

Physical therapy or physiotherapy is a health care profession primarily concerned with the remediation of impairments and disabilities and the promotion of mobility, functional ability, quality of life and movement potential through examination, evaluation, diagnosis and physical intervention.

In addition to clinical practice, other activities encompassed in the physical therapy profession include research, education, consultation, and administration.

PTs are healthcare professionals who diagnose and treat individuals of all ages, from newborns to the very oldest, who have medical problems or other health-related conditions, illnesses, or injuries that limit their abilities to move and perform functional activities as well as they would like in their daily lives.[3] PTs use an individual's history and physical examination to arrive at a diagnosis and establish a management plan and, when necessary, incorporate the results of laboratory and imaging studies. Electro diagnostic testing (e.g., electromyograms and nerve conduction velocity testing) may also be of assistance.

PT management commonly includes prescription of or assistance with specific exercises, manual therapy, education, manipulation and other interventions. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness and wellness-oriented programs for healthier and more active lifestyles, providing services to individuals and populations to develop maintain and restore maximum movement and functional ability throughout the lifespan. This includes providing therapeutic treatment in circumstances where movement and function are threatened by aging, injury, disease or environmental factors

Physical therapy is a professional career, which has many specialties including sports, neurology, EMG, cardiopulmonary, geriatrics, orthopedic and pediatrics. Neurological rehabilitation is in particular a rapidly emerging field. PTs practice in many settings, such as outpatient clinics or offices, health and wellness clinics, rehabilitation hospitals facilities, skilled nursing facilities, extended care facilities, private homes, education and research centers, schools, hospices, industrial and these workplaces or other occupational environments, fitness centers and sports training facilities.

Evolution in Physiotherapy field is very clear from above. Innovative ideas systematic scientific and structured thinks with evidence based practice has brought such tremendous change in the profession. The non communicable diseases has been described as “a public health emergency in slow motion”, which is accounting for 80% mortality rate every year all over world. All non communicable diseases can either be prevented or if identified early, treated and managed in a way that significantly reduces disability, financial and societal cost and prolongs healthy years of life.

Physiotherapy peer group needs to concentrate on the change and improve physiotherapy profession, in strategies to address the non communicable diseases like, Cardiovascular diseases, chronic respiratory diseases, cancer and auto immunological diseases.

Time has come for physiotherapists to play an important role in Health promotion and disease prevention as well as improving and maintaining physical activity, movement potential and functional independence in non communicable diseases.

We need to talk on the evidence to demonstrate effectiveness of physiotherapy interventions and address all the risk factors associated with non communicable diseases. Not just physical activity alone.

This journal provides an opportunity to all the professional cores to utilize the opportunity to share your ideas to provide a healthy quality of life to health seeking individuals and concentrate on all upcoming health targets in the society with your innovative ideas, evidence based support and research work.

On behalf of editorial board, I personally thank all our authors and readers for their contribution and support towards the improvement of our journal, we request your suggestions and advice for the benefit our future researchers.

Dr. K. Madhavi, M.P.T, Ph.D.

***Principal,
SVIMS College of Physiotherapy,
Tirupati.***