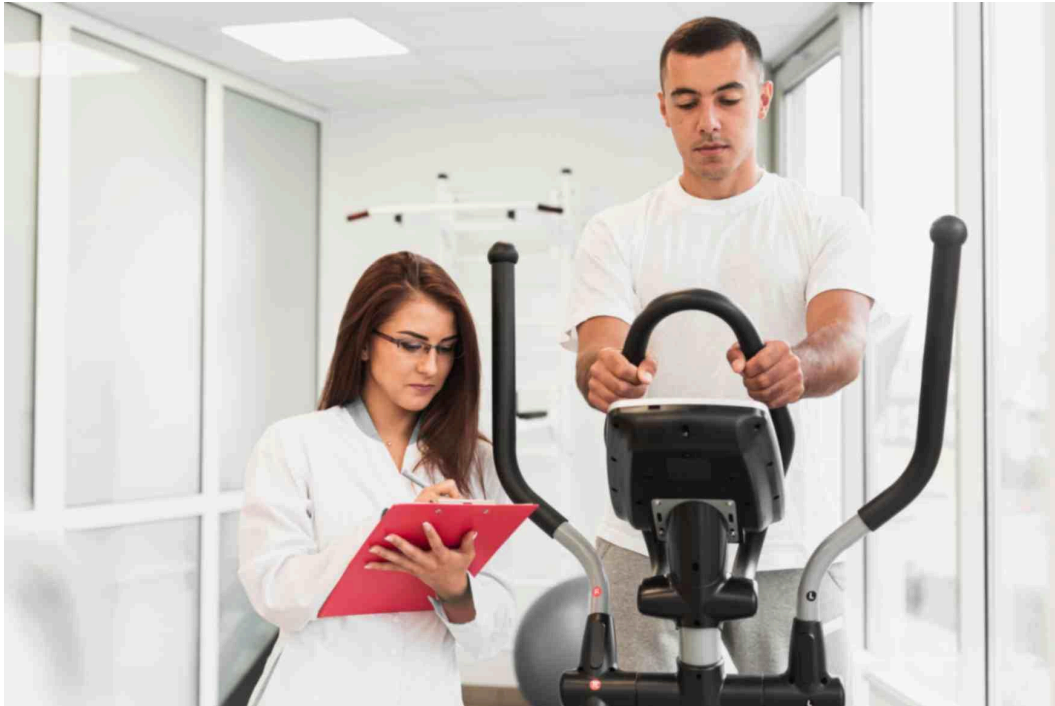


What Is The Role Of Physiotherapy In Weight Management?



Weight management is a crucial aspect of healthy living. Unhealthy weight can give rise to a wide range of physical and mental health problems. There are multiple factors that can cause obesity, such as medical conditions, stress, genetics, sleep deprivation, etc. However, can physiotherapy help in weight management? The answer is Yes!

Physiotherapy plays a crucial role in weight management. A physiotherapist can help you with a personalized diet and exercise plan and also guide you with lifestyle changes for weight loss. Here, we will discuss the [role of physiotherapy](#) in weight management. Let's begin!

What Are The Factors That Can Promote Weight Gain?

There are different factors that can result in the weight gain, as mentioned in the following list:

Unbalanced Diet

If you are not counting calories in your diet, it can be one of the main reasons for your weight gain. Poor dietary choices is also one of the possible reasons for the obesity. Also, eating mindlessly or snacking frequently, eating processed food with no nutrition, and dehydration are some of the other possible reasons.

Genetics

Genetics play a crucial role in the weight. Some people are predisposed to gain weight easier than the others. However, maintaining a healthy lifestyle can help people keep their weight in check. According to an estimation, genetics can contribute to 40-70% of the weight gain. Thus, genetical tendency to gain weight can be avoided.

Sedentary Lifestyle

A sedentary lifestyle is also one of the factors that can make you obese over time. People who go to offices, or sit for longer period doesn't burn much calories. It promotes the risk of the weight gain, health health issues, type 2 diabetes and various others.

