



The Necessity of Presence of Physiotherapists as Professionally Trained Consultants at Schools



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Introduction

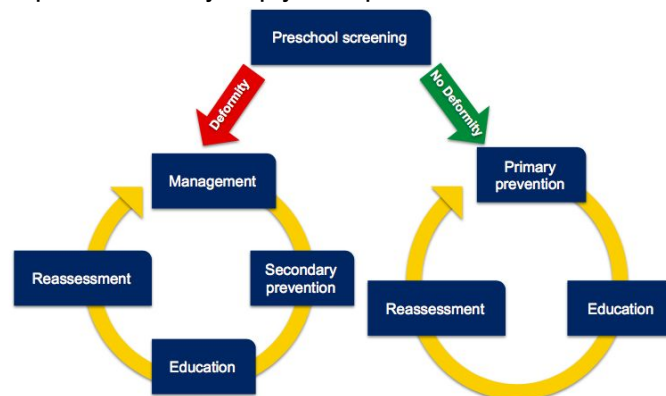
Children are valuable resources for any nation's future, and it's our job to take care of our children's health today as productive people of tomorrow. One of the areas that children would need special care and attention is musculoskeletal health and the related posture and movements. Children may attend school with no problem so they will need care and prevention. Some have already developed or born with a musculoskeletal disorder so they'll need management and secondary prevention. Thus physiotherapists can be present at schools on a frequent basis as consultants to offer screening, prevention and management of the musculoskeletal disorder.

Rationale

Injuries of any structures playing a role in the movement are known as musculoskeletal disorders. Studies have shown that prolonged improper postures and repetitive biomechanically wrong activities are risk factors of musculoskeletal disorders. These types of disorders are resistant to current treatments and can continue into adulthood. Although these conditions are not life-threatening, they can cause difficulties leading to lost work days. Statistical studies show a fairly high prevalence of musculoskeletal disorders among school-aged children; hence planning a screening program followed by management and prevention would seem essential. As movement experts, physiotherapists can contribute to preventing and managing the negative impacts of musculoskeletal conditions. Since children spend most of their time at school, physiotherapists could be the suitable school staffs (as consultants) preventing and managing musculoskeletal disorders.

Discussion & Conclusion

Musculoskeletal disorders are very common among students. However, prevention and management as well as regular screening can reduce the adverse effects of these conditions. To achieve this goal on a national and systematic level, we would need physiotherapists with a proactive and patient-oriented approach continually present at schools. Also providing a comprehensive policy for how to accomplish this mission at schools is necessary. This will require planning and development of the infrastructures for the society to accept schools as a place for the activity of a physiotherapist.



Summary of our idea

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Preschool screening

Deformity

Management

No Deformity

Primary prevention

Reassessment

Secondary prevention

Reassessment

Education

Education

