



**University of Otago
School of Physiotherapy**

4 September 2007

David Goddard QC
Maritime Tower
10 Customhouse Quay
Wellington

Dear Mr Goddard

Re: Review of the Way in Which Physiotherapy Services are Funded and Accredited by ACC

This letter serves as an endorsement of the submission prepared by Duncan Reid, Head of School, Rehabilitation and Occupation Studies, Auckland University of Technology, in response to the question posed during the second round of hearings about the necessity for a gym or exercise/rehab specific area in a physiotherapy practice, and this for this component to be included in the asset cost.

The University of Otago School of Physiotherapy has had input into the preparation of the submission. Like the AUT School, at Otago there is a strong emphasis in the curriculum at both undergraduate and post graduate levels on exercise prescription and the importance of functional rehabilitation. For optimal rehabilitation a practice needs to provide an area that is suitable for both free exercise and activities using exercise equipment – physiotherapy management is not based on a treatment couch and students must learn to progress a patient through a series of progressively more active phases to achieve optimal rehabilitation outcomes.

The evidence cited in the present submission strongly supports the concept of mobility and strengthening exercises and the need to provide facilities that are adequate to house equipment required to achieve good outcomes, in other words a small gym.

The present submission provides a more in depth justification for the physical environment to be appropriate to be able to deliver therapeutic exercise. However the need for an adequate

environment was implicit in the joint written submission made by the two Schools of Physiotherapy as part of their presentation for the initial hearing:

“The bulk of the evidence to date focuses on the prescription of therapeutic exercise programmes. Physiotherapists are the health professionals with the skills to provide these programmes: e.g. this is reflected in the curriculum for undergraduate programmes, and the required competencies set by the Physiotherapy Board of New Zealand).”¹

Again, The School of Physiotherapy endorses the submission prepared by Mr Reid. It is a part best physiotherapy practice to provide a facility where active rehabilitation can be carried out appropriately. Referral to a major gym facility would be the next phase in rehabilitation and would take place when the physiotherapist deems the patient ready for more independent management.

Yours sincerely

A handwritten signature in cursive script that reads "Margot Skinner". The signature is written in black ink and is positioned below the "Yours sincerely" text.

Dr Margot Skinner
Deputy Dean

¹ Submission from the Schools of Physiotherapy to Review of the Way in Which Physiotherapy Services are Funded and Accredited by ACC. March 2007 p2