

Introduction to Physiotherapy

Why? Who?
What? Where?



Why Physiotherapy?

Physiotherapy is a fantastic profession which helps facilitate the healing process. It uses techniques like massage, mobilisation, stretching and acupuncture.

A Physiotherapist is a trained and licensed individual who evaluates, diagnoses and treats impairments, functional limitations and disabilities of patients or clients.

Who should be a Physiotherapist?

Any student who:

- Is mentally and physically strong
- Has probing skills
- Is a good listener
- Has excellent communication skills
- Is caring and has a compassionate attitude
- Is responsible and professional

Specialisations within Physiotherapy:

- Cardiovascular and Pulmonary
- Clinical Electrophysiology
- Geriatric
- Integumentary
- Neurological
- Orthopedic
- Pediatric



Did you know? Physiotherapy, as a profession started in Canada just before the end of World War I, when it was evident that some form of physical rehabilitation was needed for the returning wounded servicemen.

Upcoming Specialisations within Physiotherapy:

- Sports
- Women's Health

Best colleges for Physiotherapy in:

India

- All India Institute of Medical Sciences (AIIMS)-New Delhi
- All India Institute of Physical Medicine and Rehabilitation-Mumbai
- Delhi Institute of Pharmaceutical Sciences and Research-New Delhi

USA

- University of Southern California
- University of Pittsburgh
- Washington University in St. Louis

UK

- Brunel University
- Cardiff University
- Coventry University

Singapore

- Nanyang Polytechnic

Canada

- Dalhousie University
- McGill University
- Queen's University

Discover the Career Options Right for You

1 Initial Options



What are your career ideas?

If you haven't already given it a thought, then base it on influences from:

- Parents, family and friends
- Passion towards a subject
- Personal experiences
- Media and internet

Univariety probes and provides answers

Initial Options

Go to step 2

Instructions

- Follow this process, one at a time, to finalise career choices
- If the answer is 'No' 'at any stage then start from stage 1
- Do in-depth self research
- Complete details of this process and the questions around a 'Typical Day' Test are at www.univariety.com/courses

2 Hypothesis



Do you like it?

Remember the activities from the past which gave you joy and happiness. Does this career option similarly excite you?

Initial Hypothesis



Can you do it?

- Do you know how long it takes to get the degree?
- Do you like the subjects which you will study?
- Can you perform to get through to good colleges?
- Do you have the financial resources to support the degree?

Final Hypothesis

Go to step 3

3 Validation



Do you want it?

Do you like the:

- Nature of work you will do?
- Type of people you will deal with?
- Physical and mental effort required?
- The challenge it poses?



Will it fulfill your and your family's ambitions?

Will this give you a good:

- Lifestyle?
- Time with family and friends?
- Salary and money potential?
- Possibility of being famous?

Validated Hypothesis

Go to step 4

4 Finalisation



'Typical Day' Test?

"If you want to know the road ahead, then ask someone who has travelled it."

- Ancient Chinese Proverb

Here, we ask you to identify 2 - 3 people who have the same career that you have chosen and brought to this stage. Observe and ask questions to understand the 'typical life' in that career



Decision

Tools

- Discussion within the family and friends
- Univariety Website – Career Section
- Sessions with Univariety Counsellors
- Internet, books and other media