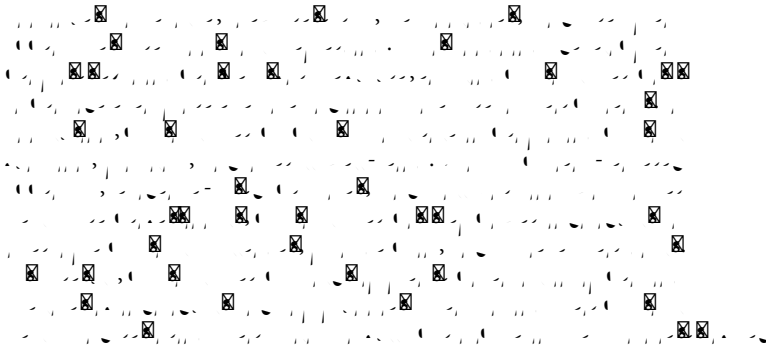




## The Role of Physical Therapy in Promoting Health and Functionality

Department of Health and centre, Albania

Physical therapy is a specialized branch of healthcare aimed at restoring, maintaining, and promoting optimal physical function and mobility in individuals of all ages. With a multidimensional approach, physical therapy encompasses various techniques and interventions to address a wide range of conditions, injuries, and disabilities. This approach involves a comprehensive assessment process to identify impairments, functional limitations, and individual needs. Physical therapists employ a comprehensive assessment process to identify impairments, functional limitations, and individual needs. Through tailored interventions, physical therapists assist patients in regaining independence, enhancing mobility, and optimizing their overall physical performance. Beyond physical rehabilitation, physical therapy plays a



## Discussion

### Effectiveness of physical therapy:

### Challenges in physical therapy:

### Evolving practices and innovations:

### Interdisciplinary collaboration:

### Holistic approach and patient education:

### Future directions:

