

Why physiotherapy is good for you *and* the environment

Physiotherapy saves energy and resources

Physiotherapy uses natural remedies such as movement, touch and communication

By increasing mobility and fitness, physiotherapy enables active participation in social life and the natural environment

Physiotherapy can reduce the need for medication and has few side effects for the body and environment

Physiotherapy facilitates the use of active and emission-saving means of transport like walking and cycling

By preventing physical illness, physiotherapy reduces the need for resource-intensive healthcare



For more information and relevant resources please follow this QR CODE



ENVIRONMENTAL
PHYSIOTHERAPY
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