PT/03

No R2301 **December 1976**

THE SOUTH AFRICAN MEDICAL AND DENTAL COUNCIL

The Minister of Health, on the recommendation of the South African Medical and Dental Council, hereby makes the following regulations in terms of section 33(1) of the Medical, Dental and Supplementary Health Service Professions Act, 1974 (Act 56 of 1974), in substitution for the regulations published under Government Notice R2251, dated 29 November 1974:

REGULATIONS DEFINING THE SCOPE OF THE PROFESSION OF PHYSIOTHERAPY

1. The following acts are hereby specified as acts which shall for the purposes of the Act be deemed to be acts pertaining to the profession of physiotherapy. These acts shall be performed in the following fields covered by physiotherapy as a supplementary service to medicine:

(a) **ORTHOPAEDICS**

In the whole field of orthopaedics, as requested by the medical practitioner. This includes fractures, dislocations, ligamentous and soft tissue lesions, joint deformities and diseases, infections of bone, including those of the spine, and their complications, amputations, specialised branches, e.g. hand surgery and tendon and muscle transplants.

(b) **NEUROLOGY AND NEUROSURGERY**

including participation by the physiotherapist in intensive care and rehabilitation.

No R2301 **Desember 1976**

DIE SUID-AFRIKAANSE GENEESKUNDIGE EN TANDHEELKUNDIGE RAAD

Die Minister van Gesondheid vaardig hierby, op aanbeveling van die Suid- Afrikaanse Geneeskundige en Tandheelkundige Raad, die volgende regulasies uit kragtens artikel 33(1) van die Wet op Geneeshere, Tandartse en Aanvullende Gesondheidsdiensberoepe, 1974 (Wet 56 van 1974), ter vervanging van die regulasies uitgevaardig by Goewermentskennisgewing R2251 van 29 November 1974:

REGULASIES WAT DIE OMVANG VAN DIE BEROEP FISIOTERAPIE OMSKRYF

1. Die volgende handelinge word hierby bepaal as handelinge wat vir die toepassing van die Wet geag word handelinge te wees wat by die beroep fisioterapie tuishoort. Hierdie handelinge word verrig op die volgende gebiede wat deur fisioterapie gedek word as 'n aanvullingsdiens tot die geneeskunde:

(a) **ORTOPEDIE**

Op die gebied van ortopedie in sy geheel soos versoek deur die geneesheer.
Dit sluit in frakture, ontwrigtings, ligament- en sagteweefselbeserings, gewrigsdeformiteite en -siektes; beeninfeksies, insluitende die van die werwelkolom en komplikasies daarvan; amputasies gespesialiseerde afdelings, bv. handchirurgie en pees- en spieroorplantings.

(b) **NEUROLOGIE EN NEUROCHIRURGIE**

insluitende deelname deur die fisioterapeut aan intensiewe sorg en rehabilitasie.

(c) **RESPIRATORY DISEASES AND THORACIC SURGERY**

including inhalation therapy and participation by the physiotherapist in intensive care.

(d) **CARDIO-VASCULAR DISEASES AND SURGERY.**

(e) **OBSTETRICS AND GYNAECOLOGY**

including pre-operative and post- operative surgical conditions, antenatal and post-natal instruction, pelvic infections and other gynaecological conditions.

(f) **INTENSIVE CARE UNITS**

including coronary care, organ transplantation, dialysis, respiratory failure, tetanus, extensive paralysis, unconsciousness, accident services (multiple injuries) and burns.

(g) **REHABILITATION**

of the patient to his maximum potential both in work and sport, including adaptation to permanent disabilities.

(h) **SPORTS MEDICINE**

which includes prophylaxis and the treatment of all injuries and disabilities directly pertaining in sport.

(i) **PAEDIATRICS**

including all related fields, of medicine and surgery, including cerebral palsy; care of children with minimal brain dysfunction; developmental abnormalities; the prevention of orthopaedic and postural deformities.

(j) **GERIATRICS**

including the care of the aged in all related fields of medicine and surgery; prophylaxis; rehabilitation and recreational activities.

(c) **RESPIRATORIESE SIEKTES EN TORAKSCHIRURGIE**

insluitende inhalasieterapie en deelname deur die fisioterapeut aan intensiewe sorg.

