

Roles and Responsibilities- Physiotherapist

Role Overview:

The Physiotherapist provides evidence-based assessment, diagnosis, and treatment to help patients restore function, improve mobility, and prevent further injury or disability. This role involves working with patients of all ages and conditions, collaborating with multidisciplinary teams, and promoting education on physical health and well-being.

Key Responsibilities:

Clinical Care

- Assess, diagnose, and develop treatment plans for patients with musculoskeletal, neurological, respiratory, or other physical conditions.
- Provide manual therapy, exercise prescription, rehabilitation programs, and other physiotherapy interventions as required.
- Monitor and document patient progress, adjusting treatment plans to optimize recovery outcomes.
- Educate patients and their families on techniques for injury prevention, home exercises, and lifestyle changes to support long-term health.
- Refer patients to other healthcare providers or specialists when necessary.

Patient-Centered Care

- Deliver compassionate, respectful, and culturally sensitive care.
- Build strong therapeutic relationships to encourage patient compliance and positive health outcomes.
- Clearly explain diagnoses, treatment options, and expected recovery timelines.

Collaboration & Teamwork

- Work collaboratively with doctors, nurses, occupational therapists, and other healthcare professionals in multidisciplinary settings.
- Participate in case discussions, care planning, and inter-professional meetings to support holistic patient care.

Compliance & Documentation

- Maintain accurate, confidential, and up-to-date patient records in accordance with regulatory and clinic standards.
- Follow workplace health and safety policies and infection control protocols.

- Ensure compliance with all professional guidelines and relevant legislation.

Education & Prevention

- Conduct workshops, classes, or seminars on injury prevention, workplace ergonomics, or physical fitness programs when required.
- Promote awareness of the importance of physical activity and early intervention in maintaining health.

Professional Development

- Stay informed of the latest research, techniques, and evidence-based practices in physiotherapy.
- Attend continuing professional development (CPD) sessions and maintain professional registration and certifications.