

What is Physiotherapy?

Physiotherapy is an applied discipline dedicated to the study of human movement and function and its relevance to health and well-being and is aimed at optimising quality of life in both individuals and communities.



Within the healthcare team Physiotherapy plays a role in:

- the promotion of a healthy life style
- the prevention of illness and injury for those at risk
- the rehabilitation and restoration of an individual's function following injury or impairment of function (disability)
- the holistic approach to management includes counselling, which empowers the client to improve his or her quality of life.

The physiotherapist is trained to work in many settings as a member of the health care team. This may be in patient/client homes, community centres, and in the outpatient clinics, wards and intensive care units of hospitals.

There are three main areas within the discipline:

- Neuromusculoskeletal (NMS) and Orthopaedics
- Neurology – Adult and Paediatric
- Cardio-Pulmonary

The duration of the degree programme is normally four years. Selected students may be required or permitted to complete the degree in five years of study and may receive additional tuition and support in the course of their studies.

Career opportunities

There are career opportunities within areas of special interest, for example special schools, geriatric centres, industry and sports centres. Further expertise can be developed through continuing education, teaching within the profession and research. Physiotherapists may also become involved in other broader areas of healthcare such as the management of health facilities, policy planning or education of future healthcare professionals.

A degree in Physiotherapy leads to registration with the Health Professions Council of South Africa (HPCSA) as a Physiotherapist.



UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD



FACULTY OF HEALTH SCIENCES
UNIVERSITY OF CAPE TOWN