



## Role of Physiotherapy in Mental Health

**Shubham Menaria\*, Shubhi Saxena, Tittu Thomas James, Zahra Aadil and Pradnya Dhargave**

*National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India*

**\*Corresponding Author:** Shubham Menaria, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India.

**Received:** January 02, 2023

**Published:** February 01, 2023

© All rights are reserved by **Shubham Menaria, et al.**

Mental health is an umbrella term covering the abilities of the individual in making decisions, building relationships, and thus providing a better way of living in the society he belongs to. Thus mental health can be considered as a state of mental well-being, enabling the individual to cope with the difficulties in the life, understanding his abilities, and working towards the betterment of himself as well as for the community.

Mental disorders comprise a broad range of problems. A combination of abnormal thoughts, emotional behavior, and relationship with others generally characterizes them. Some examples are schizophrenia, depression, intellectual disabilities, and disorder due to drug abuse.

It has been claimed that regular physical activity positively affects mental health in both clinical and non-clinical populations. The health benefits of regular exercises can be identified by better functioning of cardiovascular and metabolic system, improvements in energy and endurance. It also provides improvement in sleep and reducing tiredness, by which helping in enhanced mood, reducing anxiety, depression, and social isolation.

Physiotherapists are experts who deal with physical healthcare. They help in management of pain by non-pharmacological means. They prescribe individualized exercise programs, which can improve mood and promote well-being. Physiotherapists are highly skilled to prescribe interventions to address physical issues of people with mental health diagnoses that hinder social participation and recovery. For example, minimizing or counteracting the side effects of psychotropic medications. They can also implement strategies for the management of falls and mobility issues for older people and development issues for children and young people.

Good mental health is the key to the well-being of individuals, families, and communities. Poor mental health is identified as one of the biggest causes of disability, poor quality of life, and reduced

productivity. It is found that there is also a strong association between mental health conditions and people reporting chronic pain. It has been documented that physical activity can improve the quality of Physical health and alleviate psychiatric and social disability. According to an article by Ability Action Australia, 'if we're not physically healthy, we can't fully participate in our daily activities and the things we enjoy, which can lead to poor mental health outcomes'. It's crucial that the physical health of people who experience mental illness receives greater attention and support through physiotherapy.

Physiotherapists help persons with mental health condition by making a treatment plan to improve their mobility and function and reduce their symptoms' severity or frequency. This treatment plan includes exercises designed to enhance the range of movement, strength, and mobility. Another article published in Man Darpan, NIMHANS, says that physiotherapy has a significant impact on improving the mental health of a person just by doing specific exercises regularly, such as aerobic exercises, relaxation exercises, breathing exercises, and also psychosomatic physiotherapy. These can improve blood circulation, help decrease stress, and enhance sleep quality.

Mental Health Foundation UK believes that mental health problems can come with physical symptoms. Mental ill health can affect your body as our bodies and minds are not separate. Depression can come with headaches, fatigue, and digestive problems, and anxiety can create an upset stomach. Restlessness, insomnia, and difficulty concentrating are found to be few of the other symptoms.

There are many Physiotherapy interventions that are potentially effective in improving physical and mental health and health-related quality of life. The most common forms of exercise are aerobic, strengthening, and stretching. Aerobic exercises such as jogging, swimming, walking, and cycling have been proven to reduce anxiety and depression.

Physiotherapists can provide health promotion, preventive healthcare, treatment, and rehabilitation for individuals and groups. In therapeutic settings, the physiotherapist can play an essential role in preventing the diseases and promoting the health by educating patients about it. They help in engaging people living with dementia, identifying task and activities they enjoy, note the areas that may be more difficult, and promote mental health and well-being.

Physical activity help to influence mental health. Exercises play a major role in reducing depression and stress level. Exercise reduces symptoms in people who suffer from depression, anxiety, and stress through the release of endorphins and also known as "happiness chemical". Exercise can also help to prevent cognitive decline.

Regular exercise, especially between the ages 25 and 45, posts the chemical in the brain that supports and prevents regeneration of Hippo campus, an essential part of the brain for memory and learning. Exercise can also improve self-confidence, boost self-esteem, and improve a positive self-image regarding their weight, size, gender, or age. Exercise can quickly enhance the perception of his or her worth.

In conclusion, we can say that physical and mental health are correlated. Physiotherapy can help in improving mental health to a great extent. It can help in improving the quality of life and lead to a healthy and long life. Including exercises in daily routine can help reduce anxiety and depression and push the person to their best interests [1-3].

### Bibliography

1. Physiotherapy for mental health, Ability action Australia.
2. Man Darpan. NIMHANS Bangalore (2022).
3. Physical health and mental health, Mental health foundation UK.