

Classification and Division

In the job field of physical therapy, there are many different branches one can go into. There are many different fields of physical therapy that an aspiring therapist can go into, from orthopedic, geriatric, neurological, cardiovascular and pulmonary and pediatric physical therapy. All types of physical therapy are effective, it just depends on the situation the patient has and what therapy is best suited for them. There are two types of physical therapy that are used often and they are neurological physical therapy and pediatric physical therapy.

Physical therapy can vary depending on the type you need. If one were to be prescribed neurological physical therapy, it is because they need treatment for their movement problems that were caused by a disease or from an injury of the nervous system (APTA). The neurological therapy that one would go through would be to help “improve or restore the mobility” one needs to move forward in their life. There are over “600 known neurological disorders and conditions” that can be harmful to the “human nervous system” (World). Some different diseases that may need neurological physical therapy are “ALS, Alzheimer’s disease, cerebral palsy, Parkinson’s disease, multiple sclerosis, stroke or spinal cord injuries” (Weiss). Physical therapy is very effective and important for one who has had or still has a neurological disease or injury. According to Weiss, an injury to the brain or spinal cord can result in the death of cells that control specific movements and sensations, which can lead to losing the function in specific areas. The physical therapists have knowledge behind the movements needed to regain movement in the areas that they have lost because of the different injuries and diseases they have gone through. A benefit of going through the physical therapy process is that they end up learning how to live and move independently (Weiss).

Of all the types of physical therapy, pediatric physical therapy is one that is used often. Pediatric physical therapy works on promoting “the highest quality of life for all children” (P. APTA). It is said that with pediatric physical therapy, children who range in ages from 18 months to 21 years old, obtain up to two hour sessions of therapy, at least six days a week. Having sessions six days a week means that there are individual meetings with “highly trained pediatric physical therapists.” There are many different conditions that pediatric physical therapists treat which include, “cerebral palsy, spina bifida, cardiac conditions, traumatic and acquired brain or spinal injury, and oncological conditions.” Many pediatric physical therapists’ goals are to get the patients healthier and able to return to ever day activities like going back to school. While in a pediatric therapy session, they focus on “developing various age-appropriate developmental or functional skills.” There are different technological devices that they therapists might use that are “child-friendly,” such as the Nintendo Wii. Pediatric physical therapists emphasize that the families understand the different exercises and movements thy take part in at therapy so that they are able to carry them over in the evenings to ensure that the patient is getting the full effect of therapy and also once the child is discharged (Center).

Physical therapy can come in many different forms. Therapy varies from orthopedic, geriatric, neurological, cardiovascular and pulmonary and pediatric physical therapy. All types of physical therapy are beneficial to the type one may need. Depending on the injury or possibly the disease one has, that determines what kind of physical therapy they would need. Physical therapy can benefit many, no matter the reason they are prescribed it.

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