

## PHYSICAL THERAPY PRACTICE APPROACHES TOWARDS OBESE INDIVIDUALS

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### ABSTRACT

Fatness is a disorder initiated by the deposit of physique overweight. Obesity is a worldwide pandemic. **Objective:** To identify practice approaches towards obese patients among physical therapists. **Study Design:** A cross sectional observational study design was used in the following study. **Period:** The study was conducted in the duration of three months. **Method:** Quantitative method of study was used. **Result:** In this study 49% of males and 51% of females. In this study 5% participants never recommended exercise, 5% of the participants rarely recommended exercise, 15% of the participants occasionally recommended exercise while, 75% of the participants always recommend exercise to lose weight. **Conclusion:** Therefore it was concluded that talking about the practice approaches to manage the obesity, the physical therapist working in Karachi always prefer working out to the patients, in order to lose weight. Surgical procedure is not recommended by the physical therapists like in obesity surgery, because surgery brings other complications as well and it is also not considered healthy for the individual.

**Keywords:** Physical therapist, Obesity, Practice approaches, Physical therapy practice

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### INTRODUCTION

Fatness is a disorder initiated by the deposit of physique overweight. Obesity is a worldwide pandemic. The grown person and teen-agers who stay sedentary and has a static lifestyle, and also their BMI alters accordingly with their body mass as well as height. For case in point, grownups are measured obese uncertainty their BMI is high 25 to 29 in scale, and overweight if their BMI is 30 or higher.<sup>1</sup> Factor of fatness might stand caused by inherited, eco-friendly, interactive, community, bodily part functions, or other sort of influences. Inactive routines and extra caloric consumption are assessed to be primarily in charge for the impressive global rise in fatness for period of the previous 2 eras.<sup>2</sup> In 2000 a study was conducted. The result showed that General Practitioners does treat full obese patient because they don't

know about underline cause and not give proper heaviness executive by means of significant quality they have a main part to play. While those evaluate whom preferred healthy organized to treat over heavy patients, they have faith in that he taking incomplete effectiveness in monitoring of the fatty patients. While the study concluded that even though General Practitioners' usually occupy those kinds of greatest training to control the heaviness that associate to history taking & the treatment of guidance, whose look to underrate & underutilize different kind of activities that get to help reinforcement routine variation, for example the benefit of intellectual social therapies. But, general practitioner think heaviness is usually because of any biological damage or compromise and that to reduce the obesity, there should be ways to counter it.<sup>5</sup>

Physical therapists be able to likewise support persons deal with at all basic cause of damaging manners Intellectual; Physical therapists are skilled to recognize at all barrier to increasing healthy lifestyle, placing person objectives, & stabbing to the curriculum. PTs able to support. Decrease discomfort, progress cardiovascular fitness, progress strength, progress movement, progress flexibility and posture, and raise activity levels can result in obesity.<sup>3</sup> In spite of the high incidence of heaviness and this one related injurious healthiness consequences, earlier reports have established that general practitioner insures to care fatness while this might have adverse arrogance to overweight patients. General practitioner often flop to advice patients around diet and mass controlling and often inform & instruct absence of exercise and fitness to control the obesity.<sup>4</sup> In 2013 study conducted the result showed that physical therapists have good information and boldness to elevation of bodily workout in routine of their patients but their lack detailed consultation phase.<sup>6</sup> In 2014 study conducted the result showed large number of Medical Officers working in rural primary health centers participated in this survey after giving informed consent. Their work experience ranged from 3 to 25 years. They get that there is need of more awareness regarding obesity and complications that it brings in these areas.<sup>7</sup>

### **OBJECTIVE**

To identify practice approaches towards obese patients among physical therapists as it will help to enhance the skills to deal with obese patient by planning the strategies to improve the practice. This is because Improvement of physical therapists' knowledge and thoughtful of fatness to effective categorize and treat obese individuals. The study was approved by the ethical review board of the university.

