

MARTIE DU PLESSIS SKOOL



FISIOTERAPIE



Wat is fisioterapie?

Fisioterapie is die aanwending van geïntegreerde fisieke behandelingstegnieke en oefeninge om die maksimale funksionele fisiese vlak van leerders te bereik en te behou.



FISIOTERAPIE



Die volgende toestande word dikwels behandel:

Fisiese gestremdhede

- Serebrale gestremdhede
- Spina Bifida
- Spinaalkoordbeserings
- Breinbeserings
- Kongenitale gestremdhede
- Motoriese agterstande
- Postuur probleme en hipotonus

Behandeling sluit die volgende in:

- Wetenskaplike gebruik van bewegings tegnieke.
- Versterkingsoefeninge.
- Balans en koördinasie oefeninge.
- Voorcoming en rehabilitasie van beserings.
- Voorligting en raad om genesing of herstel te bevorder.
- Aanvaarding en hantering van permanente gestremdhede.
- Sportspesifieke oefeninge.
- Elektroterapie en terapie in water.
- Aanbevelings vir korrekte rolstoele en ander hulpmiddels.

Die Fisioterapie Afdeling bestaan uit 5 NDT (Neuro-ontwikkelingsterapie) gekwalifiseerde terapeute.

Ons streef daarna dat elke leerder sy/haar volle fisiese potensiaal moet bereik om sodoende in die samelewing aan te pas!



MARTIE DU PLESSIS SCHOOL



PHYSIOTHERAPY



What is physiotherapy?

Physiotherapy is the application of integrated physical treatment methods and exercises in order to reach and maintain the maximal functional physical ability of a learner.



PHYSIOTHERAPY



The following conditions are often treated:

Physical disabilities

- Cerebral Palsy
- Spina Bifida
- Spinal Cord Injuries
- Brain injuries
- Congenital disabilities

Motor delays

Posture and muscle tone problems

Treatment involves the following:

Scientific use of movement techniques.

Strengthening exercises.

Exercises for balance and coordination.

Prevention and rehabilitation of injuries.

Guidance and advice to promote rehabilitation.

Acceptance and management of permanent disabilities.

Sports specific exercises.

Electrotherapy and therapy in water.

Recommendation for correct wheelchairs and other assistive devices.

The Physiotherapy Department consists of 5 NDT (Neurodevelopmental therapy) qualified therapists.

We strive to reach each learner's full physical potential in order to cope in society!

