

DEPARTMENT OF HEALTH

No. R.1746

14 October 1994

THE SOUTH AFRICAN MEDICAL
AND DENTAL COUNCILREGULATIONS DEFINING THE SCOPE OF THE
PROFESSION OF BIOKINETICS

The Minister of Health has, in terms of section 33(1) of the Medical, Dental and Supplementary Health Service Professions Act, 1974 (Act No. 56 of 1974), on the recommendation of the South African Medical and Dental Council, made the regulations in the Schedule.

SCHEDULE

1. In these regulations "the Act" means the Medical, Dental and Supplementary Health Service Professions Act, 1974 (Act No. 56 of 1974), and any expression to which a meaning has been assigned in the Act shall bear such meaning, and unless the context otherwise indicates -

"Biokinetics" means the profession concerned with preventive health care, the maintenance of physical abilities and final phase rehabilitation, by means of scientifically-based physical activity programmes;

"biokineticist" means a person registered under article 32(1)(a) of the Act as a biokineticist;

"scientifically-based physical activity programmes" means specific and individual-oriented physical training programmes based on the individual's physical condition and compiled and supervised;

"final phase rehabilitation" means the period or phase in the rehabilitation process in which physical activity and physical conditioning constitute the primary therapeutic modality;

2. The following acts of a biokineticist shall, for the purposes of the Act, be deemed to be acts that pertain especially to the profession of biokinetics:

(1) Promotion of physical abilities, prevention of certain ailments, and physical selection:

DEPARTEMENT VAN GESONDHEID

No. R.1746

14 Oktober 1994

DIE SUID-AFRIKAANSE GENEESKUNDIGE
EN TANDHEELKUNDIGE RAADREGULASIES WAT DIE OMVANG VAN DIE
BEROEP BIOKINETIKA OMSKRYF

Die Minister van Gesondheid het, op aanbeveling van die Suid-Afrikaanse Geneeskundige en Tandheelkundige Raad, kragtens artikel 33(1) van die Wet op Geneeshere, Tandartse en Aanvullende Gesondheidsdiensberoepes, 1974 (Wet No. 56 van 1974), die regulasies in die Bylae uitgevaardig.

BYLAE

1. In hierdie regulasies beteken "die Wet" die Wet op Geneeshere, Tandartse en Aanvullende Gesondheidsdiensberoepes, 1974 (Wet No. 56 van 1974), en het enige uitdrukking waaraan 'n betekenis in die Wet geheg is daardie betekenis en, tensy uit die samehang anders blyk, beteken -

"biokinetika" die beroep wat betrokke is by voorkomende gesondheidsorg, die instand-houding van fisieke vermoëns en finale fase rehabilitasie, deur gebruikmaking van wetenskaplike gefundeerde fisieke aktiwiteitsprogramme;

"biokinetikus" 'n persoon wat kragtens artikel 32(1)(a) van die Wet as 'n biokinetikus geregistreer is;

"wetenskaplik gefundeerde fisieke aktiwiteitsprogramme" spesifieke en individueel gerigte fisieke inoefeningsprogramme op die individu se fisieke toestand gebaseer wat opgestel en waaroor toesig gehou word;

"Finale fase rehabilitasie" die tydperk of fase in die rehabilitasieproses waartydens fisieke aktiwiteite en fisieke kondisionering die primêre terapeutiese modaliteit vorm;

2. Die volgende handeling van biokineticici word vir die toepassing van die Wet geag handelinge te wees wat by die beroep biokinetika tuishoort:

(1) Bevordering van fisieke vermoëns, voorkoming van bepaalde siektetoestande, en fisieke keuring:

(a) Recording of general history with a view to determining the risks of exercise (if any) for the individual.

(b) Evaluation: Physical work capacity test: Determination of physical work capacity with the aid of a cycle ergometer or treadmill, monitoring equipment and available associated equipment to arrive at and determine an effective and safe exercise level for an exercise programme prescription using the following tests:

(i) Monitoring of heart rate with an electrocardiograph or heart rate monitor during multistage workloads.

(ii) Measurements of blood pressure and other physiological responses before, during and after work.

(iii) Measurement of range of motion and muscle strength.

(iv) Evaluation of body posture and body composition.

(c) Exercise programme prescription: Prescription, follow-up of and guidance of specific exercise programmes.

(d) Physical selection: Evaluation of and exercise programme prescription for special groups and professions.

(2) Final phase rehabilitation: Musculoskeletal system:

(a) Functional ergological assessment: The assessment of the affected limb or body part to determine the functional limitations with the aid of the following:

(i) Specific history of the condition and previous treatment, and a general medical history.

(ii) Specific assessment of the affected limb or body part. This includes the manual determination of:

- range of motion;
- muscle strength; and
- flexibility.

(iii) Analysis of posture.

(iv) Specialised tests for muscle strength, muscle exhaustion and range of motion of

(a) Algemene geskiedenisopname met die doel om die oefenrisiko's (indien daar is) vir die individue te bepaal.

(b) Evaluering: Fisieke werkvermoëtoets: Bepaling met behulp van 'n fietsergometer of trapmeul, monitorapparaat en beskikbare verwante apparaat ten einde vir 'n oefenprogramvoorskrif 'n effektiewe en veilige oefeningsvlak daar te stel wat bepaal word met behulp van die volgende toetse:

(i) Monitering van harttempo deur middel van 'n elektrokardiograaf of harttempomonitor tydens meervlakkige werkloadings.

