

# Steps to become a physiotherapist, qualifying a physiotherapist, ethical and lega...

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The paper “ Steps to Become a Physiotherapist, Qualifying a Physiotherapist, Ethical and Legal Issues Faced by Physiotherapists in the UK” is a cogent example of a term paper on health sciences & medicine. Accidents have become rampant in contemporary society. This has been associated with the ever-changing lifestyles i. e. careless driving and other human activities, characterized by intense or light physical activities (Chew, 2008). This report will focus on issues ascribed to a physical therapist, as my occupation i. e. their roles in managing injuries from various facets of accidents. The discussion will also highlight ethical and legal issues that govern Physical Therapy as a profession, specifically in the United Kingdom.

The Physical Therapist (PT) is a health care provider, who focuses on the provision of therapeutic care to patients that have suffered injuries i. e. from accidents or are regaining mobility or undergoing pain. Physical therapy healthcare services are not necessarily given to accidents victims. There are certain illnesses that require physical therapy to be able to heal or be managed. Sports injury, cerebral palsy, spinal Bifida (birth defect), genetic disorders and delay in development are some of the examples of illnesses that require physical therapy (Dole & Chavetz, 2010). The main role of physical therapy is to decrease pain and help the healing process (Kisner et al, 2012). Physical therapy has simply brought back hope to people who lost hope in ever walking or even living normal lives due to various reasons.

#### Qualifications of a Physical Therapist

In order to be a qualified and professional Physical Therapist, one must have a diploma or pass in general education development. To qualify as a physical therapist you should also have an interest and ability in science-based

subjects such as anatomy, biology, and physics. Apply for school and program that has an approved physical therapist assistant degree. In addition, it should be accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE). After a period of two years of the program, this has units on kinesiology, pathology, medical terminology, assistance techniques, anatomy, and therapy exercises. Then you are required to undergo sixteen weeks of clinical practicum program. The training is done under the tutelage of a licensed physical therapist.

After completing the training, one should acquire a license that will allow them to work any place they wish to. However there in some cases, one may be required to undertake exams or test to be considered completely qualified or professional therapist. This is important when one wants to build their resume, and also during the job application. Currently, Physical Therapists can provide their services online as consultants, thus enhancing the work of physical therapists. In relation to personal qualities, one should be kindhearted and possess proper inter-personal skills: Many patients undergo psychological and physical trauma, therefore, they rely on the physical therapist help to assist them in healing and recovery processes (Dole & Chavetz, 2010). Physical Therapists usually facilitate effective healing processes by keeping precise records and following instructions.

#### Various Roles of a Physical Therapist

In the United Kingdom, Physical therapists play important roles in rehabilitating individuals who suffer from injuries, body impairments, chronic health problems, and diseases as well. Additionally, they play a role in ensuring wellness and prevention of certain diseases. For instance, physical

therapists highly recommend that obese patients should regularly exercise through the assistance of a physical therapist. This will help in preventing or rather reduce body mass, improve their health status finally help in reducing associated chronic illnesses (Susan et al, 2013). Physical therapy is not necessarily applied in cases of injuries, but also in the provision of therapeutic consultative services to persons in need.

#### Ethical and Legal Issues facing Physical Therapists in the UK

In the United Kingdom, there are various ethical and legal frameworks that govern the activities of physical therapists (Scott, 2011). The first legal issue emerges from the fact that Physical Therapists have to undergo mandatory training and certification by recognized authorities and properly trained physical therapists. Additionally, the United Kingdom's National Health Service also stipulates various ethical and legal guidelines that are not only adhered to by physical therapists, but also by other medical health practitioners (Scott, 2011). However, owing to the fact that each of the countries located in the United Kingdom has a unique legal or ethical structure governing the duties of Physical Therapists, professional physical therapists may be compelled to get acquainted with these legal and ethical facets, especially when performing duties in a different UK country (Scott, 2011).

#### Conclusion

Physical therapy is considered one of the best paying jobs worldwide. The increasing numbers of elderly homes, as well as the growing need for physical therapy services in the world of sports, make it a desirable career. Physical therapy is one of the best trends in the medical field. Many people

are able to regain their mobility and live normal lives. Therefore, there should be more research conducted in this field to enhance physical therapy services. It is imperative to acknowledge the fact that being a physical therapist is a complicated task and requires a person with passion towards it, thus individuals should not be merely attracted to becoming physical therapists because of the perceived financial benefits.