

Is this you?

- interested in health and wellbeing
- genuine interest in people
- good communication and empathy with others
- analytical and problem-solving skills
- ability to inspire confidence and motivate people.

What is a Physiotherapist?

A Physiotherapist is a health professional who provides treatment for people with physical problems caused by injury, illness, diseases and ageing. Physiotherapists use a range of treatments including mobilisation and manipulation of joints, massage, therapeutic exercise, electrotherapy and hydrotherapy to reduce pain, restore function and improve an individual's quality of life.

What does a Physiotherapist do?

- Assess the physical condition of patients to diagnose problems and plan treatment
- Use a range of techniques to strengthen and stretch muscles and joints to improve patient mobility (perform massage, hydrotherapy, breathing and relaxation techniques)
- Perform spinal and peripheral joint mobilisation and manipulation
- Use equipment such as heat packs, exercise equipment, ice packs, ultrasound and electrotherapy to ease pain, reduce swelling and improve range of movement
- Re-train patients to walk or to use walking frames, splints, crutches or wheelchairs
- Educate patients, their families and the community to prevent injury and disability and to lead healthy lifestyles
- Plan and implement community fitness programs
- Treat a wide range of patients including premature babies, children with cerebral palsy, pregnant women, athletes, people undergoing rehabilitation, those needing help to recover from major surgery, heart disease or stroke, and the elderly to maintain fitness.



“Physio really chose me; I’m not a ‘desk job’ sort of person, and I’m a true ‘people person’. A lot of people think physio is mostly about sports, but for me the best work is in the rehab environment helping patients recover after an accident or a stroke.

Shail Maharaj, Physiotherapist

Where can Physiotherapists work in Queensland Health?

Queensland Health employs Physiotherapists in a variety of settings across the continuum of care from acute hospitals to clinic settings in the community. Queensland Health Physiotherapists are involved in treatment, education and prevention programs and work in multi-disciplinary teams together with their patients to establish and achieve defined goals.

Can a Physiotherapist specialise?

Physiotherapists may specialise in specific areas such as:

- Musculoskeletal physiotherapy
- Women's health
- Aged care
- Chest conditions
- Occupational health and safety
- Sports medicine
- Babies and young children
- Problems of the nervous system
- Spinal injuries
- Administration
- Education and/or Research.

How do you become a Physiotherapist?

To become a Physiotherapist you usually have to study physiotherapy at university. Prerequisite subjects, or assumed knowledge, in one or more of English, biological science, chemistry, physics, and health and physical education are normally required. Alternatively, you could complete a relevant bachelor degree followed by a postgraduate qualification in physiotherapy. The various universities have different prerequisites and some have flexible entry requirements. Contact the universities you are interested in for more information as requirements may change.

Degree and Postgraduate courses:

James Cook University – Townsville Campus:

- Bachelor of Physiotherapy, 4 years full time

University of Queensland – St Lucia Campus:

- Bachelor of Physiotherapy, 4 years full time
- Master of Physiotherapy Studies, 2 years full time (prerequisite courses apply)

Griffith University – Gold Coast Campus:

- Bachelor of Physiotherapy/Bachelor of Exercise Science, 5 years full time
- Master of Physiotherapy, 2 years full time (prerequisite courses apply)

Registration

In Queensland, Physiotherapists need to be registered with the Physiotherapists Board of Queensland before they can practise. Graduates are eligible for employment with Queensland Health once they are registered.

What scholarships are available?

There are a variety of scholarships and financial assistance available. Check out the respective tertiary institutes' website for details. Also available is the Queensland Health Rural Scholarships Scheme.

Interested in other Allied health careers?

Visit the Queensland Health Work For Us website www.health.qld.gov.au/workforus for more **Careers in health** fact sheets – Allied health series:

- Occupational Therapist
- Dietitian
- Radiographer
- Psychologist
- Pharmacist
- Social Worker
- Speech Pathologist.

Where can I find out more info?

James Cook University (Townsville)

Faculty of Medicine, Health and Molecular Science

Phone: (07) 4781 4409

Email: himstudents@jcu.edu.au

Website: www.jcu.edu.au

The University of Queensland

School of Health and Rehabilitation Sciences

Phone: (07) 3365 4506

Email: studentenquiries@shrs.uq.edu.au

Website: www.uq.edu.au

Griffith University

School of Physiotherapy and Exercise Science

Phone: (07) 5552 8262

Website: www.griffith.edu.au/school/pes

Australian Physiotherapy Association (QLD)

Phone: (07) 3423 1553

Fax: (07) 3423 1778

Email: qld.branch@physiotherapy.asn.au

Website: www.physiotherapy.asn.au

Physiotherapists Registration Board of Queensland

Phone: (07) 3234 1164

Fax: (07) 3225 2527

Email: physiotherapy@healthregboards.qld.gov.au

Website: www.physioboard.qld.gov.au

The QTAC website has a list of universities and tertiary institutions with links to universities and courses offered. Go to www.qtac.edu.au and select Institutions.

To find out more about the exciting career opportunities Queensland Health can offer you go to www.health.qld.gov.au/workforus

Do great things every day