



Musculoskeletal

Expectations of physiotherapy

...do people expect physical activity advice, general health advice or physical interventions?

Author : The Australian Physiotherapy Association

Current evidence-based recommendations for physical activity suggest that adults should participate in muscle strengthening exercise for all major muscle groups twice weekly, and either 150 minutes of moderate-intensity activity or at least 75 minutes of vigorous-intensity activity weekly.

However, many people do not meet these recommendations. Physiotherapists are skilled and qualified to help people to improve their physical activity levels, as well as providing treatment for specific clinical conditions.

A group of researchers in Melbourne did a survey of over 500 participants, who were representative of the wider Australian population. Therefore, some had seen a physiotherapist before and others had not. All were interviewed about their expectations regarding the treatment that would be provided to them if they were to see a physiotherapist.

Most respondents reported that it is likely and important that a physiotherapist would provide advice to help them increase their physical activity levels.



This finding contrasts with some past research where Australian physiotherapists reported that they perceive

patients as expecting passive therapies, like hands-on or manual therapy, before advice to participate in more active therapies such as increasing their physical activity levels. International research supports this finding, suggesting that patients expect hands-on therapies from physiotherapists.

It is important for physiotherapists to pay attention to patient expectations because they influence several important outcomes: patient satisfaction, repeat patronage, and the therapeutic alliance, which influence treatment efficacy.

The authors concluded that physiotherapists should not assume that patients expect passive before active therapies, and should not hesitate to provide PA advice to their patients, as this advice is likely to be welcomed.

Want to read deeper into this topic? Have a look at the free full text version of this article published in [Journal of Physiotherapy!](#)

> From: *Kunstler et al., J Physiother 65 (2019) 230-236. All rights reserved to Australian Physiotherapy Association. [Click here for the online summary.](#)*



Sign up on our website and get access to the latest evidence based articles reviewed and explained by our experts.

Visit www.anatomy-physiotherapy.com

Anatomy & Physiotherapy works with international renown experts and writers to provide a current and evidence-based content service to students, physiotherapist, musculoskeletal health professionals and educational institutes around the world in 5 key thematic areas and 7 different languages.

The best summaries to help you to improve your care. Easy and accessible.

