

PHYSIOBIZ

January 2023

Myth Debunker!

Welcome to PhysioBiz, with healthcare advice and information you can trust and rely on, brought to you by the South African Society of Physiotherapy!



Myth Debunker!

There are several myths surrounding physiotherapy. Let's spend some time debunking them!

"We cannot afford to take mythology at face value" – Indiana Jones, The Last Crusade

You need to be referred by a general practitioner

This is a popular myth. Most patients believe that they need to be referred by a general practitioner in order to see a physiotherapist. In South Africa, physiotherapists are first-line practitioners. This means that physiotherapists are trained to make a diagnosis and treat a patient without another medical professional referring the patient to them.



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Physiotherapists just give you a bunch of exercises

Exercise forms a large portion of treatment with a physiotherapist. Exercise is however not all that we do. An important aspect of every physiotherapy session is education. Physiotherapists educate their patients about their injuries, healing, and prognosis. Health education is also provided to patients to ensure the best quality of life is obtainable.

Physiotherapists only treat athletes

Sports injuries are only one of several different physiotherapy special interests. Paediatrics, geriatrics, and even animals are able to benefit from the skills of a physiotherapist.



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Physiotherapists only treat muscles and joints

Muscles and joints form a large aspect of the anatomy that physiotherapists treat. There are several aspects that we include in our treatment sessions. These include balance, neurological systems, pelvic health, as well as the cardiorespiratory system. Physiotherapists are trained to assess, diagnose and treat numerous conditions that affect various body systems.

Physiotherapists only help post-injury

Physiotherapists are trained to evaluate your body's structure, function, and movement. By doing this, physiotherapists are able to identify areas of your body that are at risk of an injury. An individualised programme can then begin in order to address the problem and by doing so eliminate the risk of injury.

☒ Prevent

☐ Cure

