

Physiotherapy is a Medicine Today or Tomorrow: Bangladesh Perspective

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Physiotherapy is a rising profession in Bangladesh. Day by day its popularity is increasing tremendously. Assessment, planning and rehabilitation are keys of physiotherapy. According to Bangladesh Physiotherapy Association more than two thousand graduate physiotherapists are serving in private sector in Bangladesh. They are playing unique role in pre and post operative orthopedic surgery. Now a day's multidisciplinary team approach is must to get better result in orthopedic condition where physiotherapist is thought to be an important member. Besides orthopedic surgery they often deal cervical spondylosis, frozen shoulder, tennis elbow, carpal tunnel syndrome, lumber spondylosis, prolapsed intervertebral disc, osteoarthritis, planter fasciitis etc. In Bangladesh people are now going to technology dependent gradually, habituating in sedentary life style, thus welcoming non communicable diseases like arthritis. As a result demand of physiotherapy practice is enlarging and every private hospital/diagnostic center is opening physiotherapy department. Sports injury is now common in our country. Physiotherapist is the first man to handle and manage various types of sports injuries. National cricket team players are admiring contribution of physiotherapy. Evidence suggests that physiotherapy is based on scientific approach and playing vital role in case of musculoskeletal disorder. Bangladesh is a developing country; most of the people live under poverty line and rural area. Poor people are deprived of physiotherapy treatment because Government sector did not start physiotherapy service at root and remote area yet. So it is demand of time to establish physiotherapy department in every medical college hospital, District hospital, Upazilla health complex as well as super specialized hospital. To provide quality of care standard of service should be maintained and for this council is urgently needed to stop malpractice. Road traffic accidents are daily incident in our country and number of people is becoming disable. As a result productivity is decreasing and national economy is prone to face new challenges. Physiotherapy can play capital role by means of rehabilitation aiming to minimize disability. Orthopedic and physiotherapy are interrelated and interdependent. One cannot show fruitful result alone. It is concluded that if we want to active people, pain free life, healthy movement, and better health care-physiotherapy is must. Policy maker as well as funding agency should come forward and take initiative about accessibility and affordability of physiotherapy treatment all over Bangladesh.

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