

Current Trend for Physical Therapists

November 9, 2014

Korean Chiropractic Institute

Chang Chung Hoon

물리치료사의 업무

- 의료기사법 제4조 : 면허
- 의료기사법 시행령 제2조 : 업무범위
“온열치료, 전기치료, 광선치료, 수치료, 기계 및
기구치료, 마사지, 기능훈련, 교정운동 및 재활훈
련에 필요한 기기, 약품의 사용·관리 기타 물리
요법적 치료업무에 종사한다”



Physical therapist

- Physical therapist, physiotherapist, kinesiologist
- Physical therapists provide services that develop, maintain and restore people's maximum movement and functional ability. They can help people at any stage of life, when movement and function are threatened by ageing, injury, diseases, disorders, conditions or environmental factors.
- Physical therapists help people maximise their quality of life, looking at physical, psychological, emotional and social wellbeing. They work in the health spheres of promotion, prevention, treatment/intervention, habilitation and rehabilitation.

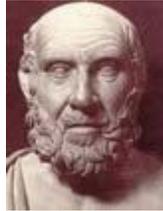
Current Trend

- Back to the Nature
- Back to the Hippocratism

in Scientific Background
in Evidence-based Therapy

Hippocrates (B.C. 460-370)

- "인생은 짧고 예술은 길다. 기회는 짧고, 경험은 때로 부정확하고, 진단은 어렵다"
- 운동과 영양이 건강과 치료의 으뜸
- "인체의 골격에 조정을 가함으로써 병을 치료하게 될 것이다. 뼈에 관해서 연구하고 그 지식을 얻으라, 그리하면 질병은 뼈에서부터 발생하는 것을 알게 될 것이다."



• Naturopathy

- Restore health rather than cure disease
- Diet, clinical nutrition, homeopathy, acupuncture, herbal medicine, hydrotherapy, manipulation, light therapy, therapeutic counseling, pharmacology

Special PT Programs



현재 관심 분야

Rehabilitation & Exercises

- Proprioceptive Neuromuscular Facilitation (PNF)
- Neurodevelopmental Treatment (NDT)
- Orthopedic Manipulative Physical Therapy (OMPT)

현재 관심 분야

Rehabilitation & Exercises

- Proprioceptive Neuromuscular Facilitation
 - 1946년 Herman Kabat, MD, PhD.
Margaret Knott, PT
 - 1954년 "PNF" 초판 발행 (Margaret Knott, Dorothy Voss) New York Paul b. Hoeber
 - Marie-Louise Mangold : Kaiser Foundation Rehabilitation Center (KFRC): Vallejo, California

현재 관심 분야

Rehabilitation & Exercises

- **Neurodevelopmental Treatment**
 - Berta and Karel Bobath
 - 1948년 "A new treatment of lesions of the upper moto neurone" 발표
 - NDT focuses on the sensation of movement; it is not movement itself, but the sensation of movement, that is learned and remembered
 - *The Bobath Centre, London*

현재 관심 분야

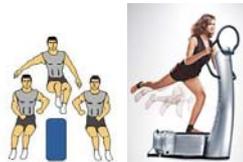
Rehabilitation & Exercises

- **Orthopedic Manipulative Physical Therapy**
 - Founded Montreal, Canada in 1974
 - 22 member Organizations
 - Korean Federation of OMT Kaltenborn-Evenjth Concept
 - Korean Academy of Orthopaedic Manual Physical Therapy (KAOMPT)
 - Auckland, New Zealand

최근 동향

Rehabilitation & Exercises

- Core Strengthening
- Pilates Exercises
- Gym Ball - Swiss Ball Exercises
- Resistance Band Exercises
- Plyometrics
- Vibration training



Core Strengthening

Core strengthening has become a major trend in rehabilitation. The term has been used to connote lumbar stabilization, motor control training, and other regimens. Core strengthening is, in essence, a description of the muscular control required around the lumbar spine to maintain functional stability.

Key muscles: Transversus Abdominus, Multifidus, Diaphragm, Pelvic Floor



Pilates Exercises

Pilates (original called 'contrology') is a whole body exercise system, developed by founder German-born Joseph Pilates in an internment camp in Lancaster.