Sleep Deprivation

Poor sleep and weight gain are inter-connected. Sleep deprivation can make an individual prone to weight gain and obesity. If you are not taking the proper sleep, it can disrupt the hormones that regulate appetite. Thus, you lose track on the calories and start eating more than what you need for your day-to-day functioning.

Stress and Anxiety

Stress can result into weight gain as it evokes a number of complex biochemical changes. It can also increase levels of your hormone, especially Cortisol (known as stress hormone), can boost your appetite and cravings for the fatty or sweet food. Stress can also affect your cognitive ability, thereby resulting into the poor self-regulation.

How Does A Physiotherapist Help in Weight Management?

People often perceive physiotherapy in a very narrow aspect and think that it is only helpful in recovering from injuries. But the truth is that it can help individuals in numerous ways. It is a holistic approach to healthy weight management. A physiotherapist can design a personalized

exercise plan that addresses the motion barriers, alleviates pain, and treats injuries that can lead to physical inactivity, causing weight gain. It has many other weight management advantages, such as:

Improves Physical Mobility

Physical therapy improves mobility and body movement. It relieves pain and stiffness so that you can move freely. It also restores the functionality in injuries and joint issues. If not treated, the physical inactivity can result into a rapid [weight gain](#). Improving the mobility levels after injury enables you to achieve your fitness goals and can be pivotal to weight loss.

Devises Personalized Plans

A physiotherapist can design personalized exercise and diet plan for you based on your physical conditions to manage optimal weight. The movements or exercises are aligned with your goals so that you can get the desired results. The plans dictate proper instructions about the workout and diet strategies to accelerate the weight loss process and prevent injuries.

Adjust Programs If Needed

The keep an eye on your progress, assess how you are improving and make adjustments in the weight-loss program as per the varying needs. When you start improving, they will check your ability to move and make the program a bit more rigorous for you. Under an expert's guidance, individuals move with confidence and achieve better results.

How Physiotherapists Execute A Weight Management Program?

Physiotherapists design a comprehensive plan based on your specific needs and also strategise the execution part. Below is how they run the programs:

Personality Assessment

First of all, they analyze your personality based on attitudes, beliefs, preferences, and determination to change. Besides, they also take note of your day-to-day lifestyle to plan a suitable program for you. Based on this assessment, they design a personalized plan and keep an eye on the executions as well.

Preventive Measures

If you have any kind of pain, injury, or stiffness, they take the right preventing measures to prevent the situation from worsening. The activities and the diet plans are intended to stop any further gain, so that you can recover from a persistent injury and take the road to wellness.

Managing Related Ailments

During the execution of the program, related ailments, such as arthritis, back pain, or heart disease, can not be overlooked. Therefore, these conditions are also managed in parallel with the weight management program by a physiotherapist. When carried out in a safe and controlled environment, you can make the most out of this program.

Collaborating With Communities

Collaborations are instrumental in the success of the weight management programs. Health communities and social care experts can be effective in designing a long term strategy for restoring and maintaining a healthy weight. For instance, the [role of a nutritionist in weight management](#) is crucial, so they can collaborate with one for designing the right plan for you.

How To Find The Right Physiotherapist For Weight Management?

To ensure the effectiveness of the weight management program, it is crucial to choose an experienced physiotherapist. When looking for one, you need to keep a few important considerations in your mind.

- Check the experience, qualifications, and credentials first.
- Find a physiotherapist near your home for a more feasible visit.
- Ask questions about the processes and review the responses.
- Make sure that you are comfortable with the communication style.
- Look for the online reviews and the testimonials from the real clients.
- Ask for referrals from your friends, family, or caregivers.
- Take a tour of the clinic and look for the cleanliness.

Considering these crucial points can help you in your quest to [find the best physiotherapist](#) based on your specific requirements.