10 COMMANDMENTS FOR PHYSIOTHERAPISTS

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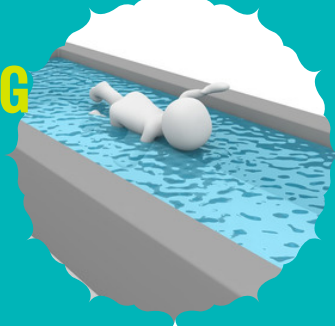
infographic made by LaFisioterapia.net

1 ACTIVE TREATMENT OVER PASSIVE TREATMENT

Passive treatment means anything that involves a patient lying down on a treatment couch and having something pressed, pulled, poked.... That's not to say that they don't work, some do a bit, at times, in certain circumstances, with certain patients, but all passive treatments always show small, short lasting effects.

2 EXERCISE ISN'T JUST STRENGTHENING



Strength, power, endurance, motor control, all have their uses. A thorough understanding of how human physiology responds and adapts to different modes and methods of exercise is essential. Also, do not forget the role exercise has in reducing pain, fear, anxiety, depression and a host of other psychosocial issues.

3 THE NERVOUS SYSTEM IS KING

When the nervous system is unhappy, everything is unhappy. We don't treat muscles, we don't treat fascias, we don't treat tendons, we treat people with nervous systems. Having this in mind is far more important than how we poke or prod something.

4 INTERACTION OVER INTERVENTION

The connection you have with your patients is everything. Show them you are a caring human being who has a personable, natural and friendly manner. Reassurance and confidence are a must.

5 LISTEN MORE, TALK LESS

Let patients speak freely and actively listen to what they are saying and how they are saying it, don't just wait to speak next, or be thinking about the next question you want to ask.

6 DON'T BE AFRAID TO QUESTION

That's for both, patients and healthcare professionals. Gaining information about patients is very important and questioning other healthcare professionals is even more vital. It needs to be done tactfully and considerately.

7 ADMIT MISTAKES AND MAKE ADJUSTMENTS AS YOU GO

To err is human. If you made a mistake, admit it, everyone does. Making mistakes is fine, not learning from them is a crime. Be prepared to alter, adjust or even stop a course of treatment completely. Don't blindly, stubbornly continue on if more information presents itself.

8 DON'T BE AFRAID TO ASK FOR HELP

From newly qualified therapists to experts, specialists and even gurus, they all need help from time to time. You will never know everything. Asking for help when needed shows honesty, humility and experience.

9 CONFRONT YOUR KNOWLEDGE AND BIASES REGULARLY

You will often and quickly fall into comfort zones, finding ways of treating something that seems to work well and then you will stick with it. Never think you have it all figured out, look at what you know often and ask yourself "what if...?"

10 READ MORE, A LOT MORE!

Knowledge is power. Read research papers, books, blogs, twitter, anything that is relevant. However, remember there is more to learning than reading alone... observe, listen, talk, get involved, discuss and debate with others.

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