### **HYPOTHESIS**

As the literatures has been reviewed and statistical tests were applied, following

hypothesis were generated from this study:

- i) Physical therapist recommend exercising approach for weight loss.
- ii) Physical therapist recommend registered dietitian for weight loss.
- iii) Physical therapist recommend a physician specializing in obesity surgery.

### **STUDY DESIGN**

A cross sectional observational study design was used in the following study.

### **MATERIAL AND METHODS**

The research was conducted in different clinics and hospitals of Karachi, Sindh. The sample size was calculated through Raosoft sample size calculator, and the sample size determined was 200 participants with confidence level 95% and confidence interval is 5%.

### **INCLUSION CRITERIA**

Only the physical therapist who followed the following criteria was included in the research.

- i) Both male and female physical therapists.
- ii) Age of the participants were 25-45 years.
- iii) Physical therapists who work in academic or clinical set up.
- iv) Physical therapists who has the experience of minimum 1 year.

### **EXCLUSION CRITERIA**

The exclusion criteria for the participants was:

- i) Physical therapists who were not willing to participate.
- ii) Physical therapists, whose experience was less than 1 year.

The questionnaire used was adapted from the article Physical therapist's attitudes, knowledge and practice approaches regarding people who are obese by Suzzane Sack in 2001. The questionnaire has different sections out of which treatment approaches section was included. It included all the possible recommendation that a physical therapist can give to obese patients, to manage their obesity. The confidentiality of the

participants was maintained, data was coded and they had the right to withdraw from the study anytime.

**DATA ANALYSIS**

Descriptive analyses was used and frequencies and percentages were calculated through SPSS version 21.

**RESULT**

According to the study, age of 53.5% of participants were in between 25 years to 30 years,

DEMOGRAPHIC OF THE STUDY		
Gender	Frequency (n)	Percentage (%)
Male	98	49.0
Female	102	51.0
Age		
25-30	107	53.5
31-35	56	28.0
36-40	24	12.0
41-45	13	6.5

28% of participants were 31 year to 35 years, 12% of participants were 36 years to 40 years and age of 6.5% of participants were 41 years to 45 years old, in which 49% of males and 51% of females.

In this study 5% participants never recommended exercise, 5% of the participants rarely

Recommend exercising more	Frequency (n)	Percentage (%)
Never	10	5.0
Rarely	10	5.0
Occasionally	30	15.0
Frequently or Always	150	75.0
Recommend a registered dietitian	Frequency (n)	Percentage (%)
Never	4	2.0
Rarely	22	11.0
Occasionally	54	27.0
Frequently or Always	120	60.0

recommended exercise, 15% of the participants occasionally recommended exercise while, 75% of the participants always recommend exercise to lose weight.

When asked about the recommendation for a registered dietitian for weight loss, 2% of the participants never suggested that, while 11% the

Recommend a physician specializing in obesity surgery	Frequency (n)	Percentage (%)
Never	80	40.0
Rarely	64	32.0
Occasionally	32	16.0
Frequently or Always	24	12.0

participants recommended rarely, 27% of the participants suggested occasionally while 60% of the participants always recommended a registered dietitian for weight loss.

When asked about the recommendation for a physician specializing in obesity surgery, 40% of the participants say that they never recommend that, while 32% participants rarely recommend surgery, 16% participants occasionally recommend surgery, while 12% participants always recommend obesity surgery.

**CONCLUSION**

Therefore it was concluded that talking about the practice approaches to manage the obesity, the physical therapist working in Karachi always prefer working out to the patients, in order to lose weight. Surgical procedure is not recommended by the physical therapists like in obesity surgery, because surgery brings other complications as well and it is also not considered healthy for the individual. Moreover, diet is also somewhat supported by the physical therapist, but working out for losing weight is preferred the most. Working out not only increase the flexibility of the individual but also helps to nourish all the other supporting structures and improves the blood flow throughout the body. Body is designed for movement, hence working out supports the body and its nurture too.

**DISCUSSION**

The result of this research suggested that there is a need among the physical therapy community to manage the obesity related health issues of the

