

Q1: Write in brief about the role of physiotherapy and physiotherapist. Describe the relation between physiotherapy and psychology.

→ Role of Physiotherapy & Physiotherapist:-

→ Physiotherapy is healthcare profession focused on restoring movement and function when someone is affected by injury, illness or disability.

→ The physiotherapist acts as a practitioner who assesses, diagnoses, and treats physical issue. Their role includes prescribing exercise, manual therapy and educating patients to prevent further injury and manage chronic conditions.

→ Relation between Physiotherapy and psychology

- Mind-Body Connection: Physical recovery is heavily influenced by a patient's mental state. Stress, anxiety or depression can slow down the healing process.

- Pain Management:

Psychology helps therapists understand 'psychosomatic pain' and how a patient's perception of pain affects their willingness to move.

- Motivation and Compliance: Physiotherapists use psychological principles to motivate patients to stick to their exercise regimes, especially in long term rehabilitation like stroke recovery.
- Holistic Approach: Treating the 'whole person' involves addressing both the physical impairment and the emotional impact of that impairment (e.g.) loss of independence.

Ques 2
Ans

What is physiotherapy?
Physiotherapy is a primary healthcare professional that promotes wellness, mobility, and functional independence. It uses physical approaches (like exercise, massage, and heat) rather than drugs or surgery to help people maintain and restore maximum movement and functional ability throughout their lives.

Ques 3

Definition of psychology based on word 'psychology' itself.

The word 'psychology' is a combination of two greek words.

Psyche :- Historically, this meant "breath", "spirit" or "soul".

logos :- This means "study" "discourse" or "knowledge".

→ Based purely on these roots, the earliest definition of psychology was "The study of the soul". Ancient greek philosophers like plato and Aristotle used this to explore the nature of human existence. However, as the field moved toward science, the definition evolved because the "soul" is metaphysical concept that cannot be measured or observed in a laboratory.

Ques 4.
Ans 4.

Definitions of psychology.

William James :- Psychology is the science of mental life, both of its phenomena and of their conditions.

J.B Watson :- Psychology is the science of behaviour (purely objective)

Wilhelm Wundt : The scientific study of conscious experience.

Sigmund Freud : The study of the unconscious mind and its influence on behavior.

Woodworth : The scientific study of the activities of the individual in relation to his environment.

Modern Definition : The scientific study of behavior (observable actions) and mental processes (thoughts, feelings, memories).

Q5. Short notes for the following.

Learning Disabilities of children

Neurological disorders that affect the brain's ability to receive, process, store and respond to information. Example include Dyslexia (reading), Dysgraphia (writing) and Dyscalculia (math).

Physical Disabilities of children



Condition that limit a child's physical capacity to move, coordinate actions, or maintain balance. These can be congenital (from birth) or acquired through injury.

Cerebral Palsy

A group of disorders affecting movement and muscle tone or posture.

It is caused by damage that occurs to the immature, developing brain most often before birth.

Autism

A developmental disability caused by differences in the brain. People with ASD often have problems with social communication and interaction and restricted or repetitive behaviors or interests.

Behavior according to Boring and Langfield

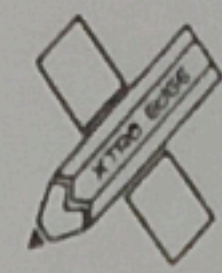
Boring Langfield and well defined behavior as behavior is the response of the individual to his environment. This implies



that behavior is a result of the interaction between an organism and its surroundings.

Difference between covert behaviour and overt behaviour.

Basis of Difference	Overt behaviour	Covert behaviour
Definition	Actions that are visible and can be observed by others	Internal activities that are hidden from outside view
Observation	Can be seen directly or recorded with a camera/sensor	Cannot be seen directly, requires self-reporting or specialized tools
Nature	Physical and external	Mental, cognitive or physiological
Examples	Walking, talking, Shivering or performing a physical therapy exercise	Thinking / feeling fear, dreaming or a change in heart rate
Measure	Measured by observation e.g. counting repetitions by an exercise	Measured by intrusions questionnaires or bio feedback Paper (FEU/ERU)



6 Discuss the scope of psychology w.r.t.:-

1) Growth and development

Psychology studies how humans change physically, mentally and emotionally from conception through old age.

Physiolink:- Understanding development milestone helps a therapist identify if a child has motor delays or if an elderly patient's cognitive decline is affecting their physical recovery.

5) Mental Health

This area focuses on emotional well being and the treatment of mental disorders.

Physiolink:- A patient with a positive mental state recovers faster. Identifying 'yellow flags' (psychological barriers like depression) is crucial because they can turn acute pain into chronic disability.

4) Cognition

The study of internal mental processes like thinking, perception, problem-solving and decision-making

Physiolink - A patient needs cognitive focus to learn new movement patterns or follow complex exercise regimes.

Memory and Forgetting

Studies how we encode, store and retrieve information and why that information is sometimes lost.

Physiolink - Physiotherapists act as teachers. Understanding memory helps your structure a home exercise program so the patient actually remembers how to do them correctly at home.

Motivation

The study of the 'why' behind behavior - the internal or external forces that drives a person to take action



Physiolink L This is perhaps your biggest challenge, you must find that motivates a patient (e.g. wanting to walk their daughter down the aisle) to keep them coming to painful therapy sessions.

f. Discuss psychology and its relation to other fields :

g) Biology

Psychology and Biology meet in the field of Biopsychology. They explore how the brain nervous system, and hormones influence behaviour.

connection! - In physiotherapy you deal with the nervous system daily. Psychology explains how a physical nerve injury can lead to phantom limb pain or emotional trauma.

h) Sociology

Sociology studies how people behave in groups and societies.

connection! - A patient's social environment



(family support), financial, or cultural beliefs about illness their psychological readiness to get better.

Anthropology

The study of human cultures and their development

Connection! - Different cultures have different pain behaviours. Understanding cultural backgrounds helps a physiotherapist communicate more effectively and respect different views on healing and touch.

d) Psychiatry

While psychology focuses on mental processes and therapy, psychiatry is a branch of medicine that focuses on the diagnosis and treatment of mental disorders often using medication.

Connection! - As a physiotherapist you may work in a multidisciplinary team with psychiatrists for patients with psychosomatic disorders (physical symptoms caused by mental stress)