Is your Physiotherapist Chartered?

IRISH SOCIETY OF CHARTERED PHYSIOTHERAPISTS

Is Physiotherapy for me?

With Chartered Physiotherapists you're in safe hands!

Why 'Chartered' ?

The Irish Society of Chartered Physiotherapists (ISCP) is the professional representative body for Physiotherapy and is recognised by the World Confederation for Physical Therapy WCPT as the sole authority for Physiotherapy/Physical Therapy in Ireland. Only members of the ISCP are entitled to use the title "Chartered Physiotherapist". The ISCP is the designated authority acting with the approval of the Minister for Health and Children for the recognition of Physiotherapy qualifications in the Republic of Ireland.

By choosing a Chartered Physiotherapist you are in the care of a healthcare professional with a University degree who has demonstrated the highest standards of excellence in clinical care. Chartered Physiotherapists are committed to ongoing professional development and education, ensuring the most up-to-date evidence for your care.

Where can I find a Chartered Physiotherapist ?

Chartered Physiotherapists/Physical Therapists work in a variety of settings including public and private hospitals where they work in wards, clinics, and rehabilitation units. They also work in out-patient departments and as key members of the developing Primary Care Team network. There are over 600 Chartered Physiotherapists working in private practice throughout the country.

To access your local private practitioner, go to ***www.iscp.ie*** and click on "Find Your Local Chartered Physiotherapist in Private Practice".

What is Physiotherapy ?

The primary aim of Physiotherapy/Physical Therapy is to promote health and physical wellbeing by maximising mobility and functional ability throughout all life stages.

Physiotherapy/Physical Therapy is concerned with identifying and maximising quality of life and movement potential within the spheres of promotion, prevention, treatment/ intervention, habilitation and rehabilitation. This encompasses physical, psychological, emotional, and social well being.

Physiotherapy/Physical Therapy involves the interaction between Physical Therapist, patients/clients, other health professionals, families, care givers, and communities in a process where movement potential is assessed and goals are agreed upon, using knowledge and skills unique to Physical Therapists (World Confederation for Physical Therapy - WCPT 2009).

What can Physiotherapy do for me ?

Physiotherapists/Physical Therapists assess and analyse the effect of illness, disability, injury and inactivity on your functional ability. This may be as a result of conditions ranging from respiratory and cardiovascular to orthopaedic or neurological in nature. He/she will then design a treatment programme specifically for you based on your aims and goals and functional ability levels. Progress is regularly reviewed and treatment programmes are modified to help you achieve the best outcome possible.

Some examples of conditions treated by Chartered Physiotherapists include:

- Neck and back problems, upper and lower limb dysfunctions
- Post fractures, orthopaedic surgery, and assessments for adaptations/aids/appliances
- Post surgery for many conditions e.g. heart, vascular, abdominal and bowel
- Joint and muscle pain, as a result of arthritic conditions

- Joint sprains and strains, muscle and tendon injuries, ligament injuries
- Sports injuries, overuse injuries, training/technique-related dysfunction, fitness deficits/improvements
- Work-related injuries due to poor posture, cumulative overload, repetitive strain
- Bladder and bowel incontinence in both men and women
- Foot problems, re-education of altered gait patterns, orthotic prescriptions
- Stroke, Multiple Sclerosis, Parkinson's Disease, Motor Neurone Disease, Acquired Brain Injury
- COPD, Emphysema, Bronchiectasis, Cystic Fibrosis, Asthma and Respiratory Tract Infections
- Stress, headaches, lifestyle advice, cardiovascular impairments
- Ante-natal and post-natal classes, Coccydynia, post-partum low back pain, Symphysis Pubis Dysfunction (SPD) and pelvic pain in pregnancy
- Delayed development, delayed play skills and co-ordination difficulties for children
- Education and appropriate exercise to prevent or minimise the effects of Osteoporosis
- Balance and falls rehabilitation
- Care of the elderly, rehabilitation for activities of daily living, increase independence
- Pre-employment fitness testing, disability assessments, return to work programmes, functional capacity evaluations, worksite assessments & training.

Further detailed information on the range of clinical conditions that Chartered Physiotherapists/Physical Therapists may treat can be viewed on ***www.iscp.ie or www.physicaltherapy.ie***

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Do I need a referral ?

To access a Chartered Physiotherapist within a public hospital you will need a referral from a doctor; either GP or hospital consultant depending on your local hospital's criteria. You (or a family member on your behalf) can refer yourself to a private practitioner and in some locations to the Physiotherapist on your local Primary Care Team*. The Public Health Nurse or other health professional may also be able to refer you to the Primary Care Physiotherapist. For private hospital referral procedures you should contact the individual hospital.

*For Med1 Reimbursement applications please contact the Revenue Commissioners, as a medical referral may be needed in order to qualify for re-imbursement.

Will my insurance cover private Physiotherapy treatment ?

All major Health Insurance providers (VHI, Hibernian Aviva, Quinn Healthcare) provide cover for treatment provided by a private Chartered Physiotherapist. The level of cover will vary in accordance with your individual health insurance plan.

For further information, visit ***www.iscp.ie***

To find your nearest Chartered Physiotherapist, visit ***www.iscp.ie*** *or contact*
The Irish Society of Chartered Physiotherapists,
123, St Stephen's Green, Dublin 2. Tel: (01) 402 2148.

More information can be found at www.iscp.ie the Golden Pages or by contacting the ISCP at (01) 4022148.