(d) **KARDIOVASKULêRE SIEKTES EN CHIRURGIE.**

(e) **OBSTETRIE EN GINEKOLOGIE**

insluitende voor- en na-operatiewe chirurgiese toestande, voor- en na- geboortelike onderrig, pelviese infeksies en ander ginekologiese toestande.

(f) **INTENSIEWESORGEENHEDE**

insluitende koronere versorging, orgaanoorplanting, dialise, respiratoriese versaking, tetanus, uitgebreide verlamming, bewusteloosheid, ongeluksdienste (veelvuldige beserings) en brandwonde.

(g) **REHABILITASIE**

van die pasiënt tot sy maksimum potensiaal in sowel werk as sport, insluitende aanpassing by permanente ongeskikthede.

(h) **SPORTGENEESKUNDE**

wat die voorkoming en die behandeling van alle beserings en ongeskikthede insluit wat regstreeks op sport betrekking het.

(i) **KINDERGENEESKUNDE**

insluitende alle verwante gebiede van geneeskunde en chirurgie, met inbegrip van serebrale gestremdheid; die versorging van kinders met minimale wanwerking van die brein; ontwikkelings abnormaliteite; die voorkoming van ortopediese en postuurdeformiteite.

(j) **GERIATRIE**

insluitende die versorging van bejaardes in al die verwante gebiede van geneeskunde en chirurgie; voorkoming; rehabilitasie en ontspanningsaktiwiteite.

(k) **TREATMENT**

of physical ailments of phychiatric patients; relaxation therapy; maintenance or restoration of physical fitness; organisation of remedial games, sports and recreational activities.

(l) **OTHER SURGICAL FIELDS**

including general, plastic, urological, maxillo-facial, ophthalmological, ear, nose and throat, and other surgical fields that may require physiotherapy services.

(m) **OTHER MEDICAL FIELDS**

including rheumatology, dermatology, ear, nose and throat fields, constitutional fields, Hansen's desease, cancer and any other medical fields that may require physiotherapy services.

(n) **COMMUNITY CARE**

including prophylactic physiotherapy services, district and domicilliary services, day hospital organisations, rehabilitation centres including schools, industries and others.

(1) The scientific use of movement techniques based upon physiological principles, supplemented when necessary by massage, manipulation, electrotherapy and other physical and supportive measures and including advice to, and education of, the patient, for the prevention and treatment of injury, deasease and disorders, and the facilitation of normal physiological processes and functional activities. These are used to assist rehabilitation and restoration of function, including the achievement of personal independence.

(2) The use of the following procedures in the fields covered by physiotherapy as a supplementary service to medicine:

(k) **BEHANDELING**

van fisiese ongesteldhede van psigiatriese pasiënte, ontspanningsterapie, handhawing of herstelling van fisiese fiksheid, die organiseer van remediërende spele, sport en ontspanningsaktiwiteite.

(l) **ANDER CHIRURGIESE GEBIEDE**

insluitende algemene, plastiese, urologiese, bokaak-gesig-, oftalmologiese, oor-, neus- en keel en ander chirurgiese gebiede wat fisioterapiedienste mag vereis.

(m) **ANDER GENEESKUNDIGE GEBIEDE**

insluitende rumatologie, dermatologie, oor-, neus- en keelgebiede konstitusionele gebiede, Hansen se siekte, kanker en enige ander geneeskundige gebiede wat fisioterapiedienste mag vereis.

(n) **GEMEENSKAPSVERSORGING**

insluitende voorkomende fisioterapie- dienste, distrik- en tuisbesoeke, daghospitaal organisasies, rehabilitasiesentrums, insluitende skole, industrieë en ander.

(1) Die wetenskaplike gebruik van bewegingstegnieke gebaseer op fisiologiese beginsels, aangevul waar nodig met massering, manipulasie, elektroterapie en ander fisieke en ondersteunende maatreëls en insluitende advies aan, en opvoeding van die pasiënt, vir die voorkoming en behandeling van beserings, siekte en afwykinge en die fasilitasie van normale fisiologiese prosesse en funksionele aktiwiteite. Dit word gebruik om rehabilitasie en die herstel van funksies te bevorder, insluitende die bereiking van persoonlike onafhanklikheid.

