

Physiotherapy

Move well. Stay well.

Australian Physiotherapy Association (APA) members have been helping Australians move well and stay well for over 100 years.

As experts in movement and function, physiotherapists encourage and assist people of all ages to participate in safe physical activity, in order to prevent a range of problems and diseases.

Physiotherapists work in partnership with you to teach you to manage your own health, and to improve your wellbeing and quality of life. They assist people with movement disorders which may have been present from birth, acquired through accident or injury, or are the result of ageing or life changing events.

Physiotherapy can help repair damage by speeding up the healing process, reduce pain and stiffness, and increase mobility. A physiotherapist can also help you prevent further injury by listening to your needs and working with you to plan the most appropriate treatment for your condition, including setting goals and treatment outcomes.

As first contact practitioners, a doctor's referral is not necessary to see a physiotherapist. However, physiotherapists will often work with your doctor and other health professionals to plan and manage treatment. Your physiotherapist will assess your condition, diagnose the problem, and help you understand and manage the problem.

Many physiotherapists have also undertaken additional training in order to specialise in specific clinical areas, and can help you with complex and chronic conditions.

Physiotherapists work in all parts of the health sector including public hospitals, private practice, rehabilitation centres, sporting clubs and community health centres.



AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

For further information visit www.physiotherapy.asn.au



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Why should I choose an APA physiotherapist?

The Australian Physiotherapy Association (APA) is the peak body representing the interests of Australian physiotherapists and their patients. In Australia, there are over 15 000 registered physiotherapists and more than 12 000 members of the APA. Physiotherapists who are members of the APA demonstrate their dedication to their profession through continuing professional education, and commitment to the APA Code of Conduct.

Quality and Practice

The APA Code of Conduct sets a standard of professional and ethical behaviour over and above the requirements of registration. APA members make a commitment to abide by the Code of Conduct and other APA policies that are supportive of high standards of practice and behaviour. The APA Professional Standards Panel assists members to understand and comply with the Association's Code of Conduct, ethical principles and other policies and guidelines.

Continuing Professional Education

The APA is devoted to the concept of continuing professional education and requires all members to document evidence of their completion of 100 hours

of professional development in any three-year period. All courses that are conducted under the auspices of the APA are required to be accredited under the APA system of course accreditation which assures they meet quality standards.

Specialisation

APA members can undertake additional training in order to become a specialist physiotherapist in a number of clinical fields. Specialist physiotherapists are APA members who are a Fellow of the Australian College of Physiotherapists. They have attained the highest level of expertise in their particular field of physiotherapy via a rigorous training and examination process. Specialist physiotherapists also contribute to the professional education of colleagues, actively engage in their own professional development, and have involvement in research activities. Patients can see specialist physiotherapists for prevention and treatment of complex and chronic conditions.

To find your local physiotherapist use the 'Find a Physio' function on the APA website.



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