If you have problems that affect your mobility, ask a physical therapist.

Physical therapists help people fulfil their potential.

This leaflet has been produced by:
World Confederation for Physical Therapy
Victoria Charity Centre
11 Belgrave Road
London
SW1V 1RB
United Kingdom
© World Confederation for Physical Therapy 2014

www.wcpt.org
Having a long-term illness or disability shouldn’t mean you can’t lead a fulfilled life. But research shows that people with a disability are less likely to be employed or to be playing an active part in society.

It needn’t be like that. According to the United Nations “full participation by persons with disabilities will result in their enhanced sense of belonging and in significant advances in the human, social and economic development of society”.

Wasted human potential

Many people with disabilities and long-term illnesses lead happy, fulfilled lives: independent, employed, achieving. But many do not because they have not received the right kind of help. This waste of human potential has a huge cost beyond personal hardship.

- Lack of participation by people with disabilities costs some economies 7% of their gross domestic product.
- Low incomes, higher living costs and restricted employment often combine to limit the life chances of people with disabilities.
- Limited life chances deny people with disabilities their human rights and fundamental freedoms.

It needn’t be like that

Physical therapists have a key role in supporting people with illness and disability to participate fully in society. Their role is to help people fulfil their potential by maximising movement and functional ability. They provide rehabilitation services so that people are fit to take part.

The World Health Organization and World Bank say:

- rehabilitation services such as physical therapy are a good investment because they “build human capacity”
- assistive technology – which is provided by rehabilitation professionals such as physical therapists – “increases independence, improves participation, and may reduce care and support costs”
- unmet rehabilitation needs can limit activities, restrict participation, cause deterioration in health, increase dependency on others – which all have social and financial implications.

About physical therapy

Physical therapists are qualified experts in movement and exercise who help people be independent throughout their lives.

They improve the mobility of people who have a range of health conditions including:

- pain
- heart disease and strokes
- diabetes
- cancer
- arthritis
- Parkinson’s disease
- spinal cord injury
- lung disease
- trauma and amputations.