The focus of Pilates is on developing core strength (deep abdominal, back and pelvic floor muscles) and improving posture through a series of low impact and low repetition stretching and conditioning exercises.



Gym Ball – Swiss Ball Exercises

The physical object known as a "Swiss Ball" was developed in 1963 by Aquilino Cosani, an Italian plastics manufacturer. Those balls were first used in treatment programs for newborns and infants by Mary Quinton, a British physiotherapist working in Switzerland. Later, Dr. Susanne Klein-Vogelbach, at the PT School in Basel, integrated the use of ball exercise as physical therapy for NDT. From their development as physical therapy in a clinical setting, those exercises are now used in athletic training, as part of a general fitness and in alternative exercises such as yoga and Pilates.



Resistance Band Exercises



Plyometrics

Plyometrics, also known as "jump training" or "plyos", are exercises based around having muscles exert maximum force in as short a time as possible, with the goal of increasing both speed and power. This training focuses on learning to move from a muscle extension to a contraction in a rapid or "explosive" way, for example with specialized repeated jumping. Plyometrics are primarily used by athletes, especially martial artists and high jumpers, to improve performance, and are used in the fitness field to a much lesser degree.

Vibration training

Whole body vibration may refer to vibration training, also known as vibration therapy, biomechanical stimulation (BMS), and biomechanical oscillation (BMO), a training method employing low amplitude, low frequency mechanical stimulation to exercise musculoskeletal structures for the improvement of muscle strength, power, and flexibility. Vibration training has been advocated as a therapeutic method in the treatment of osteoporosis, sarcopenia, and metabolic syndrome, and is used in the fitness industry, physical therapy, rehabilitation, professional sports, and beauty and wellness applications.

Complementary & Alternative Therapies

- “Complementary” generally refers to using a non-mainstream approach together with conventional medicine.
- “Alternative” refers to using a non-mainstream approach in place of conventional medicine.
- Integrative Medicine
This array of non-mainstream health care approaches may also be considered part of integrative medicine or integrative health care.

Complementary & Alternative Therapies

- **Natural Products (dietary supplements)**
Nonvitamin / nonmineral natural product:
echinacea (37.2 percent) and fish oil / omega 3s (30.5 percent)

Complementary & Alternative Therapies

Mind and Body Practices

- Acupuncture
- Massage therapy includes many different techniques in which practitioners manually manipulate the soft tissues of the body.
- Meditation: mindfulness meditation or transcendental meditation
- Movement therapies: Feldenkrais method, Alexander technique, Pilates, Rolfing Structural Integration, and Trager psychophysical integration.

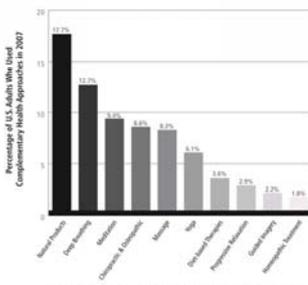
Complementary & Alternative Therapies

Mind and Body Practices

- Relaxation: breathing exercises, guided imagery, and progressive muscle relaxation
- Spinal manipulation: chiropractors, osteopathic physicians, naturopathic physicians, physical therapists, and some medical doctors.
- Tai chi and qi gong
- The various styles of yoga
- Other examples of mind and body practices: healing touch and hypnotherapy

Web site: nccam.nih.gov

10 Most Common Complementary Health Approaches Among Adults—2007



<참고> 최근 동향

Complementary & Alternative Therapies

- Acupuncture(鍼術)
- Aromatherapy(芳香療法)
- Floatation therapy(浮游選鏡)
- Indian head massage
- Myofascial release(筋膜弛緩術)
- Reflexology(反射學)
- Reiki(靈氣)
- Shiatsu(指壓)

Acupuncture



- Acupuncture is performed by inserting needles of various lengths and diameters into specific points over the body. The needle is usually inserted, rotated and then either removed immediately or left in place for several minutes. These acupuncture points exist along lines called meridians.
- In more recent years, western or medical acupuncture has been developed and used by Doctors and Physiotherapists, with its practice based more on the medical condition.

