Musculoskeletal

INTRODUCTION

For many years, the prevalence of musculoskeletal disorders (MSDs) has been continuously rising over the world, resulting in an approximately doubling of years lived with disability. MSDs observed in primary care cover a wide spectrum of disorders and account for a significant portion of primary care visits. Primary assessment by general practitioners has always been the standard of care in primary care. The majority of a person's health needs are met through primary health care (PHC) during the course of their lives. This encompasses physical, mental, and social well-being, and it focuses on people rather than diseases. Accessibility, public engagement, health promotion, suitable technology, and intersectoral cooperation are the cornerstones of primary health care. The term "accessibility" refers to the fact that all five types of health care are available to all clients, regardless of their geographic location. Physiotherapists see this category of patients as well, either as main assessors or following physician referrals. Background Instead of GPs, physiotherapists are now working as first contact practitioners (FCP) in primary care, assessing and managing patients with musculoskeletal disorders. There is no publicly available information about these services [1]. Physiotherapists are primary health-care providers who are self-regulate and provide first-contact care. In primary health care, physiotherapists (PTs) manage patients with a wide range of medical diagnoses, ages, functional status, disability, and prognosis. Physiotherapists are dedicated to providing high-quality medical care. In the treatment of musculoskeletal problems, chronic illnesses such as cardiovascular disease, chronic obstructive pulmonary disease, diabetes, osteoporosis, obesity, and hypertension, physiotherapy

plays a significant role as a mixed modality approach. A dentist, a counsellor, a dietician, an osteopath, or a physiotherapist, for example, is all primary healthcare providers. It's critical to have a positive relationship with your primary healthcare provider. Taking into account all of the programmes and the size of the rural Indian population, there is a huge potential and opportunity for delivering physiotherapy services under the primary health care system, which can be accomplished by integrating physiotherapy services at all levels of the health-care delivery system [2]. The purpose of this paper is to address the role of physiotherapy in primary health care and to investigate the many opportunities and problems that come with it. PHC stands for "essential health care" that is provided using scientifically sound and socially acceptable methods and technology. PHC encompasses all aspects of health, including access to health care, the environment, and lifestyle. Primary health care integrates care, prevention, promotion, and education to meet the health needs of all patients in the community. Primary health care helps health systems perform better by lowering overall health-care spending and enhancing population health and access. Primary health care guarantees that people receive high-quality, comprehensive care that is as near to their daily lives as possible, spanning from promotion and prevention to treatment, rehabilitation, and palliative care. Musculoskeletal physiotherapists are health practitioners who have completed advanced postgraduate training in musculoskeletal assessment and diagnosis. Aside from pain management, musculoskeletal physiotherapists can assist in a variety of other ways. Musculoskeletal (MSK) physiotherapy is used to treat a variety of injuries, illnesses, and diseases affecting the joints, muscles, ligaments, and tendons [3]. Bone pain is frequently more severe, sharper, and deeper than muscle pain. Muscle pain

*Correspondence to: Samuel AC, Department of Physical Therapy, University of Alberta, Canada, E-mail: Samuel.c.alex@gmail.com

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is also more widespread and tends to subside after a day or two, but bone pain is more targeted and lasts longer. Bone pain is less prevalent than joint or muscle pain, but it should never be ignored. Arthritis (and related ailments) and trauma are examples of MSK conditions that affect the bones, joints, and connective tissue. Patients with MSK problems are assessed and treated by physiotherapists in order to lessen and eliminate pain, as well as address muscle weakness, loss of stability, and reduced functional abilities. Musculoskeletal physiotherapy contributes to patient rehabilitation and improved quality of life in a variety of ways, including improving muscular strength and flexibility, improving mobility, ease, and movement quality, and improving coordination and movement control. Relieves or completely eliminates discomfort, Assists the patient in developing coping techniques to deal with pain during the healing process or difficulties performing routine motions, Assists you in achieving your physical activity or wellness goals [4]. A musculoskeletal physiotherapist will create a home physiotherapy programme that teaches and consolidates safe ways of moving to reduce the risk of possible musculoskeletal problems. They may also develop a maintenance programme once he has healed to ensure that you continue to benefit from your physical treatment; eventually, musculoskeletal physiotherapy will speed up your recovery and allow you to return to routine activities as soon as feasible.

CONCLUSION

In the care and treatment of patients with MSK problems, physiotherapy is crucial. Injury recovery and functional improvements are emphasised in MSK treatment, with a focus on self-management and independence. Injury prevention and detection are particularly helpful with physiotherapy for MSK issues before the condition becomes incapacitating for the patient. Outpatient physiotherapy programmes for MSK patients are cost-effective and result in a faster return to work and activities prior to injury.

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