

EDITORIAL

EFFECTS OF COVID-19 ON THE CURRENT PRACTICE OF PHYSICAL THERAPY IN PAKISTAN

Confusion, fear, and anarchy were widely felt around the world during the pivotal years of the worldwide pandemic COVID-19. This respiratory disease, which mostly affects the lungs but may also affect many other bodily organs in the event of complications, proliferated quickly over the globe. Scientists and biologists hurriedly set about creating methods for its treatment and prevention. The greatest method to protect mankind from this continuing epidemic, like with all other viral infections, is vaccination¹.

Similar to how the respiratory system was affected, other biological systems were as well, notably the musculoskeletal system, which had poor muscular endurance during performance. The treatment of post-covid musculoskeletal issues depends heavily on physical therapy².

Real-time interaction between the patient and the physical therapist is required for physical therapy rehabilitation. Contact with patients and therapists were hampered by the epidemic and social exclusion. The core of physical therapy was seriously disrupted by the quality of services that were impacted by online consultation rather than actual consultation³. Second, the patients' fear of this terrible illness keeps them at home. Telerehabilitation was employed to combat this, however owing to patient understanding issues, a lack of follow-up on the home exercise program, and therapist involvement, it was unable to provide definitive effects.

By focusing on respiratory care and a home exercise programme for better mental health support, continuing education, and research in line with the idea of evidence-based practice to reduce patient volume, physiotherapy has evolved as a result of COVID-19 to include new concepts like telehealth and virtual consultations. Future pandemic recovery efforts must make advantage of real-time technology (videos and software).

REFERENCES

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