

## EDITORIAL

# THE SCOPE OF PRACTICE FOR PEDIATRIC PHYSICAL THERAPY HABILITATION IN PAKISTAN

Physical Therapy habilitation for children is a developing discipline in Pakistan that aims to improve the lives of the country's unique populations. Pediatric physical therapy and its fields focus on the genuine development of pediatric patients, following in the footsteps of growing developments in health care system<sup>1</sup>. There is a popular belief that cousin marriage contributes to disability by causing issues in the replication of genes on a regular basis. Actually, for childhood patients, habilitation and learning are more important than rehabilitation and relearning, which is more difficult and oriented toward developing a genuine lot of healthy adults who will minimize impairment and enhance the ratio of healthy adults<sup>2</sup>. Working with the pediatric population puts physical therapists in a unique position to offer exercise regimens and health promotion services. Programs are essential for encouraging healthy, active lifestyles and lowering the comorbidities associated with excessive weight gain and sedentary behavior, which are prevalent in children with disabilities<sup>3</sup>. The APTA (American Physical Therapy Association) defines the scope of practice for physical therapy children's practice in terms of health wellness and quality of life. An information sheet was produced by the task force to assist clinical researchers and clinicians in developing, implementing, and assessing fitness and health advancement interventions, such as community-based fitness programs<sup>4</sup>. In Pakistan, physical therapists who are working with pediatric patients, they focus on gross motor, fine motor, social interaction, sensory development and speech development by neurodevelopment, sensory integration and balance rehabilitation techniques. Patients can benefit from these therapists' assistance in maintaining or restoring flexibility, strength, and range of motion. To practice in the Pakistan, physical therapists must obtain a degree from the recognized university. If a person has a medical emergency, he or she should always see a skilled physician before beginning, stopping, or changing any prescribed treatment or care plan<sup>5</sup>.

## REFERENCES

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