(ii) Meting van bloeddruk en ander fisiologiese response voor, tydens en na arbeid.

(iii) Meting van bewegingsomvang en spierkrag.

(iv) Ontleding van liggaamshouding en -samestelling.

(c) Oefenprogramvoorskrif: Voorskryf en opvolg van en begeleiding van spesifieke oefenprogramme.

(d) Fisieke seleksie: Evaluasie en oefenprogramvoorskrif vir spesiale groepe en beroepe.

(2) Finale fase rehabilitasie: Spierskeletale-stelsel:

(a) Funksionele ergologiese evaluering: Die evaluering van die aangetaste ledemaat of liggaamsdeel om die funksionele beperkinge te bepaal met behulp van die volgende:

(i) Spesifieke geskiedenis oor die toestand en vorige behandeling sowel as 'n algemene mediese geskiedenis.

(ii) Spesifieke evaluering van die aangetaste ledemaat of liggaamsarea. Dit sluit in die handdroliese bepaling van:

- bewegingsomvang;
- spierkrag; en
- soepelheid.

(iii) Ontleding van liggaamshouding.

(iv) Gespesialiseerde toetse vir spierkrag, spieruitputtings en gewrigs-

joints by means of the assessment of torque, muscle, work, ratios between antagonistic muscle groups with regard to torque and work, bilateral comparisons with regard to torque and work, range of motion and extent and position of restriction resulting from injury or deviation.

- Knee:	Flexion/extension:	bilateral
- Ankle:	Dorsi/plantar flexion:	bilateral
	Inversion/eversion:	bilateral
- Shoulder:	Abduction/adduction:	bilateral
	Extension/flexion:	bilateral
- Elbow:	Extension/flexion:	bilateral
- Hip:	Abduction/adduction:	bilateral
	Extension/flexion:	bilateral
- Wrist:	Extension/flexion:	bilateral
	Pronation/supination:	bilateral
- Back:	Flexion/extension:	bilateral
	Rotation	
	Lateral flexion/extension	

(b) Rehabilitation programme prescription: Orthopaedic final phase rehabilitation programme prescription. Taking the patient through rehabilitation programme prescription.

(c) Rehabilitation session: Orthopaedic final phase rehabilitation session.

(d) Rehabilitation session on specialised equipment: Final phase rehabilitation with the aid of electronic-hydraulic isokinetic systems.

(3) Final phase rehabilitation: Medical conditions:

(a) Functional assessment:

(i) General history with a view to determining the risks of exercise for the patient.

(ii) Physical work capacity test: The determination of physical work capacity with the aid of a cycle ergometer or treadmill, monitor equipment and available associated equipment to determine an effective and safe final phase rehabilitation programme prescription using the following tests:

(aa) Monitoring of heart rate by means of an electrocardiograph or heart rate monitor during multistage workloads.

(bb) Measurement of blood pressure and other physiological

bewegingsomvang deur middel van die evaluering van wringkrag, spierarbeid, verhoudings tussen antagonistiese spiergroepe ten opsigte van wringkrag en arbeid, bilaterale vergelykings ten opsigte van wringkrag en arbeid, bewegingsomvang en omvang en posisie van inkorting as gevolg van besering of afwyking.

- Knie:	Fleksie/ekstensie:	bilateraal
- Enkel:	Dorsi-/plantaarfleksie:	bilateraal
	Inversie/eversie:	bilateraal
- Skouer:	Abduksie/adduksie:	bilateraal
	Ekstensie/fleksie:	bilateraal
- Elmboog:	Ekstensie/fleksie:	bilateraal
- Heup:	Abduksie/adduksie:	bilateraal
	Ekstensie/fleksie:	bilateraal
- Gewrig:	Ekstensie/fleksie:	bilateraal
	Pronasie/supinasie:	bilateraal
- Rug:	Fleksie/ekstensie	
	Rotasie	
	Laterale fleksie/ekstensie	

(b) Rehabilitasieprogramvoorskrif: Ortopediese finale fase rehabilitasieprogramvoorskrif. Die begeleiding van die pasiënt deur die rehabilitasieprogramvoorskrif.

(c) Rehabilitasiesessie: Ortopediese finale fase rehabilitasiesessie.

(d) Rehabilitasiesessie op gespesialiseerde toerusting: Finale fase rehabilitasie met behulp van elektronies-hidroliese isokinetiese stelsels.

(3) Finale fase rehabilitasie: Mediese toestande:

(a) Funksionele evaluering:

(i) Algemene geskiedenis met die doel om die oefenrisiko's van die pasiënt te bepaal.

(ii) Fisieke werkvermoëtoets: Bepaling van fisieke werkvermoë met behulp van 'n fietsergometer of trapmeul, monitor-apparaat en beskikbare verwante apparaat ten einde 'n effektiewe en veilige oefeningsvlak vir 'n finale fase rehabilitasieprogramvoorskrif te bepaal met behulp van die volgende toetse:

(aa) Monitering van harttempo deur middel van 'n elektrokardio-graaf of harttempomonitor tydens meervlakkige werkloadings.

(bb) Meting van bloeddruk en ander fisiologiese response voor,

responses before, during and after workloads.

(b) Rehabilitation programme prescription: Final phase rehabilitation programme prescription for specific medical conditions.

tydens en na arbeid.

(b) Rehabilitasieprogramvoorskrif: Finale fase rehabilitasieprogram vir spesifieke mediese toestande.