



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Understanding the Role of Physiotherapists in Pediatrics and Gynecology

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"Two Truths and a Lie – Physiotherapy Edition"

- "Physiotherapists can help prevent preterm birth."
- "Babies don't need physiotherapy before they start walking."
- "Pelvic floor therapy can help with postpartum recovery."



Cerebral Palsy

Physiotherapists working with children with **cerebral palsy (CP)** focus on **improving movement, posture, and functional independence**. Their main goals include:

- Enhancing mobility:** Using exercises, stretching, and strength training to improve muscle control and movement.
- Preventing contractures & deformities:** Implementing positioning techniques, orthotics, and passive stretching to reduce muscle tightness.
- Improving balance & coordination:** Training children in sitting, standing, and walking, often using assistive devices.
- Promoting functional skills:** Encouraging everyday activities like grasping, sitting, and transitioning between positions.
- Supporting early intervention:** Working with infants to optimize development and prevent complications.
- Collaboration:** Working with doctors, occupational therapists, and families to create individualized treatment plans.

<https://www.youtube.com/watch?v=qnWcOKfJeaQ>



Peto Institute in Hungary

- Conductors at the **Peto Institute** specialize in **Conductive Education**, a holistic approach to helping children with motor disabilities, especially **cerebral palsy**.
- They focus on **teaching functional movement** through repetitive, task-based activities integrated into daily routines.
- Conductors use **rhythmic intention**, group activities, and specialized furniture to enhance coordination and independence.
- Their work combines **physical, cognitive, and social development**, encouraging active participation and problem-solving.
- They collaborate closely with families and other professionals to support long-term progress in mobility and self-care.
- <https://www.youtube.com/watch?v=eSb3vBVGk2g>



Menopause

The period of life following the last menstrual period, preceded by ovulation and not followed by another within 1 year.

Stages: pre-, peri-, menopause, postmenopause

Perimenopause:

- Wedged between the fertile age and the senium
- Meant for period 1 year before and after the last regular menstruation
- (In Hungary) between 48-51 years of age
- Women live almost half of their life expectancy without ovarian function

Congenital muscular torticollis

- https://www.youtube.com/watch?v=4yHt_JMLfbk



Cystic fibrosis

Physiotherapy for **cystic fibrosis (CF)** focuses on **airway clearance, improving lung function, and preventing complications**. The main techniques include:

- **Chest physiotherapy (CPT)**: Manual percussion and postural drainage help loosen mucus.
- **Active Cycle of Breathing Techniques (ACBT)**: Combining breathing control, deep breathing, and huffing to clear airways.
- **Autogenic drainage**: A controlled breathing technique to move mucus from smaller to larger airways.
- **Positive Expiratory Pressure (PEP) therapy**: Using a mask or device to keep airways open and improve clearance.
- **Exercise therapy**: Aerobic and strength training improve lung function and overall fitness.
- <https://www.youtube.com/watch?v=OAm4pm7ufQc>

Gynecological Physiotherapy

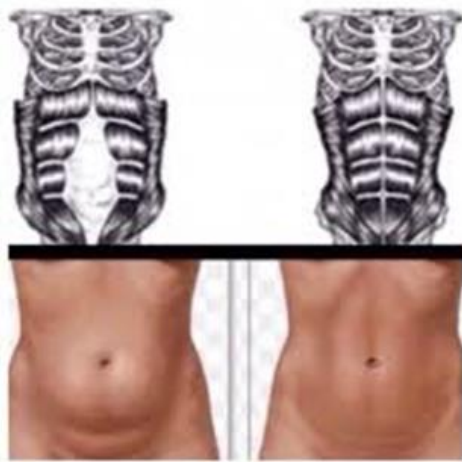
Pregnancy-related back pain

- **Hormonal, postural, and mechanical changes** in the body mainly cause lower back pain during pregnancy.
- The hormone **relaxin** loosens ligaments and joints, reducing stability in the pelvis and spine.
- As the baby grows, the **center of gravity shifts**, leading to poor posture and increased strain on the lower back. Weak or overstretched abdominal muscles provide less support, forcing the back muscles to compensate.
- Additionally, increased **weight gain** adds pressure to the spine and pelvic structures.
- These factors combined can lead to **muscle fatigue, joint stress, and nerve compression**, resulting in **pain**.



Rectus diastasis – Treatment, elimination

- Specific physiotherapy exercises can be used to centralise the rectus abdominis and, with proper strengthening, this condition can be reversed and long-term symptom relief maintained.



Pelvic floor dysfunction

- <https://www.youtube.com/watch?v=-1lViRMMdJg>

Discussion:

- Why is teamwork between doctors and physiotherapists crucial in these fields?



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Thank you for your attention!