

# **Understanding of Disability** **Perspectives from Physiotherapy** **and Rehabilitation**

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**Hipokrat**  
**Yayıncılık**

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Perspectives from Physiotherapy and Rehabilitation

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***DEDICATION***

***this book is dedicated to all people with disabilities around the world who teach us how to adapt to life in the most perfect way...***



# Foreword

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Disability has been regarded as a major problem to cure throughout the human history, and it is one of the most critical concepts which physiotherapists emphasize during physiotherapy rehabilitation services. Regarding the mission of physiotherapy rehabilitation, assessing and training individuals with disabilities through physiotherapeutic approaches generally help them to reach a possible functional level within their capacity. Since rehabilitation of the individuals with disabilities requires an integrated team work, the members of the team and the foundations or societies they belong to have been researching the subject for decades. The latest study is performed by the World Health Organization (WHO) with the aim of providing a comprehensive, universal and globally accepted model and taxonomy. The WHO describes functioning as the starting point for any approach to achieve or maintain optimal levels of functioning in individuals. Using a modern terminology and perspective, body functions and structures (Impairments), activities (Activity-limitations) and participation (Participation-restrictions) including contextual and environmental factors are classified in the report by WHO. The manner of classification is also critical to gather data for advanced research and evidence-based physiotherapy which should be implemented in clinical study.

From this point of view, the book ***Understanding of Disability: Perspectives from Physiotherapy and Rehabilitation*** edited by Prof. Uğur Cavlak, PT. PhD. and Beliz Belgen Kaygısız, PT. PhD. Assoc. Prof., is designed in a holistic way to outline all aspects of disability, its assessment and rehabilitation. This book consists of twenty six chapters explaining definition and classification of disability, prevention, assessment and rehabilitation in mental, physical, and cognition related disability, human and disability rights, invisible disabilities, bio-psycho-social model in disability, problems of caregivers, barrier free environment, activities of daily living, participation, community based rehabilitation, vocational rehabilitation, sportive activities, technologies for individuals with disabilities, assistive devices to improve function and social care for individuals with disabilities. The chapters are briefly written by the authors who are extensively experienced in physiotherapy and rehabilitation.

Uğur Cavlak, who graduated from School of Physical Therapy and Rehabilitation in Hacettepe University and earned his Ph.D. at Hacettepe University, is one of my hard working students. He is an expert in rehabilitating individuals with disabilities over 34 years old. He gave lectures at Hacettepe University (Ankara), Dokuz Eylül University (İzmir), Pamukkale University (Denizli), Avrasya University (Trabzon), European University of Lefke (Northern Cyprus), and Biruni University (Istanbul). Prof. Cavlak is currently a member of Faculty of Health Sciences in Biruni University. It is my pleasure and honour to assess Uğur Cavlak's attitude in sharing his unique experience with physiotherapy educators, physiotherapists, other health professionals, students, and everyone interested in this subject. Being an associate editor is also a very important work. Beliz Belgen Kaygısız made a valuable contribution to the book. She is a graduate of Istanbul University. She completed her MSc degree in United State and her Ph.D. degree at Hacettepe University and continues her academic studies in European University of Lefke.

I would like to congratulate Uğur Cavlak, Beliz Belgen Kaygısız, and all the distinguished authors who contributed to the book, sharing their knowledge and experience with the readers. I am sure that the book, ***Understanding of Disability: Perspectives from Physiotherapy and Rehabilitation***, will be an indispensable resource in medicine as well as the field of physiotherapy and rehabilitation.

I look forward to hearing about new book projects from the editors and the authors.

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# Preface

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Disability is an umbrella term, covering impairment, activity limitation, and participation restrictions, which should be explained based on the biopsychosocial model. Therefore, to plan the most suitable rehabilitation program for individuals with disability, the rehabilitation team members should understand all its aspects.

About 15% of the world's population lives with some form of disability, of whom 2-4% experience significant difficulties in functioning. The global disability prevalence is higher than the WHO's previous estimates, which dates from the 1970s and suggests a figure of around 10%. In Turkey, the global disability prevalence was 12.29% in 2002 and 16.2% for 2016. This shows us many people with a disability need to engage in a rehabilitation program so as to improve their quality of life. To attain this, rehabilitation team members, including physiotherapists, ergotherapists, physicians, rehabilitation nurses, orthotics and prosthetics, social workers, dieticians, speech therapists work together interdisciplinary. Since disability is complex, dynamic, multidimensional, and contested, all health sciences undergraduate students should be trained in this subject.

Through studying this book entitled "**Understanding Disability- perspectives from physiotherapy and rehabilitation**", both students and graduated health professionals would be able to describe all aspects of disability and establish their own perspective. Most importantly, they would learn how to evaluate a person, who has a disability, and how to plan an effective rehabilitation program based on contemporary perspectives.

My associate editor, Beliz Belgen Kaygısız, and I would like to thank all chapters' writers for their meaningful contributions to this book and for their efforts on this matter.

**Prof. Uğur Cavlak, PT, Ph.D.**



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