



## THE ROLE OF PHYSIOTHERAPY IN ACHIEVING HIGH LEVEL OF PUBLIC HEALTH

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### ABSTRACT

**Background:** Physiotherapy plays a crucial role in improving public health, focusing on maintaining and enhancing movement and body function, targeting healthy individuals to prevent disease. Physiotherapy services encompass not only curative and rehabilitative services but also preventive and promotive services within the community. **Objectives:** This community service aimed to educate public about physiotherapy and targeted individuals with movement and functional impairments in their daily activities. **Method:** This community service activity method was used to solve problems through a socialisation and education approach. Direct outreach and education were provided to the community through face-to-face consultations and discussions. **Results:** Based on the findings, it was found that many people are still unaware of the disorders they experience and the initial treatment to overcome them, as well as the role of physiotherapy in addressing these problems. The implementation of this activity is very important and necessary in achieving a high level of public health, starting with addressing problems of movement and functional disorders. **Conclusion:** This community is provided with knowledge through socialisation and provided with physiotherapy services for problems that result in movement and function disorders faced in daily activities.

**Keywords:** Education; Physiotherapy; Public Health; Socialization

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### A. BACKGROUND

Indonesia has a target in implementing health development, and so far has succeeded in improving the level of public health significantly, although it has not been able to be enjoyed in real terms by all Indonesians, especially those living in remote locations, including in coastal areas and small islands (Ministry of Health of the Republic of Indonesia, 2012). The results of national health development show that there has been an increase in improvements in various indicators, such

as increased life expectancy and decreased infant mortality rates, and there are still various changes that lead to better indicator improvements. However, in Indonesia, there are still challenges in the form of disparities in health levels between regions, such as increasing cases of NCDs (Non-Communicable Diseases), the still high number of infectious diseases and the increasing number of elderly people and those suffering from degenerative diseases (Eman, 2016). Data from the Ministry of Health of the Republic of Indonesia in 2018 showed an increase in cases of NCDs, such as hypertension, joint disease, stroke, diabetes mellitus, as well as conditions such as lack of physical activity, injury, and disability.

A person is considered healthy when not only is he or she free from disease or other disorders, but also all bodily functions, thoughts, and social interactions can function well and in balance. The main problem experienced by the elderly is a decline in physical abilities, resulting in a decline in physical abilities and daily activities as well as health problems that disrupt their daily activities and cause a lack of enthusiasm. The impact of these problems is that the elderly feel that their lives are no longer meaningful and are less appreciated by both family and society (Pradita, 2023). Health itself is an important part of the human life cycle. When someone experiences health problems, the quality of life will also decline, making it difficult to carry out daily activities. Therefore, people are now beginning to realise the importance of maintaining their own health (Apta, 2011). Furthermore, in the elderly who experience a decline in physical and mental function, various complaints for the elderly will begin to emerge as strength and physical abilities decrease, such as disorders of the joints and bones. These disorders make it difficult for the elderly to carry out daily activities independently (Collins et al., 2019).

Many people still rely on pharmacological treatments or medications to reduce pain. For example, painkillers are the most commonly chosen intervention due to their significant effect in reducing pain. However, some patients object due to side effects, treatment resistance, and the financial burden (Fu et al., 2020). While medication may be proven to be effective, most people seeking treatment only receive pain relief, meaning these medications cannot be reused to control the pain when it returns. In such situations, the role of non-pharmacological interventions is to prevent and manage pain, and to collaborate with patients in

managing its recurrence by combining treatment and management methods (Mahmood et al., 2018).

Health control and non-pharmacological treatment is physiotherapy. According to PMK No. 65 of 2015, "Physiotherapy is a form of health service aimed at individuals and/or groups to develop, maintain and restore movement and body function throughout the life cycle by using manual handling, movement enhancement, equipment (physical, electrotherapeutic and mechanical), functional training, communication." Physiotherapy services include health services that include restorative, preventive, curative, and rehabilitative services to address and maintain movement and function disorders and improve functional movement by referring to the conditions of limitations and disabilities of human body functions.

The scope of physiotherapy's role in PMK No. 65 of 2015 includes promotive and curative activities, including screening and/or early detection, as well as curative and rehabilitative services. The focus of physiotherapy's promotive activities is the maintenance and improvement of movement and body function, with the target service being healthy people to prevent disease. Promotive activities can be carried out by providing information through outreach activities to increase health knowledge. From these activities, it is hoped that knowledge can improve healthy living attitudes in the community, which will have an impact on healthy lifestyle activities in the community (Fai'zah & Lestari, 2017). The focus of preventive activities carried out by physiotherapy services is the prevention of movement disorders and functional limitations, the inability of individuals who have the potential to experience movement disorders and body functions due to health factors and other elements, such as socio-economic problems and lifestyle, one of which is by providing outreach. Controlling health problems in preventive efforts in physiotherapy, namely by addressing pain complaints, and increasing body flexibility, endurance or fitness, as well as good posture in daily activities, can also support curative and rehabilitative efforts of physiotherapy services (Syafitri & Permanasari, 2020).

