



THE PHYSIOTHERAPIST: WHO, WHAT, WHERE, WHEN AND WHY

WHO IS THE PHYSIOTHERAPIST

The physiotherapist is a health professional who has obtained a degree in physiotherapy or an equivalent or analogous qualification recognised by the Italian State.

The physiotherapist carries out prevention, treatment and rehabilitation activities independently or in collaboration with other health professionals.

The activities of the physiotherapist apply to orthopaedic, neurological, oncological, cardiorespiratory, visceral and rheumatological disorders. Treated disorders may be congenital or acquired, and can affect patients of all ages, from newborn to adult, at all stages of life.

In order to practice, practitioners must be enlisted with the Order of Physiotherapists.

Ensure that your physiotherapist is fully qualified by checking their Order registration on www.fnofi.it!

WHAT DO PHYSIOTHERAPISTS DO?

After careful functional evaluation, the physiotherapist implements activities aimed at health promotion, prevention, care and rehabilitation for all age groups and in many areas:

- orthopaedic: in the prevention of posture-related dysmorphisms, for conditions resulting from scheduled surgery and traumatic musculoskeletal system events;
- neurological: in conditions resulting from congenital, acquired and degenerative neurological conditions in all age groups, from neonatal suffering to the outcomes of acute and chronic brain, spinal cord and peripheral nervous system injuries;
- respiratory: in acute and chronic respiratory problems, in preventing relapse and after major oncological, pulmonary or abdominal surgery;



- cardiological: in acute and chronic cardiac problems and after cardiac surgery;
- cardiovascular: in amputation-related conditions;
- oncological: from the beginning of treatment, in prevention and re-education of oncological disease outcomes, and/or of its treatment and/or its palliative treatment;
- paediatric: in preventing dysmorphisms related to the development and management of patients with neurological-related conditions, either genetic or acquired, in the neonatal and paediatric areas;
- visceral: in managing surgery-related conditions or in acquired pelvic floor pathologies which create problems of a urological and visceral nature, such as incontinence;
- venolymphatic: in managing surgery-related conditions or in congenital and acquired pathologies which create disorders at the phlebolympathic system level.

The physiotherapist assesses the need, proposes the adoption, trains the use and verifies the effectiveness of the aids and prostheses. They collaborate with Patients' Associations in creating community initiatives, and with other health professions to help train for and construct care schemes; they also carry out research, teaching and professional consultancy activities in health services and where required.

WHERE DOES A PHYSIOTHERAPIST WORK?

Physiotherapists can be found anywhere!

You can find a Physiotherapist wherever their professionalism is required and necessary.

The freelance Physiotherapist carries out functional evaluation and physiotherapy activities, in their own practice, at home or in sports clubs, with the patient actively participating in the most suitable treatment program. Expenses incurred at a freelancer are exempt from VAT and deductible from taxes.

The Physiotherapist also works in public health facilities such as hospitals and outpatient clinics, at the patient's home and in accredited national health system centres.

They work in all departments and hospital departments that require their advice; they also work in specialized facilities such as Child Neuropsychiatry, Stroke Units, Severe Acquired Brain



Injury Units, Large Burn Centers, Spinal Units.

You can also find Physiotherapists in the many residential care facilities, dealing with prevention and treatment of patients with chronic conditions.

WHEN TO CONTACT A PHYSIOTHERAPIST?

Based on their acquired skills, the physiotherapist evaluates and takes charge of a health and function problem through education, re-education, maintenance and improvement of cognitive and motor functions.

The Physiotherapist aids health promotion also by training people who take care of the patient.

They can also be involved in initiatives to prevent work-related illness and to promote citizens' wellbeing.

The Physiotherapist is the benchmark in the sports field for professional and amateur athletes, for injury treatment and relapse prevention, enabling quicker recovery and a return to competition.

They are involved in continuity and in palliative care, ensuring optimal health and dignity for the patient.

All citizens are free to contact a Physiotherapist, either through the National Health System or privately, according to varying local procedures, to receive the most appropriate care for their condition.

WHY RELY ON A PHYSIOTHERAPIST?

The Physiotherapist knows how to do the right thing, at the right time, in the right way and when it is needed!

It is important to contact a Physiotherapist registered with the Order, so you can rely on a qualified professional and avoid placing yourself in the hands of someone without adequate training and skills.

The phenomenon of fraudulent behaviour, unfortunately widespread, puts the health of citizens at serious risk by proposing, through misleading advertising, treatments based on non-scientific evidence.

The Physiotherapist knows how to recognize, after evaluation, if the problem is within his/her competence or needs specialised in-depth care with other health professionals.

Due to the code of ethics and legal obligations, they must regularly follow further training, complete master's degrees and other recognized training courses.

The Physiotherapist has the skills and professionalism to define and agree on an individualised work programme, aimed at solving or containing the health problem in an appropriate way.

Relying on a Physiotherapist means putting yourself "in the right hands": they know the limits to be respected in the care phases, the contraindications for the various conditions and they can recognize critical situations that need to be reported to the caregiver.

The Physiotherapist is a licensed health professional trained to support the person at all stages of life with health promotion, prevention, care, rehabilitation and palliation interventions.

The Ministry of Health, for the protection of citizens, has included the Physiotherapist in the list of 8 rehabilitative health professions:

PROFESSIONI SANITARIE RIABILITATIVE

Podologo

D.M. 14.09.1994, n. 666
(G.U. 03.12.1994, n. 283)

Fisioterapista

D.M. 14.09.1994, n. 741
(G.U. 09.01.1995, n. 6)

Logopedista

D.M. 14.09.1994, n. 742
(G.U. 09.01.1995, n. 6)

Ortottista - Assistente di Oftalmologia

D.M. 14.09.1994, n. 743
(G.U. 09.01.1995, n. 6)

Terapista della Neuro e Psicomotricità dell'Età Evolutiva

D.M. 17.01.1997, n. 56
(G.U. 14.03.1997, n. 61)

Tecnico Riabilitazione Psichiatrica

D.M. 29.03.2001, n.182
(G.U. 19.05.2001, n.115)

Terapista Occupazionale

D.M. 17.01.1997, n. 136
(G.U. 25.05.1997, n. 119)

Educazione Professionale

D.M. 08.10.1998, n.520
(G.U. 28.04.1999, N. 98)

https://www.salute.gov.it/portale/ministro/p4_5_2_4_2.jsp?language=italian&menu=uffCentrali&label=uffCentrali&id=110



BACK PAIN

The theme of Physiotherapy Day 2024 chosen by World Physiotherapy is Back Pain:

Download the World Physiotherapy materials: posters, banners and infographics are available to all practices for distributing to patients, colleagues and other health professionals. Go to

[World PT Day toolkit | World Physiotherapy](#)