



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(2): 761-762

© 2018 Yoga

www.theyogicjournal.com

Received: 01-05-2018

Accepted: 03-06-2018

Paramdeep Kaur

MPT Student, Punjabi

University, Patiala, India

Michael

MPT Student, DAV Institute of

physiotherapy and

Rehabilitation, Jalandhar,

Punjab, India

Comparative exercise habits of physiotherapists and other health professionals in Ludhiana

Paramdeep Kaur and Michael

Abstract

Background: Physicians and medical students who are physically active are more likely to counsel their patients on the benefits of physical activity than their sedentary counterparts.

Objective of the Study: To find out the leisure time physical activity habits of Physical Therapists and compare these habits with those of other Health Care Professionals in Ludhiana, Punjab. According to the results obtained it could be easier to know the physical activity of Physical Therapists and compare these habits to other health care Professionals. Those Health Care professionals who are actively doing these physical activities will be able to advise the patients to perform such activities which would lead to a healthy society.

Methods and Materials: Verbal introduction of the survey was given after that physical activity questionnaire along with the consent form was given to the physiotherapists and other health care professionals. Data was collected and analyzed and results were obtained.

Result: Physical therapists are more physically active than other health professionals.

Conclusion: This study revealed that physical therapists are more actively involved in physical activities and appear to be good role models to the patients.

Keywords: Physical activity, physical therapist, health care professionals, counseling

Introduction

Physician and other health professionals need to be fit themselves, not only for their own benefits, but also because of their position as role models^[1].

Purpose of the study

To find out the leisure time physical activity habits of Physical Therapists and to compare these habits with those of other Health Care Professionals.

Research design and methodology

The survey was conducted in Ludhiana city (Punjab) on 100 subjects. The age criterion was both Male and Female subjects between 20-50 years of physical Therapists and other health care professionals was included and a purposeful random sampling technique was used for collecting data. Verbal introduction of the survey was given after that physical activity questionnaire along with the consent form was given. Data was collected and Chi square analysis was used and results were obtained.

Results

Physical therapists are more physically active and exercising than other health professionals.

Clinical significance

From this survey we came to know the physical activities of Physical therapists are higher than the other health professionals. Hence they will be able to advise the patients to perform such activities which would lead to a healthy society.

Conflict of Interest – NIL

Correspondence

Paramdeep Kaur

MPT Student, Punjabi

University, Patiala, India

Funding – NIL

Conclusion

Based on our sample, most physical therapists appear to be good role models. This finding may have clinical implications related to their counseling of patients about the importance of physical activity.

Future scope of study

Future scope of the study is that more health professional will adapt leisure time physical activities in their busy lives which will make them healthier, promote wellness, reduce their daily stress and make them work more efficiently.

References

1. Warburton DE, Nicol CW, Bredin SS. Health benefits of physical activity: the evidence. Canadian Medical Association Journal. 2006; 174(6):801-809.