Evidence-Based Physical Therapy

In the domain of physical therapy, the prime emphasis of preliminary treatment is the physical and physiological outcome of the disorder and the patient’s interventions. Physical therapy is mainly based on the identification and increasing the movement potential in the domains of promotion, treatment, prevention and rehabilitation. Physical therapy is based on practice in a wide range of inpatients, outpatients, and depends on community-based setups like clinics and centers with palliative care whereby the member of a multidisciplinary team of patient care, conveys the physical and functional extents of patients’ diseases.

The fundamental of the physical therapy field is to understand why and how come the movement and function occur. Physical therapists are extremely trained professionals and autonomous healthcare skilled workers who deliver safe, reliable and excellence in physical therapy to the patient through an obligation to service accessibility, convenience and quality.

The health care world is continuously emerging. Healthcare workers around the globe are always determined to provide the best and most innovative care to their patients. When it comes to physical therapy, there are much more advancements in techniques compared to those which we have in the past. Nowadays physical therapists are mostly concentrating on enhancing their skills by learning novel techniques, and by raising their expertise.

Evidence-based physiotherapy practice defines the stages involved and the problems linked with it. In this age of emerging scientific research physical therapy, being the broadly familiar healthcare profession has to improve its practice methods to remain to prosper in other fields. With increasing numbers of physiotherapy trials and systematic reviews, we might anticipate that we are evolving a vigorous evidence base to enlighten patient care.

Evidence-based practice has gradually been known as an utmost priority by well-reputed professional physical therapy organizations and by other physical therapy researchers and clinicians. Various studies in the past have accepted that physical therapists embrace mostly satisfactory attitudes to evidence-based practice and to escort their clinical practice they highly understand the importance of research.

Dr. Arooj Fatima, PT
Editor in Chief
The Healer Journal