

Importance of Clinical Research in Physical Therapy

Within the spheres of promotion, prevention, treatment/intervention, habilitation, and recovery, physical therapy is concerned with defining mobility ability and maximizing quality of life. Physical therapy is often defined as a career that requires specialized expertise, university education, and autonomy. Physical therapists are responsible for examining, analyzing, and treating physical disorders as well as preventing physical and psychological disabilities. In addition to teaching and study, the physical therapist has educational and administrative responsibilities. Physical therapists are required to function based on empirical expertise and demonstrated experience. In Physical therapy field, importance of clinical research is same as in other medical fields. In treating different patients physiotherapist rely on such clinical researches to give their patient the best treatment get most effective results. Physical therapists are now using evidence based researches to treat their patients. This is a combination of scientific research, clinical reasoning and the individual's goals and needs. Clinical research allows a physician to stay current on the most recent clinical approaches, technologies, and opportunities. Clinical testing experience enables the physical therapist to show that the technique used has been validated experimentally and subjected to peer examination. It's also been put to the test in the rehabilitation field. Before a physician may use the latest therapeutic techniques, he or she must be educated in them. Training can necessitate time away from work and/or financial outlay on the part of the physical therapist or the facility. Regardless of the above, clinical research will help both the physical therapist and the patient if the physical therapist is educated in the modern techniques and both parties agree to what needs

to be accomplished. After making a treatment plan physical therapist discuss it fully with their patients after examining the patient throughout. This is the best way to gain patient confidence and get his trust for better treatment results.

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Pakistan Journal of Physical Therapy