

THE USE OF PLAY IN PEDIATRIC PHYSIOTHERAPY: TREATING THROUGH PLAY

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Abstrat: The Pediatric physiotherapy operates from clinical care to hospital interventions, encompassing the entire process of assessment, planning and execution of physiotherapy treatment for children. In childhood, children have several needs, including play. Playful activities promote knowledge through games, toys and games, allowing the child to develop. Physiotherapy treatment includes various techniques, equipment and materials that can be combined with recreational activities, making physiotherapy more attractive for pediatric patients. This research aims to report the benefits of child development through playful activities. The present work constitutes a bibliographical research of a descriptive nature, presenting data from scientific works, published in the BVSALUD (BIREME) portal database, referring to the importance of using playful activities in pediatrics published in the last 10 years. The choice of the portal (BIREME/PAHO/WHO) was due to the fact that it contributes to the development of information in health sciences by bringing together databases and texts in the health area and in specific areas. Three scientific works published on this portal were identified and are effectively related to the use of play in pediatric physiotherapy. All the works analyzed demonstrated that play favored the prescribed physiotherapeutic care, helping to motivate the patient, making the patient more collaborative, helping with motor control, improving acceptance of treatment, acting to strengthen the therapist-patient bond, reestablishing improved posture, balance and mobility. The results of this research contribute to supporting the use of recreational resources in physiotherapeutic care as they provide motivation and improvements in the clinical condition of patients who carry out the activities.

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