



## Differences in Collaboration

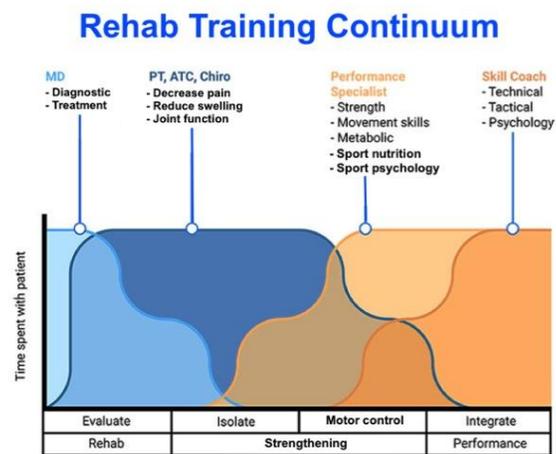
- Alexandre Paré, CKA VP Internal Communications, Qc.

Two distinct professions, Physiotherapist and Kinesiologist, also sharing common areas, can sometimes lead to confusion about the roles of each professional. Indeed, kinesiology and physiotherapy have come a long way in the last few years. It is not uncommon to see physiotherapists structuring an exercise program for a patient as well as kinesiologists, adapting a training program for a client struggling with joint or postural pain, for example.

The question of the role of the kinesiologist, especially when he/she intervenes in a rehabilitation process, is very current and will certainly increase over the years.

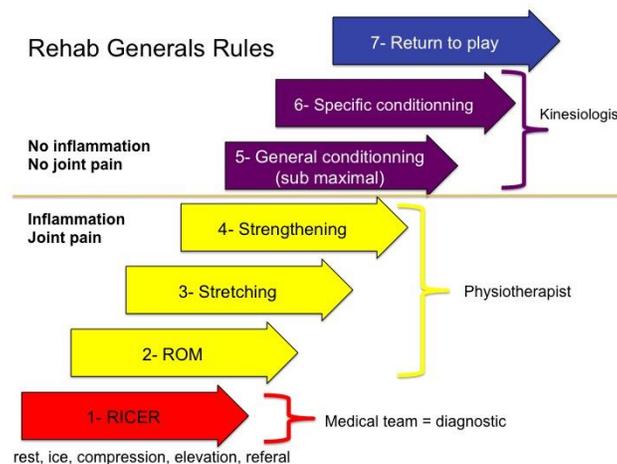
There are interprovincial differences, supported by legislation or collaborative arrangements, which will naturally modulate the answer to this question, but let's briefly try to shed some light on it.

Figure 1 illustrates the continuum of successive interventions from professionals throughout a sport injury rehabilitation (the list is not exhaustive). It is in this long continuum that a kinesiologist, specialized in sports performance, shares the most common areas with the various therapists. We see that a whole range of players work with an athlete to bring him back to the level of sport performance.



Réf: Functional training handbook. Image adaptée de: uprightmovement.com

The following figure divides rehabilitation into 7 general steps and identifies when the kinesiologist's skills will be preferentially required.



The first step, which is to take care of the person at the time of the injury, requires a medical team. Then there are 3 other steps where acute pain, inflammation, oedema and restriction of movement will be noticeable and require the presence of the physiotherapist. The reduction, and ultimately the disappearance of traumatic pain, the return to functional range of motion and adequate motor control opens the door to the transfer of the patient to the kinesiologist. The latter will use physical activity in the broad sense to improve the fitness component through general training, first, then specific.

As long as the acute pain and other manifestations of the original injury are present, the kinesiologist's intervention is not required for this specific problem. His expertise will be appreciated in two facets parallel to the treatment; The elaboration of an alternative training program in order to maintain the physical qualities of the health structures and the improvement of the endurance to the treatment. Note that this concept of acute pain limiting kinesiologist interventions does not apply as strictly with chronic pain. As such, some kinesiologists work in a context where their clients have been experiencing persistent and stable pain for several years, in which case the proposed exercise modalities are quite beneficial and greatly improve people's quality of life.

Respect for the fields of competence of each professional and work in interdisciplinary context will ensure a global, progressive and safe care for the patient. With its unique professional judgment, the kinesiologist must be an integral part of this new Continuum Rehabilitation-Performance so beneficial for the injured person