

Physical Therapy's Role within the Healthcare TEAM:
"Providing Relief, Restoring Function in our Patients"
(Gateau Physical Therapy & Sports Medicine)

A physical therapist assumes a unique role within the healthcare team by providing pain relief and restoring function in our patients. We do this by first evaluating a patient to identify the patient's needs and goals. The evaluation findings serve as a compass to guide us through the next phase of the physical therapy process, which is treatment. Physical Therapy treatment involves patient education, pain relief modalities, manual / hands-on methods, movement re-education strategies, and functional exercise techniques. We integrate these methods in a manner, which safely and appropriately progresses a patient through a physical therapy program until their goals are achieved. These goals are primarily determined by finding out from the patient "what can't they do now due to their condition", and "what they really want to be able to do in the future in order to live a quality life".

The physical therapy professional works within the healthcare team to primarily help patients with musculoskeletal and neurological conditions. In most cases, a patient is seen first by their doctor. The doctor then determines if physical therapy is appropriate for their condition; specifically, is the patient's condition related to a particular muscle or joint. If it is, then an appropriate physical therapy referral follows. Patients who are commonly referred to physical therapy include anyone from infancy to adulthood, as well as athletes and elderly people. Specific conditions could involve shoulder/arm pain and dysfunction, leg/knee pain and dysfunction, neck/back pain and dysfunction, walking difficulties, child/developmental disorders, balance / vestibular dysfunction, chronic headaches, and pre and post surgical cases.

One could compare a physical therapist to a detective, relentlessly searching for all the clues in order to solve the mystery of the pain and functional limitation. No... Gateau Physical Therapy & Sports Medicine does not have Sherlock Holmes on staff at this time, but we certainly acknowledge how important it is to look at the whole picture, and use the facts to put our patients on the right pathway to providing relief and restoring function.

I will never forget one of my coaches emphasizing, "There is no I in TEAM". For a patient to reach their full physical potential, my role involves establishing a good rapport and working relationship with doctors, nurses, therapists, personal trainers, and most importantly the patients themselves. In many cases, a patient who has reached their goals from a physical therapy stand point, can benefit from a continued exercise program at home, or a local gym with personal training instruction. Our patients can benefit a great deal from a TEAM approach in which we all can learn from one another, which creates a proactive and winning environment not only for our businesses, but most importantly our patients and clients.

"No member of a crew is praised for the rugged individuality of his rowing"
-Ralph Waldo Emerson

For a FREE Consultation or any questions or comments, please don't hesitate to contact
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