Communication Skills in Activity of Physical Therapist

A physical therapist dedicates all of their times and lives in helping patients from recovering; either from injuries or disease. Physical therapists use various of treatment to reduce pain, improve movement, and build back physical strength that needed to complete daily activities. Therefore, physical therapists must have a qualification in educations, communication skills in addition to having a genius care for patients' lives.

Generally, physical therapists are required by law to have a bachelor or doctorate degree in the field to perform the tasks legally; and getting a license is also included with education. However, education also demonstrated to people that they are knowledge in the field; not just allowing them to perform tasks. For example, obtaining degree allows physical therapists to gain recognition in the healthcare industry, credibility, and trustworthiness from peers, patients, or from people in general. Education helps therapists to be able to form a long-term relationship with patients due to the fact that education indicates us to be a trustful and knowledgeable person in the field. Another reason is education teaches therapists a wide range of skills and techniques that can be used differently in various types of patients. Additionally, physical therapists are required to continue education to maintain licenses by completing a number of hours of Continuing Education Unit (CEU); it is a necessary to stay in the industry.

Furthermore, communication skill is an essential and fundamental skill that therapists need to establish a relationship of trust between therapists, staffs, and patients. Communication skills include active listening skills, both verbal and non-verbal form to connect and understand patient's emotion and state of mind. Communication is important because patients are not in therapy just to get treatment, but therapists who offer emotional support, respect opinion while giving recommendations beside injury treatment. Active listening skills also important because listening to patients' problems or unsatisfied patients' concern while empathizing the experience with them is the best thing a therapist can do. Listening and asking what can be done to address the concern is often an effective way to solve a difficult situation. Both verbal and non-verbal communication are equally important because not everyone is the same when it comes to understanding materials, they are unfamiliar with. Some people are more used to using words instead of gesture while others are more used to gesture. While verbal helps inform or convey our knowledge of the patient statue. While non-verbal coexists alongside with verbal to help, explain more detail by using body language like eye contact, posture, or facial expressions.

Ultimately, having a genius care for patients' lives is a vital quality for anyone working in the healthcare professions. Showing we care to patients is effective because even if we are not good at our good. But if we show that we care; people will be more likely to listen to our advice and instruction. Being compassionate and supportive to a patient is another form of action that we care about a patient. For instance, patients might feel vulnerable and embarrassed before or after treatment and recovery for many reasons. The best solution in this kind of situation for a therapist is to help ease the patient nerves by being supportive and compassionate with them.

Generally speaking, there are numerous qualities that make physical therapists a true professional. However, the most crucial quality a therapist must have an education,

communication skills, and patient care. These qualities help therapists get recognition, respect, and gain trust from people. Education gave therapists the right to perform diagnoses and any kind of test on patients. While communication skills and patient care are important in developing a connection with patients. The last thing a patient remember when they visited physical therapy is the communication style when speaking and the care the therapist shown to them; not just the technical skills. But it is also important to have good value of manner and its impact on patient’s outcome.