

5 Ways

How Physiotherapy Can Help Improve Your Quality Of Life



Dr. P. Sumitha Hemavathy (PT)
Founder & Director
(CAPAAR)

5 Ways How Physiotherapy Can Help Improve Your Quality Of Life

The pain in parts of your body can affect your everyday living. When it worsens; you may have to refrain from engaging in your regular activities or those that you're passionate about.

Physiotherapy can help provide relief for sore body areas. It can also help treat long-term issues, allowing you to get back to your normal routine sooner.

Here are more ways how going to a Physiotherapist can help to improve your quality of life:

1. Improve your Breathing Techniques

Physiotherapy is not only for patients that experience pain or issues with their muscles or joints.



If you have sleep apnea or asthma, you can also go to a physiotherapy clinic to help improve your breathing.

Physiotherapists will help you plan an exercise program that focuses on breathing exercises that you can as well perform at home.

Through stretching and stretching routine programs, you can improve the condition of your chest and neck muscles.

2. Fight Excess Weight



Physiotherapy sessions can also revolve around helping patient's combat obesity. Excess weight can make exercising a lot more difficult. But with the help of the right routine, you can also address issues, such as sore knees.

A customized program will be created for you so you can exercise without straining your joints. You will be provided assistance, such as choosing the right shoes, to help motivate you further.

Your physiotherapist will also educate you about the effects of excess weight on your body.

3. Provide Relief for Knee Pain

If you have been enduring knee pain, take the time to visit a physiotherapist. Instead of prescribing you medications, your physiotherapist will examine your knee and identify causes that contribute to the pain.

They'll look into these causes and how to address them so you can start moving your knee comfortably again.



Coupled with medications, physiotherapy can help improve strength and flexibility of your joints.

4. Relieve Chronic Pain

Physiotherapy can also ease pain in muscles located around joints. With effective exercise programs, you can improve your condition within a shorter period.

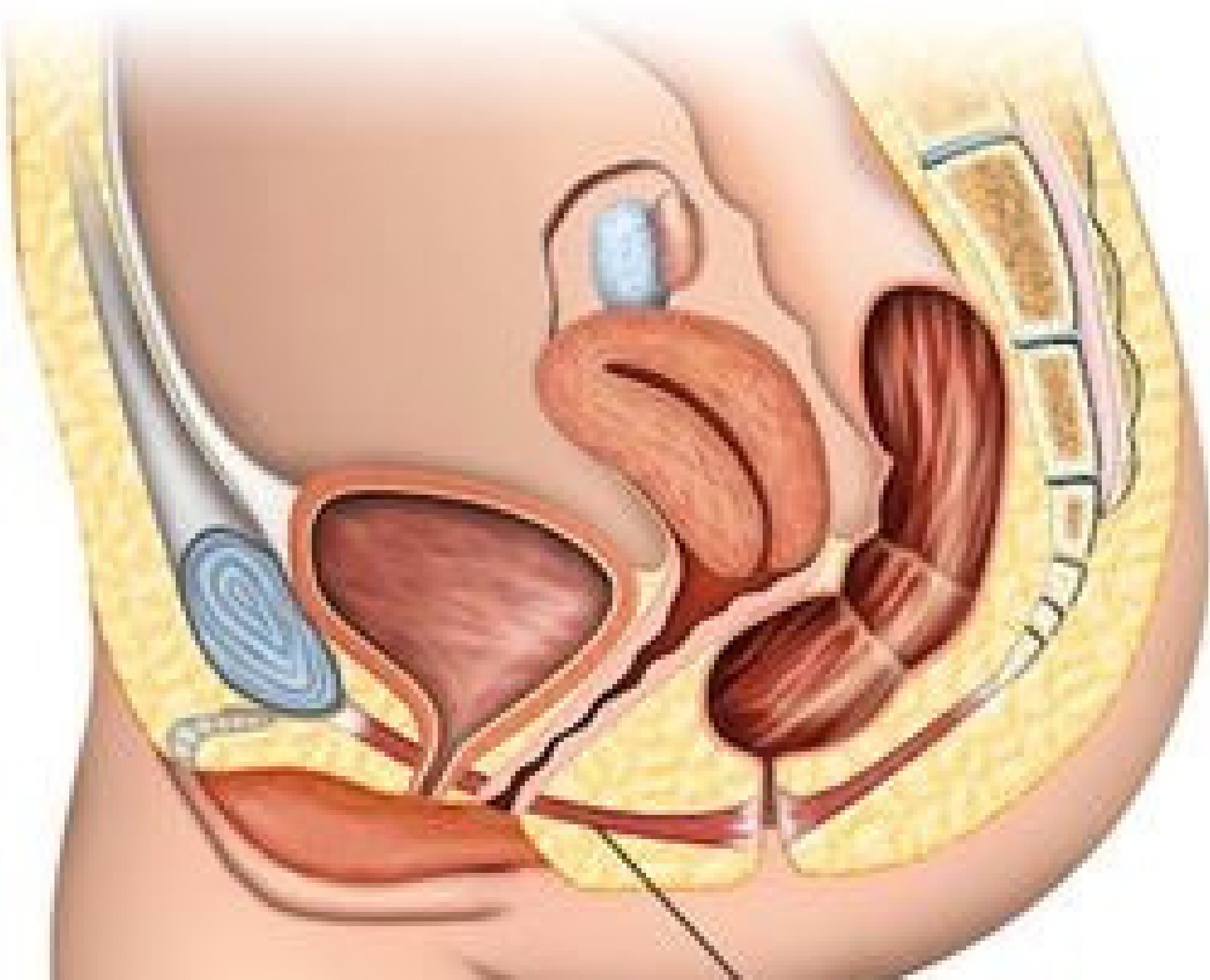
Chances are you will no longer have to rely heavily on your medications for **chronic pain** relief.



Not only that, since pain triggers are also identified, you can also help avoid tendencies of the pain striking again. And in the event they do strike, you'll know what to do to better manage.

5. Address Pelvic floor Issues

Pelvic floor muscles support pelvic organs such as our bladder and bowel. With a weak pelvic floor, you can also experience difficulties when urinating or releasing feces.



Pregnancy and surgery are among common causes of weakened pelvic floor muscles. **Physiotherapy** can help address these issues through the right massage technique.

CONCLUSION

Physiotherapy programs can be performed at home and not just in the clinic. Continuing exercises is crucial to the success of the program. Being able to stretch or train muscles to perform certain exercises may take time so patience and commitment are both necessary.

Once you get the hang of your routine, your life quality will also improve. So go ahead, talk to a physiotherapist today for further information.

Brought to you by Capaar4Autism offers personalized rehabilitation integrated with advanced, yet completely safe, strength-training methods ensure maximum efficiency, safety and effectiveness.



CAPAAR

Get Up! Get Here! Get Well..!

Dr. P. Sumitha Hemavathy (PT)

Founder & Director

(CAPAAR)

**Centre for *A*dvanced *P*ediatric
*A*nd *A*dult *R*ehabilitation**



CAPAAR
Get Up! Get Here! Get Well..!

To Know More
Let's Connect

◆ Capaar4autism.com ◆