(2) Die gebruik van die volgende prosedures in die gebiede gedek deur fisioterapie as 'n aanvullingsdiens tot die geneeskunde:

(a) Physiotherapeutic examination of patients according to the condition diagnosed by the medical practitioner or dentist, including continuous assessment of the patient's response to physiotherapy treatment and of progress made. Such examination includes the assessment of joint range; muscle power, strength, tone, endurance and co-ordination, righting, balance and equilibrium reactions; postural abnormalities, functional ability, the need for rehabilitation and degree of independence attained; the level of sensory and motor development, circumference, length (e.g. of the leg), volume, excursion and other relevant measurements; the effects of pain on movement, rest and function; gait abnormalities and other locomotor abnormalities; physical fitness tests, cardiac (exercise) tolerance tests; respiratory excursion and exercise tolerance tests and measurements; sensory tests, including stereognosis; perception tests, observation; palpitation, inspection of X-rays and X-ray reports, skin temperature and condition; the effects of soft tissue scars, adhesions and contractions on movements and function; nerve conduction and innervation tests; reflex heating tests requirements for the use of artificial limbs, prostheses, aids, appliances, callipers, splints, supports, corsets, collars, etc.; the need for the use of wheelchairs, and any other special tests or methods of assessment by physiotherapy that may be required for the management of patients and for the submission of reports to the medical practitioner or dentist.

(b) Selection of treatment techniques and supportive devices according to the diagnosis given by, and in consultation with, the referring medical practitioner or dentist, based on the results of the examination referred to in (2)(a) above and in conjunction with other registered supplementary health services personnel concerned with the treatment, management and/or rehabilitation of the patient. These include any of the procedures detailed below, as well as advice on the selection of wheelchairs and on the selection or making of permanent or temporary prostheses, aids, appliances, splints, calipers, supports, collars, corsets, walking aids or any other physiotherapeutic device or method which may be required.

(a) Fisioterapeutiese ondersoek van pasiënte volgens die siektetoestand deur die geneesheer of tandarts gediagnoseer, insluitende die voortdurende bepaling van die pasiënt se reaksie op fisioterapiebehandeling en van die vordering gemaak. Sodanige ondersoek sluit in die bepaling van gewrigsbewegings; spierkrag, -sterkte, -tonus; uithouvermoë en koördinasie, herstel-, balans- en ewewigsreaksies; postuurabnormaliteite, funksionele vermoë; die behoefte aan rehabilitasie en mate van onafhanklikheid verkry; die vlak van sensoriese en motoriese ontwikkeling, omtrek, lengte (bv. van been), volume, ekskursie en ander toepaslike mate, die uitwerking van pyn op beweging, rus en funksie; abnormale looppatrone en ander lokomotoriese abnormaliteite; fisieke fiksheidstoetse, hart(oefening)-toleransietoetse; respiratoriese ekskursie en oefeningtoleransietoetse en mate; sensoriese toetse, insluitende sterognose; persepsietoetse, waarneming; betasting; ondersoek van X-straalplate en X-straalverslae; veltemperatuur en -toestand; die uitwerking van sagteweefsellittekens, adhesies en sametrekkings op beweging en funksie, toetse vir senuweegeleiding en voorsiening; reflekshittetoetse; vereistes vir gebruik van kunsledemate, proteses, hulpmiddels, toestelle, beenstutte, spalke, steune, korsette, nekstutte, ens; die behoefte aan die gebruik van rolstoele; en enige ander spesiale toetse of metodes van evaluasie deur fisioterapie wat nodig mag wees vir die versorging en behandeling van pasiënte en vir die voorlegging van verslae aan die geneesheer of tandarts.

(b) Die keuse van behandelingstegnieke en ondersteunende toestelle volgens die diagnose gegee deur, en in oorleg met die verwysende geneesheer of tandarts, gebaseer op die uitslae van die ondersoek vermeld in (2)(a) hierbo en in samewerking met ander geregistreerde aanvullende gesondheidsdienste personeel wat met die behandeling, versorging en/of rehabilitasie van die pasiënt te doen het. Dit sluit enige van die prosedures hieronder uiteengesit in, asook advies by die keuse van rolstoele en by die keuse of vervaardiging van permanente of tydelike proteses, hulpmiddels, toestelle, spalke, beenstutte, steune, nekstutte, korsette, loophulpmiddels of enige ander fisio terapeutiese apparaat of metode wat nodig mag wees.

(c) Education of, and advice to, the patient or those responsible for his care, according to the condition diagnosed by, and in consultation with, the referring medical practitioner or dentist or any other personnel concerned with the care of the patient. These include prophylactic physiotherapy, prevention of joint and muscle strain and back strain; advice on the lifting and handling of patients and heavy objects, prevention of recurrence of mechanical disorders; functional activities, rest postures and working postures, recreational and sports activities, kinetic handling in industry, education for childbirth; the handling of disabled persons in hospital, at home, at work and during transport, recreational and sports activities; care and handling of the aged, children and infants, the use of respirators; postural drainage in hospital or at home, advice on the use of aids and appliances referred to above; and any other advice concerning the physiotherapy field which may be required.

(3) The giving of the following movement and exercise therapy (i.e. the application of kinesiological and neurophysiological principles):

(a) **PASSIVE MOVEMENT**

(i) Relaxed passive movements.

(ii) Mobililisation techniques - spinal and peripheral.

(iii) Manipulation - spinal and peripheral without anaesthetic.

(iv) Soft tissue stretching.

(v) Traction - spinal and peripheral.

(b) **ACTIVE MOVEMENTS**

(i) Facilitation -

(aa) muscle contraction by the use of cold and sensory stimulation, both epicritic and proprioceptive, followed by activation;

(c) Opvoeding van en advies aan die pasiënt of aan diegene verantwoordelik vir sy versorging, na gelang van die siektetoestand gediagnoseer deur en in oorleg met die verwysende geneesheer of tandarts, of enige ander personeel betrokke by die versorging van die pasiënt. Hierby is inbegrepe profilaktiese fisioterapie, voorkoming van gewrigs- en spierooreising en rugooreising; advies oor die oplig en hantering van pasiënte en swaar voorwerpe; voorkoming van herhaling van meganiese afwykings; funksionele aktiwiteite, rusposisies en werkshoudings; ontspanning- en sportaktiwiteite; kinetiese hantering in die nywerheid; opvoeding vir kindergeboorte; die hantering van gestremde persone in hospitale, tuis, by die werk en met vervoer, ontspannings- en sportaktiwiteite; versorging en hantering van bejaardes, kinders en jong kinders; die gebruik van respirators; posturele dreinering in die hospitaal of tuis; advies oor die gebruik van hulpmiddels en apparaat hierbo vermeld; asook enige ander advies omtrent die fisioterapiegebied wat nodig mag wees.

(3) Die gee van die volgende bewegings- en oefenterapie (dit wil sê die toepassing van kinesiologiese en neurofisiologiese beginsels):

(a) **PASSIEWE BEWEGINGS**

(i) Ontspanne passiewe bewegings.

(ii) Mobiliseringstegnieke - spinaal en perifeer.

(iii) Manipulasie - spinaal en perifeer en sonder narkose.

(iv) Sagteweefselrekking.

(v) Traksiespinaal en perifeer.

(b) **AKTIEWE BEWEGINGS**

(i) Fasilitasie -

(aa) spierkontraksie deur middel van koue en sensoriese stimulering, sowel epikrities as proprioseptief, gevolg deur aktivering;

(bb) facilitation of basic and selective movement patterns and reflex mechanisms, including automatic righting, balance and equilibrium reactions in the developmental sequence;

(cc) inhibition of abnormal sensory input, muscle tone, reflex mechanisms or associated reactions.

(ii) Assisted exercises by means of manual, mechanical and hydrotherapy techniques.

(iii) Free exercises -

exercises and activities (both subjective and objective) to obtain relaxation, increase joint range, re-educate muscle function, increase muscle power and endurance, correct posture and re-educate postural and gait mechanisms.

(iv) Resisted exercises -

(aa) by manual, mechanical and hydrotherapy techniques;

(bb) by power and endurance programmes.

(v) Re-education of functional activities -

(aa) re-education of and rehabilitation in functional activities such as basic movement patterns and gait (both assisted and unassisted);

(bb) transference, wheelchair activities and other motor activities required for daily living and sport.

(vi) The use of gymnasia, gymnastic therapeutic apparatus, specially constructed children's apparatus, toys and adapted training circuits.

(vii) Sporting activities -

these include swimming, riding and wheelchair sports.

(bb) fasilitasie van basiese en selektiewe bewegingspatrone en refleksmeganismes, insluitende outomatiese herstel-, balans- en ewewigsreaksies in die ontwikkelingsvolgorde;

(cc) onderdrukking van abnormale sensoriese toevoer, spiertonus, refleksmeganismes of verwante reaksies.

(ii) Geassisteerde oefeninge deur middel van hand-, meganiese en hidroterapietegnieke.

(iii) Vrye oefeninge -

oefeninge en aktiwiteite (sowel subjektief as objektief) om ontspanning te verkry, verbetering van gewrigsbeweging, herontwikkeling van spierfunksie, verbetering van spierkrag en uithouvermoë, korrekte houding en herontwikkeling van houdings- en loopmeganisme.

(iv) Oefeninge teen weerstand -

(aa) deur hand-, meganiese en hidro-terapietegnieke;

(bb) deur krag- en uithouvermoëprogramme.

(v) Herontwikkeling van funksionele aktiwiteite -

(aa) herontwikkeling van en rehabilitasie in funksionele aktiwiteite soos basiese bewegingspatrone en looppatrone (met en sonder hulp);

(bb) verplasing, rolstoekaktiwiteite en ander motoriese aktiwiteite wat vir die daaglikse lewe en sport nodig is.

(vi) Die gebruik van gimnasiums, gimnastiese terapeutiese apparaat, spesiaal ontwerpte kinderapparaat, speelgoed en aangepaste metodes van rondte-oefening.

(vii) Sportaktiwiteite -

dit sluit swem, perdry en rolstoelsport in.

(viii) Group activities -

these include activities such as ward classes, out-patient classes, pre-natal and post-natal classes, remedial games.

(ix) Breathing exercises -

breathing exercises, postural drainage, mobilising exercises for the thorax, inhalation therapy (including the use of intermittent positive pressure, section and respiratory function tests).

(x) Splints, supports and prostheses-

(aa) training in the use of splints, supports and prostheses for motor activities, including isolated contraction for the activation of powered splints;

(bb) the adaptation of all these methods for all age groups, including infants, children, adolescents and the aged.

(4) The use of various massage techniques, including transverse frictions and connective tissue massage.

(5) The giving of electrotherapy, including -

(a) high frequency currents;

(b) low frequency currents;

(c) ultra sound;

(d) radiation (excluding X-rays and cosmic rays).

(6) The application of heat and cold.

(7) The therapeutic use of water (hydrotherapy).

(8) Mechanical aids:

(a) The making and application of splints and supports.

(b) The application of braces, prostheses and other therapeutic and supportive devices, including the selection of wheelchairs.

(viii) Groepaktiwiteite -

dit sluit in aktiwiteite soos saal- klasse, klasse vir buitepasiënte, voor- en nageboortelike klasse, remediërende spele.

(ix) Asemhalingsoefeninge -

asemhalingsoefeninge, posturele dreinering, mobiliseringsoefeninge vir die toraks, inhalasieterapie (insluitende die gebruik van afwisselende positiewe druk, suiging en respiratoriese funksietoetse).

(x) Spalke, steune en proteses -

(aa) opleiding in die gebruik van spalke, steune en proteses vir motoriese aktiwiteite, insluitende geïsoleerde kontraksie vir die aktivering van kragaangedrewe spalke;

(bb) die aanpassing van al hierdie metodes vir alle ouderdomsgroepe, insluitende jong kinders, kinders, adolessente en bejaardes.

(4) Die gebruik van verskeie masseringstegnieke, insluitende dwarsfriksies en bindweefselmassering.

(5) Die gee van elektroterapie, insluitende -

(a) hoëfrekwensiestrome;

(b) laefrekwensiestrome;

(c) ultraklank;

(d) bestraling (uitgesonderd X-strale en kosmiese strale).

(6) Die aanwending van hitte en koue.

(7) Die terapeutiese gebruik van water (hidroterapie).

(8) Meganiese hulpmiddels:

(a) Die vervaardiging en aanwending van spalke en steune.

(b) Die aanwending van stutte, prosteses en ander terapeutiese en ondersteunende toestelle, insluitende die keuse van rolstoele.