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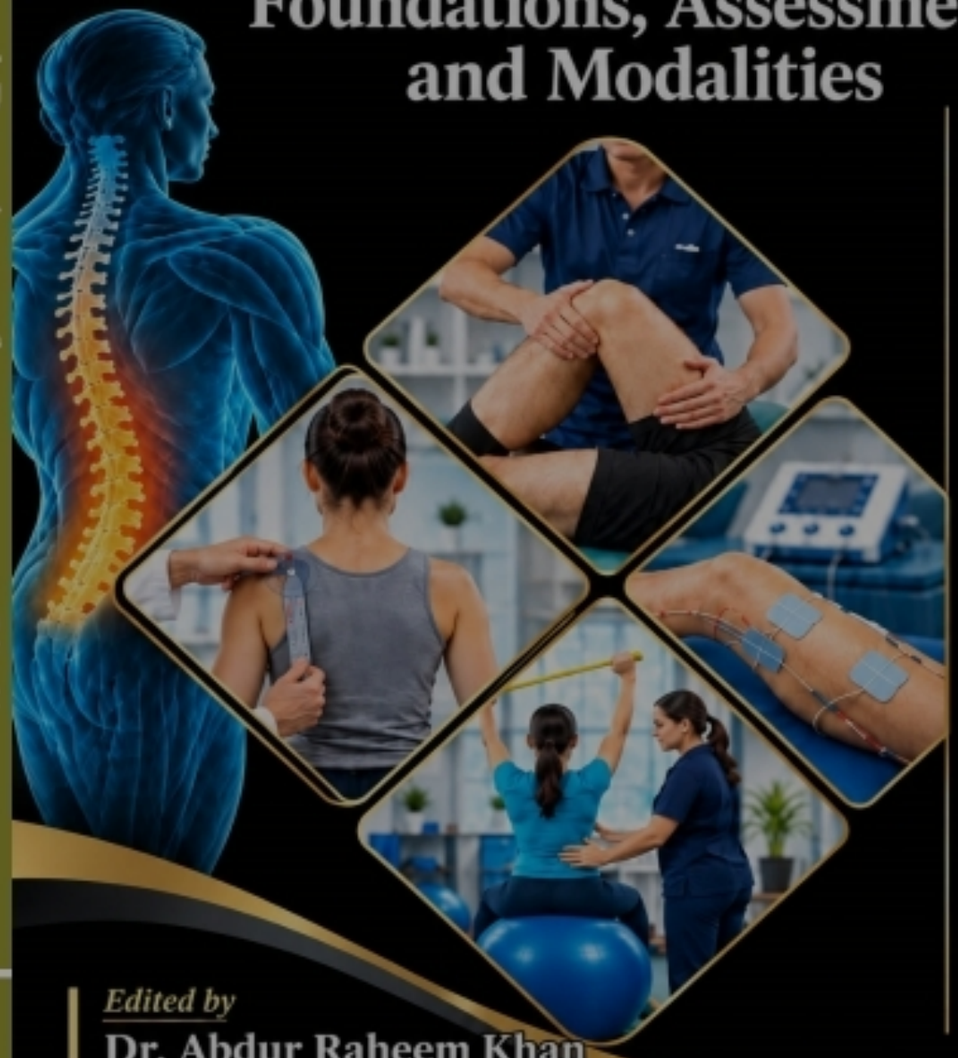
Principles and Practices of Physiotherapy

Edited by
Dr. Abdur Raheem Khan
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Principles and Practice *of* Physiotherapy:

Foundations, Assessment, and Modalities



FOUNDATIONS

ASSESSMENT

THERAPEUTIC EXERCISE

ELECTROTHERAPY & OTHER MODALITIES

FUNCTIONAL REHABILITATION

Edited by

Dr. Abdur Raheem Khan
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Chapter-2
Professional Roles, Ethics, and Responsibilities in Physical Therapy

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Abstract

Physiotherapy has become an increasingly important component of contemporary healthcare, contributing to health promotion, prevention, rehabilitation, and long-term management of movement-related conditions. This chapter outlines the roles, responsibilities, competencies, and practice settings of physiotherapists. It discusses clinical assessment, intervention, patient education, prevention, care planning, interprofessional collaboration, and the growing use of advanced and extended-scope roles. Physiotherapists may work across emergency and acute care, primary and community care, musculoskeletal, neurological, cardiorespiratory, pain, and sports services. The chapter also highlights competencies required for safe and effective practice, including clinical reasoning, communication, leadership, adaptability, ethical practice, and evidence-informed decision-making. Although professional autonomy and scope of practice continue to expand in many health systems, differences in regulation, workforce capacity, education, and access to professional development remain important challenges. Continued research, appropriate regulation, workforce development, and lifelong learning are therefore essential to support the sustainable development of physiotherapy practice.

Keywords: Physiotherapy; Professional Practice; Clinical Competencies; Healthcare Roles; Interprofessional Collaboration

1. Introduction

Physiotherapy is a field of health that looks at movement, physical function and making life better. Its main aim is to help people reach the movement they can and to live more on their own. This is achieved by promoting health, preventing injuries, treating problems and helping with recovery [1]. As trained health workers who know movement physiotherapists stop injuries and sickness. They also help people heal from sickness or injury and manage health problems through life [2,3].