The physiotherapy service program aims to improve public health, in accordance with PMK No. 65 of 2015, as the basis for maintaining and improving movement and function, targeting both healthy and sick individuals. However, currently, there is a low level of public awareness and understanding of the role

of physiotherapy, as most people are unaware of the importance of physiotherapy services in the community, especially in remote or underdeveloped areas. This could be due to difficulties in accessing information related to health services, especially physiotherapy. Therefore, it is crucial to provide outreach or information media to the community to increase knowledge about health, health services, and especially the role of physiotherapy in improving public health and the quality of life of the elderly. Along with several complaints experienced by the community, especially the elderly, such as back pain, knee pain, hypertension, decreased functional ability and physical fitness, physiotherapy plays a role in controlling these problems by providing detection or examinations to prevent the severity of the problems experienced. The importance of examinations is that the community responds quickly to receive early and direct treatment.

Based on direct observation, it was found that the problems and complaints experienced by the community were muscle and joint pain, hypertension, and decreased physical capacity in the Kaloran area, Gayamprit village, Klaten Selatan district, Klaten regency. In addition, the community also had very minimal knowledge about these disorders and this activity was carried out to increase community knowledge and behaviour regarding the prevention and treatment of disorders and complaints they experienced. This community service's primary goal was to educate the public about physiotherapy and the common cases that physiotherapists could address. This community service program targeted individuals with movement and functional impairments in their daily activities, consistent with the issues focused on by physiotherapy services.

## **B. METHOD**

This community service activity method was used to solve problems through a socialisation and education approach. Direct outreach and education were provided to the community through face-to-face consultations and discussions, as well as services such as free and routine pain and blood pressure checks. This community service included pain and blood pressure checks and physiotherapy services tailored to the community's specific complaints.

## **C. RESULTS AND DISCUSSION**

The implementation stages in this community service activity are the first to provide health socialisation regarding the role of physiotherapy in the

community and health problems that can be handled by physiotherapy related to movement and human body function that can affect daily life activities in the community. The next activity is to provide services that begin with giving examinations, both vital sign examinations, such as temperature, blood pressure and respiration, along with pulse, as well as physical examinations to people who are experiencing disorders or according to complaints felt by the community.



**Figure 1.** The Process of Health Check

After conducting the examination, we provide physiotherapy services according to the disorders experienced by the community. Disorders experienced by the community that often occur include hand pain and tingling, back pain or Low Back Pain (LBP), Knee pain caused by degenerative diseases such as OsteoArthritis (OA) and Rheumatoid Arthritis (RA), growth and development disorders in children and many more movement disorders that cause problems in daily activities that occur in the community. The tools used in this community service are Thermometers, Sphygmomanometers, infrared (IR), and Microphones.



**Figure 2.** Management of movement and function disorders

This community service program was conducted in Gayamprit village, Klaten Selatan district, Klaten regency, to reach a broad audience. Following the intervention, a question-and-answer session was held with the community.



**Figure 3.** Community consultation and discussion

In a question-and-answer session before the socialisation regarding physiotherapy services and disorders experienced that can interfere with movement and daily activities in the community, it was found that some people still do not know the problems or disorders experienced that can interfere with normal daily activities and their treatment, as well as about physiotherapy services. However, after being given socialisation and physiotherapy services, the community was able to understand the disorders they experienced and the initial treatment that should be done. Therefore, the implementation of this activity program is very important for the community by providing socialisation and direct services that are tailored to the problems experienced by the community in the area.

Based on the results of the community service activities that have been implemented, it was found that many people are still unaware of the disorders they experience and the initial treatment to overcome them, as well as the role of physiotherapy in addressing these problems. The implementation of this activity is very important and necessary in achieving a high level of public health, starting with addressing problems of movement and functional disorders. This community is provided with knowledge through socialisation and provided with physiotherapy services for problems that result in movement and function disorders faced in daily activities.

This activity targets all levels of society, from children to the elderly. It specifically focuses on movement-related disorders that occur from waking up to going back to sleep. Most people engage in monotonous activities and lack physical activity, which easily leads to musculoskeletal and neuromuscular disorders. Physiotherapy plays a key role in addressing these issues by providing interventions such as infrared (IR), massage, and exercise. Infrared (IR) interventions aim to reduce pain due to the thermal effects provided, thereby improving blood circulation, which results in the removal of metabolic waste products that accumulate in the tissues, thereby reducing pain (Putra et al., 2022). Furthermore, massage can also provide a relaxing effect and improve blood circulation. Combined with exercise, it can improve functional ability and muscle performance through isometric contractions in muscle groups (Latifah, 2022). The role of physiotherapy is crucial in addressing the problems and issues experienced by the community.

The public is expected to be aware of and dare to express the problems they are experiencing so that they can be addressed early. Once the public understands, they can immediately address them early to prevent worsening and can go directly to health professionals according to the problem they are experiencing, such as movement problems or physiotherapy (Widodo, A. et al., 2022). This community service effort has found that many people lack understanding of prevention, treatment, and exercises for the disorders they face. Some people only consume medication without a doctor's prescription and apply balms, painkillers, and patches when symptoms such as pain and tingling arise. Therefore, it is important to organise this community service to provide education and knowledge about emerging problems and provide treatment from physiotherapy to minimise complaints in the community.

#### **D. CONCLUSION AND SUGGESTION**

This community service activity received positive appreciation and high levels of enthusiasm from the community. The community became more aware of the role of physiotherapy in addressing issues that lead to movement disorders and daily activities. They gained knowledge about the prevention, treatment, and home exercises for movement disorders, such as musculoskeletal and neuromuscular disorders. They also gained a better understanding that when symptoms appear, they can be treated early and can go directly to health

professionals, such as physiotherapists. It is hoped that activities like this will continue beyond a one-time event and can be extended to address cases tailored to the conditions of each region.

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