

“Overview of Physiotherapy in Pakistan”

Physiotherapy or Physical therapy is an independent health care profession concerned with identifying & maximizing quality of life & movement potential within the spheres of promotion, prevention, treatment & rehabilitation specialty which has physical means of treating patients suffering from different diseases.

Though the field is as old as human is; physical therapy was practiced in 460B.C & its history as a profession dates back to 1894 by the establishment of “Chartered Society of Physiotherapy” in England and got Institutionalized by 1913 in New Zealand & then by USA in 1914 for the first time.

It is considered within the realm of Conventional Medicine.

It includes 24 specialties (According to American Physiotherapy Society-APTA), some major areas are Musculoskeletal, Neuro, Chest, Cardiopulmonary, Sports, Pediatric Physiotherapy, Acupressure, Electrophysiology, Animal Rehabilitation, Vestibular/Balance, Electrotherapy, Hydrotherapy, Women’s Health etc.

Who are Physiotherapists???

“Physiotherapists are trained professionals whose hand on approach begins with Examination, Diagnosis & Treatment of the conditions”.

What are the conditions to see a Physiotherapist???

“Back, Knee, Shoulder, Arm, Neck, Ankle problems, Disabilities (structural & functional), Neurological problems, Post operative & Orthopedic conditions, Pediatric, Cardiopulmonary, Gender based diseases, Sports injuries etc.

History of Physiotherapy in Pakistan:-

The school of Physiotherapy was established in 1956 by the Federal Government, Ministry of Health & Social Welfare with the assistance of World Health Organization (WHO) at Jinnah Postgraduate Medical Center premises.

Initially, the school offered a 2 years Diploma course with the minimum entrance qualification of matriculation (science group). In 1961, the 2 years program was upgraded to a 3 years Diploma. Later on, the program was raised to BSc Physiotherapy Degree (3 years) in 1963, affiliated with the University of Karachi, and pertinent changes were added & made in the syllabus according to the need.

The International faculties of Physiotherapy had upgraded their syllabi. In order to match those standards; in 1999, BSc Physiotherapy course was upgraded to 4 years BS Physiotherapy Degree Course. Recently, following the “Vision 2020 of APTA”, the 4 years BSPT Program was upgraded to 5 years DPT (Doctor of Physiotherapy) Program in 2008 to meet the International standard.

At present, 26 Institutions are serving in the field of Physiotherapy in Pakistan.

Associations & Organizations:-

1. *World Confederation of Physical therapy (WSPT):-* Founded on 8th Sep 1951.
“Physical Therapy Day” marks unity & solidarity of physiotherapy community from 106 countries around the world.

In Pakistan:-

1. Pakistan Physical Therapy Association (PPTA) Islamabad {encompasses Pakistan Physiotherapy Society (PPS) Karachi & Chartered Society of Physiotherapy (CSPT) Faisalabad}.

Doctor of physiotherapy (DPT):-

The doctor of physiotherapy (DPT) - 5 years program is a Post-baccalaureate degree conferred upon successful completion of a doctoral level professional (entry-level) or post-professional physiotherapy education program (t-DPT).

The DPT Degree was created by American Physiotherapy Association (APTA). The “Vision 2020” states that “By 2020, physical therapy will be provided by physical therapists who are doctors of physiotherapy recognized by consumers & other health-care professionals as the practitioners of choice to whom consumers have direct access for the diagnosis of, intervention for, & prevention of impairments, functional limitations, & disabilities related to movement, function & health.

DPT, started by USA is being done in Australia, Pakistan (2008-09) & others. In Pakistan 10 institutes offer DPT which is listed below.

Career Scope:-

- According to a survey in 2009, Physiotherapy was the 7th most earning profession in the world.
- Physiotherapists are granted 17 grades at start in Government & Private sector with many chances & excel due to few graduates in Pakistan.
- Physiotherapists can work in the field of academics.
- Physiotherapists can look to be specialists in more than 20 specialties.
- Internationally granted jobs in Clinical & Research Sector.
- Majority works in USA, UK, Australia & many countries abroad.
- In 2008, Physiotherapy was 5th most earning profession in USA with 67000\$ per annum.
- Latest Reports in **2011** reveals the salary in USA as:
- Physical therapist => 58276-73630 \$ per annum.
- PT Assistant => 38536-60396 \$ per annum.
- According to “Science & Health Care Salary Survey(08-09)”:
- Physiotherapist => 36232-47318 \$ per annum.
- Senior Physiotherapist => 48368-57255 \$ per annum.
- Manager Physiotherapist => 58659-71686 \$ per annum.

Institutions & degree Programs offered in Pakistan:-

CITY	BSPT	MSPT	M.Phil	t-DPT	DPT	TOTAL
Lahore	06	----	01	01	01	06
Islamabad	01	01	----	02	02	03
Karachi	04	04	----	02	02	06
Rawalpindi	02	----	----	----	----	02
Peshawar	01	----	----	02	01	02
Faisalabad	----	----	----	01	01	01
Bahawalpur	01	----	----	----	----	01
Abbotabad	01	----	----	----	----	01
Sindh	02	----	----	----	01	03
Sargodha	---	---	---	---	01	01
Total	18	05	01	08	10	26

Degree Programs offered in Physiotherapy in Pakistan

Bachelor of Physiotherapy (4-years):

01. KEMU (Mayo Hospital, School of Physiotherapy) Lahore.
02. FMH Institute of Allied and Health Sciences Lahore.
03. School of Allied and Health Sciences Lahore.
04. Lahore Medical and Dental College.
05. ACE Institute of Health Sciences Lahore.
06. Allama Iqbal College of Physiotherapy Lahore.
07. Rawalpindi Medical College.
08. Armed Forces Post-Graduate Medical Institute Rawalpindi.
09. Islamabad College of Physiotherapy.
10. Quaid-e-Azam Medical College Bahawalpur.
11. KMU, Institute of Physiotherapy and Rehabilitation Sciences Peshawar.
12. Women Institute of Medical Technology Abbotabad.
13. Baqai Physiotherapy Institute Karachi.
14. School of Physiotherapy, Liaquat National Hospital Karachi.
15. College of Physiotherapy, JPMC Karachi.
16. College of Physiotherapy, Ziauddin University Karachi.
17. Beachwood College of Physiotherapy Hyderabad.
18. Institute of Physiotherapy and Rehabilitation Sciences Jamshoro.

Master of Physiotherapy (2-years):

01. School of Physiotherapy, Liaquat National Hospital Karachi.
02. College of Physiotherapy, JPMC Karachi.
03. College of Physiotherapy, Ziauddin University Karachi.
04. Institute of Physical Medicine and Rehabilitation, DUMS Karachi.
05. Isra School of Rehabilitation Sciences Islamabad.

M.Phil of Physiotherapy (2-years):

01. KEMU (Mayo Hospital, School of Physiotherapy) Lahore.

Transitional t-DPT (2-years):

01. Riphah College of Rehabilitation Sciences Islamabad.
02. KEMU Lahore.
03. University of Faisalabad.
04. Mehboob School of Physiotherapy Peshawar.
05. Isra Institute of Rehabilitation Sciences Karachi.
06. Isra Institute of Rehabilitation Sciences Karachi.
07. Isra School of Rehabilitation Sciences Islamabad.
08. KMU, Institute of Physiotherapy & Rehabilitation Sciences, Peshawar.

Doctor of Physiotherapy DPT (5-years):

01. Riphah College of Rehabilitation Sciences Islamabad.
02. KEMU Lahore.
03. University of Faisalabad.
04. Isra College of Rehabilitation Sciences Hyderabad.
05. Mehboob College of Physiotherapy Peshawar.
06. College of Physiotherapy, Ziauddin University Karachi.
07. Isra Institute of Rehabilitation Sciences Karachi.
08. Isra School of Rehabilitation Sciences Islamabad.
09. KMU, Institute of Physiotherapy & Rehabilitation Sciences Peshawar.
10. Department of Physiotherapy, University of Sargodha.

Note:- Since the Curriculum for DPT has been passed by HEC & it has been implicated to all the respected institutes that they will be running DPT rather than BSPT.

Conclusion:-

The message I want to convey to my readers is that the Physiotherapists have their own means of treating patients suffering from various diseases which makes them independent professionals, and their role in the health provision makes an important part in total health care program. It does not mean that they work under supervision of any other person rather they have to do Examination, Diagnosis & make Treatment program (including prescription) for the patients. There is no need of the referral from anyone to treat patients all around the world.

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