

Keywords: Physiotherapy; Robotic-assisted therapy; Virtual reality; Biofeedback; Advanced methods

Introduction

Traditional physiotherapy approaches have been the backbone of rehabilitation for decades, offering proven methods for restoring mobility, reducing pain, and improving overall function. However, these approaches have faced limitations that hinder their effectiveness, such as limited patient engagement and adherence [1].

monitor physiological responses such as muscle activity, heart rate, and skin temperature [9]. By providing real-time feedback on these metrics, patients can learn to control their body functions and improve physical performance. Biofeedback is particularly beneficial for conditions like chronic pain management, sports injuries, and postural correction. It enables patients to become more aware of their body's signals and enhances the effectiveness of physiotherapy interventions [10].

Conclusion

The field of physiotherapy is experiencing a paradigm shift with the introduction of advanced rehabilitation methods. Robotic-assisted therapy, virtual reality applications, and biofeedback techniques are pushing the boundaries of traditional rehabilitation approaches, offering new opportunities for improved patient outcomes. These technologies not only enhance the effectiveness of therapy but also make rehabilitation more engaging and accessible to a wider range of patients. As physiotherapists continue to embrace these innovations, they can break barriers and pave the way for a future where rehabilitation is more personalized, efficient, and empowering.

Acknowledgement

None

Conflict of Interest

None

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