



Hastening Physiotherapy – Requiem for a Dream

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Ever since the inception of the human race, life has depended on the ability to move around, be it for the search of food, or defend himself. Mobility seemed to be synonymous with human survival. Due to lack of proper medical care, a trivial injury could be a life changing event during these ancient times, adding struggles to years. This has brought us to the evolution of elevated human thinking and refined science, which is to be thanked for streamlining every single medical field and specialty as well.

The current lifestyle would have been unimaginable in the stone age, but the recent one has even opened up the lifestyle diseases owing to the considerable lack of human mobility. Taking a closer look at the injuries at a tissue level, times for recovery have been the longest in the musculoskeletal system. Physicians have always had been confronted with the challenge to cut down on treatment times, be it for sports, mobility or so forth. When the quality of recovery rhymes with preventing a reinjury, rehabilitation plays a pivotal role and so does physiotherapy, which stands as a pivotal tool and pillar. Every single specialty of modern medicine today uses this stream along with its subspecialties, if only for the exception of the forensic department. So, has been its growth and flourish.

In this ever-evolving era of musculoskeletal health, combining orthopedic surgery and physiotherapy is not a novel concept. With every intervention, the orthopedic surgeons try to recreate the anatomy to the most divine alignment humanly possible, the onus of restoring function, pain relief and mobility is shouldered by the rehab team and in particular, a physiotherapy team. The meaningful and timely interventions by a learned therapist can always be of value, by adding life to the years.

With the advancement of manual therapy techniques and advent of virtual reality integration, artificial intelligence, kinesiology, prosthetic and orthotic technology etc., the improvement in the realm of physiotherapy is fast forwarding at an unparalleled pace. This brings us towards the importance of sharing the vast knowledge and future research will only further catalyze this growth, benefiting patients' life and recovery across the world. This edition which has been brought out with such a goal will stand tall with its towering presence for such seekers of knowledge.

These advancements, ranging to virtual rehab programs and wearable tech have all further empowered therapists to reduce the manpower involved, cost of treatment, and improve long term patient compliance along with the data collection to further understand the needs of these patients.

I was lucky to get my hands on this edition, where the authors have tried to explain the recent advances and scientific background for the same in a structured fashion. I am honored to do the editorial for such a great work of science - and I'm sure, this will open the scientific eye for the readers and researchers alike. I wish this will motivate, and pave stones for further research. I wish them all success in their future endeavors.