Aromatherapy



Aromatherapy is the use of essential oils in holistic treatments to promote health and well-being. Essential oils are natural substances, obtained from a plant source by distillation or expression.

- Tea Tree - antibacterial
- Peppermint - digestive system
- Lavender - muscular aches and pains, headaches
- Bergamot - skin conditions
- Eucalyptus - sinus problems and colds
- Marjoram - insomnia, anxiety and depression

Floatation therapy



- Floatation is a method of rest. It consists of floating in a 10 inch solution of Epsom salts.
- The solution is maintained at normal skin temperature of 93.5°F.
- The buoyancy of the salts solution allows your body to be supported on the surface of the water giving the impression of zero gravity.
- After floating you emerge refreshed and relaxed both physically and mentally.
- Floating takes the pressure off tired and sore joints and muscles. It increases blood circulation which can accelerate healing.

Indian head massage



- Indian head massage is an alternative therapy which involves massage to the scalp, neck, face and shoulders. The technique has been developed from the Indian system of Ayurvedic healing which is an ancient Hindi form of treatment.
- The treatment is based upon the belief that the body contains energy channels which can become blocked. The purpose of the treatment is to unblock these channels so that energy can flow properly.

Myofascial release



- Fascia is a connective tissue, also sometimes known as fibrous bands, which surrounds all muscles, tendons, ligaments, bones and organs within the body.
- The fascia consists of a network of hollow tubules made up of collagen and elastin. Fascia itself is very strong, flexible and dynamic and so responds well to stretching. The fascia loses its elasticity through physical and emotional trauma and poor posture. This results in the fascia hardening and the general flexibility of both the fascia and the muscle it surrounds, decreases.

Reflexology



- Reflexology is a type of massage and pressure applied to specific points on the hands and more usually, the feet. The reflex points within the foot relate directly to an area of the body, with the right foot corresponding with the right side and the left foot, the left side of the body.
- Reflexology is thought to clear Qi blockages. The release of endorphins and increase in lymphatic flow are also thought to be benefits.

Reiki



- Reiki is a Japanese form of spiritual healing from Tibet. It was developed by Dr. Mikao Usui in the early part of the 20th century.
- Throughout a reiki treatment, the client remains fully clothed and the practitioner places their hands in a series of positions over the body. The whole body is treated during a session, not just the injured or affected area.
- Clients often report feelings of warmth and tingling on areas being treated, even when the hands are not in contact!

Shiatsu



- There are many different styles of Shiatsu today.
- Some focus on acupuncture points, some on the energy channels and others on diagnostic systems (e.g. the five elements).
- Zen shiatsu is probably the most famous variant, and this is an extended form involving special exercises known as 'makko ho' to 'stimulate the flow of Ki' (Qi or Chi). Zen shiatsu was named after the simple and direct approach to spirituality of the zen buddhist monks.

박근혜 정부의 새로운 일자리 창출

- 미국의 직종 30,000개
일본 17,000개
한국 11,000개
- 사설탐정, 타투 아티스트, 척추교정사

규제·관행에 가로막힌 창조경제

중앙일보 2014. 9.4

신직업	창조경제추진단 의견	부처 의견
투어버디 (1인관광안내사)	개인이 사무실 없이도 소규모 단위 관광안내	문화체육관광부-영세업자 난립. 피해보상 발생하면 보상문제가 생길 수 있어 반대. 국토교통부-개인차량운행시 대중교통질서에 장애 우려
카이로프랙틱사	손으로 치료하는 허리-어깨 통증 치료시장 형성	보건복지부-제도도입에 따른 사회적 비용은 크고 일자리 수 적어 반대
개업물리치료사	의료기사등에관한법률을 개정해 물리치료사가 별도로 개업 가능하도록 직업 신설	보건복지부-부작용이나 합병증에 대해 즉각적인 대응 어려워 반대
육아컨설턴트	웨딩플래너처럼 맞벌이 부부 겨냥해 출산·육아교육까지 아우르는 직업으로 육성	여성가족부-시장 수요 검증 안돼. 별도 훈련과정 편성과 운영 어려워 반대

Today's Trend for Physical Therapists



경청에 감사합니다