

Physical Therapy / Physiotherapy



Physical therapy, also known as physiotherapy, is a healthcare approach that helps people improve movement, reduce pain, and restore physical function. It is commonly used after injury, surgery, or when dealing with chronic conditions that affect mobility and strength.

Role in Structural Health

Physical therapy focuses on the *structural* aspects of the body—muscles, bones, joints, and connective tissues. It helps realign the body, correct imbalances, and improve posture. This support for the body's structure helps prevent injuries and supports long-term wellness.

What Does Physical Therapy Involve?

Common physical therapy treatments include:

- Manual therapy (hands-on manipulation)
- Therapeutic exercises and stretching
- Posture and movement training
- Ultrasound or electrical stimulation
- Education on body mechanics and prevention

Connection to Bioregulatory Medicine

Bioregulatory medicine sees the body as an interconnected system of networks that self-regulate to stay healthy. One of its foundational concepts is the "structural plane," which involves bones, muscles, fascia, and posture.

Physical therapy plays a key role in supporting this plane. By restoring movement and alignment, it helps other systems (like lymphatic, nervous, and circulatory) function better. This makes physical therapy a vital part of a bioregulatory approach to healing, where balance and whole-body health are the goals.