Physiotherapy can help improve mental health.

Get active.
Stay active.
Talk to a physiotherapist about how to improve your mental health.

Physiotherapy and Mental Health

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#worldptday
What are the benefits of physical activity?

- protection against the emergence of depression
- prevents the development of mental health issues
- people with depression and schizophrenia are LESS likely to stop exercising when supported by a physical therapist
- improves the quality of life and self-esteem of people experiencing mental health issues
- has a large and significant antidepressant effect in people with depression

How will a physiotherapist work with you to achieve your goals?

A physiotherapist will:

- listen to you to understand what matters to you
- work with you to develop a programme that is tailored to your needs
- ensure targets are realistic and achievable
- keep you motivated and adapt the programme as you progress

How much exercise or physical activity should you be aiming for every week?

Moderate intensity for 150 mins per week
- Raised heart rate
- Feel warmer
- Breathe faster

Vigorous intensity for 75 mins per week
- Difficulty talking
- Rapid breathing
- More effort

Strength and balance exercise 2 days per week
- Improve function
- Prevent injury
- Less likely to fall

Better outcomes are experienced when exercise is delivered by a qualified healthcare professional, such as a physiotherapist