

## EDITORIAL

**THE PHYSIOTHERAPY IN PRIMARY CARE HEALTH**

Science will be as old as man, physiotherapy came up with the first attempts to decrease this pain by rubbing the sore spot and evolved over time with eletrotermoterapeutic resources and specific techniques involving therapeutic exercises. Physiotherapy as a profession was born in the mid-20th century, when the two world wars caused a large number of injuries and serious injury requiring a rehabilitation approach. In Brazil, the Physiotherapy began in 1929 in the Santa Casa de Misericórdia de São Paulo, Brazil, but it was only in 1951 that was created the first course for training of physiotherapists.

In 1959 was created the Brazilian Association of physiotherapists (ABF), which is affiliated to WCPT (World Confederation for Physical Therapy), seeking socio-cultural and scientific-technical development of the profession. On October 13, 1969, the profession acquired their rights, by means of Decree-Law No. 938/69 in which physiotherapy was recognized as a superior level course and definitely regulated.

Thinking on the historical trajectory of this profession is easy to understand why, even in the present day, these professionals are still known and remembered as rehabilitation professionals. However, according to the Brazilian Federal Council of Physical and Occupational Therapy (COFFITO)<sup>1</sup> the process of formation of the Physical therapist is directed to develop skills and general skills to health care, like prevention, health promotion and protection, in addition to the individual and collective rehabilitation. The term prevent enables the physiotherapist to work in primary health care (PHC), in which the prevention of diseases is the greater focus. According to the Council, is a function of the physical therapist to provide education, prevention and collective assistance on APS, as well as integrate multiprofessional teams designed to plan, schedule, control and execution tar projects and programs.

Basic health units (UBS) constitute a territorial organization, the Sistema Único de Saúde (SUS) for prevention and health promotion. In Brazil, the Basic Health Unit (BHU) work through spontaneous demand or scheduled, or through the Family Health Strategy (FHS). At BHU, the role of the physical therapist involves health education initiatives, individual calls, interviewed by des in groups, household activities and acolhimento<sup>2</sup>. Within the ESF, the Ministry of Health of Brazil created the nucleus of Support to the Health of the Family (NASF). The physiotherapy professional composes this team and are able to plan, implement, manage and execute policies, programmes, courses, research, or events in public health; have a freedom to participate in technical standardization chambers procedures in APS, assess quality, effectiveness and health risks arising from physiotherapeutic equipment. In addition, it can promote organized assistance in reception, I took home individual development groups<sup>3</sup>.

Assisted groups, which rely on primary effects, involve health in the areas: the child and adolescent, woman, man, worker and elderly<sup>4</sup>. Is valid reaffirm that the role of physiotherapy involves three levels of health care by promoting the well-being and quality of life in the different health conditions of the population.

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Good read!

**Profa. Dra. Lislei Jorge Patrizzi**

Member of the Steering Committee of the REFACS