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facts about physiotherapy and anxiety



1

Physiotherapists should avoid unintentionally contributing to patient anxiety



Physiotherapists should be aware that:

- healthcare environments may trigger anxiety, especially for patients from marginalised groups
- trauma-informed, neuroaffirming, culturally responsive and inclusive care can promote psychological safety and engagement.

3

Physiotherapists can help reduce anxiety



Physiotherapists can support anxiety management by:

- prescribing exercise as part of treatment for anxiety symptoms
- addressing fear of movement, pain and reinjury through education and graded activity
- encouraging those experiencing anxiety to seek help.

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Anxiety is often a response to a perceived threat

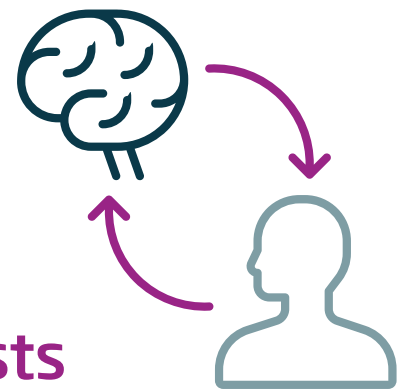


To address perceived threats and increase a patient's sense of control:

- create a safe, predictable environment that promotes patient control and comfort
- provide clear information about costs, consent and treatment expectations.

2

Physiotherapists treat the body and the mind



Physiotherapists should recognise that:

- pain, movement and recovery are shaped by interactions between the body, brain and nervous system
- a strong therapeutic alliance can positively influence patient outcomes.

4

Physical and mental health are interconnected



Physiotherapists should recognise that:

- mental and physical health influence each other and should not be managed in isolation
- people with mental illness experience significant physical health inequities and preventable disease burden.

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