

Physiotherapy during life.

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Editorial

Sometimes when we hear the word “physiotherapy”, not everyone knows what it means. When can I go to the physiotherapist? Can he / she help me? At what age do you go to the physiotherapist? And so endless questions.

Many times, does not know the options we have, means that we do not access the appropriate services or that we do not use the available resources.

There are stages in a woman's life that represent a great change and require adaptation. When a woman is pregnant, his / her physiotherapist will teach her exercises to deal with childbirth and later breastfeeding [1]. A preparatory work will help the woman to face childbirth with the necessary security and determination and not with the fears that comes from not knowing what is going to happen. However, physiotherapy does not end at the time of the baby born, once the happy event is over there is a long road to recovery ahead, from hypopressive exercises, Pilates, postural rehabilitation... until the woman returns to her new normality [2-4].

It seems that it goes to a second place after the birth of a child. In the early stages of the baby, there is a physiotherapist who accompanies motor development and correct neurological development. In addition, in winter times it is very helpful to perform respiratory physiotherapy when bronchitis, bronchiolitis or seasonal colds appear. And what about infant colic? The great enemies of sleep in the baby! Parents who have had a baby with infant colic are aware of the benefits of physiotherapy [5-6].

There are specialized physiotherapists for each stage of life. We cannot forget the adulthood in which we are absorbed by work, computers, bad postures, endless time standing, sitting, or repeating the same gesture throughout the hours [7]. Each job with its advantages and disadvantages, but as workers there is the prevention and treatment of injuries associated with the habits acquired daily.

Finally, old age. The world has increased its life expectancy so we cannot forget about the elderly. Over time our musculoskeletal system deteriorates, the bones become more fragile, the muscles weaker and there is a clear tendency towards

sedentary behavior. Sedentary behavior is very detrimental to the proper functioning of the apparatus and systems of the human body, osteoporosis, arterial aging, hypertension, obesity, diabetes are examples of pathologies that accompany us in aging. Going to the physiotherapist, participating in health programs, or preventing falls programs, improving lifestyle... all increase the quality of life at this stage [8].

Health is very valuable, and we must take care of it, we must use the available resources to be healthy. From the point of view of the health, the physiotherapist can accompany patients at all stages of their life's because today's prevention will be tomorrow's health.

In this sense, research studies are necessary to offer patients the best treatment and the Journal of Women's Health Care works to publish the best papers which show the evidence about treatments, proceedings, and the new advances in health for the scientific community.

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