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# ➔ Fit to take part

Chartered Physiotherapists help  
people fulfil their potential



MEMBER OF WCPT

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for Physical Therapy



*Movement for Health*  
World Physiotherapy Day

Having a long-term illness or disability shouldn't mean you can't lead a fulfilled life. But research shows that people with a disability are less likely to be employed or to be playing an active part in society.

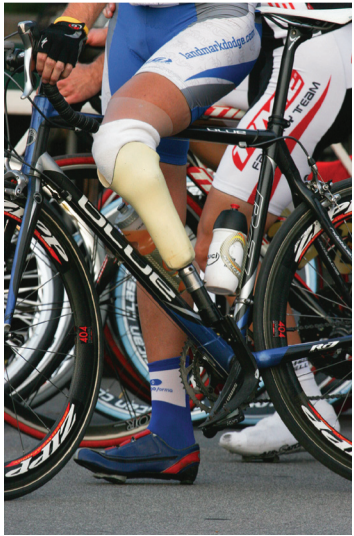
It needn't be like that. According to the United Nations "full participation by persons with disabilities will result in their enhanced sense of belonging and in significant advances in the human, social and economic development of society".

Many people with disabilities and long-term illnesses lead happy, fulfilled lives: independent, employed, achieving. But many do not because they have not received the right kind of help. This has a huge cost beyond personal hardship.

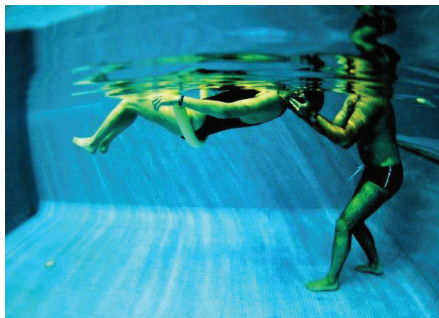
- Lack of participation by people with disabilities costs some economies 7% of their gross domestic product.
- Low incomes, higher living costs and restricted employment often combine to limit the life chances of people with disabilities.
- Limited life chances deny people with disabilities their human rights and fundamental freedoms.

### It needn't be like that

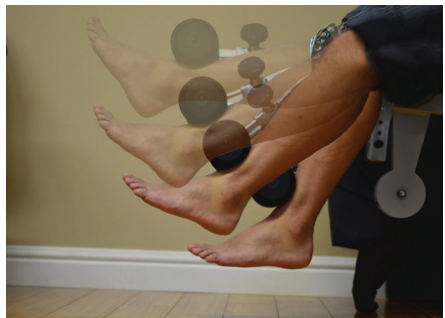
Chartered Physiotherapists have a key role in supporting people with illness and disability to participate fully in society. Their role is to help people fulfil their potential by maximising movement and functional ability. They provide rehabilitation services so that people are fit to take part.



Bob Wellmon



Eduardo Castro



Rosen Kolev



The World Health Organization and World Bank say:

- rehabilitation services such as physiotherapy are a good investment because they “build human capacity”
- assistive technology – which is provided by rehabilitation professionals such as physiotherapists – “increases independence, improves participation, and may reduce care and support costs”
- unmet rehabilitation needs can limit activities, restrict participation, cause deterioration in health, increase dependency on others – which all have social and financial implications.

### About physiotherapy

Chartered physiotherapists are qualified experts in movement and exercise who help people be independent throughout their lives.

They improve the mobility of people who have a range of health conditions including:

- pain
- heart disease and strokes
- diabetes
- cancer
- arthritis
- Parkinson’s disease
- spinal cord injury
- lung disease
- trauma and amputations



British Wheelchair Basketball

**If you have problems that affect your mobility, ask a chartered physiotherapist.**



This leaflet has been produced by:  
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