

Creating Professional Resilience in Physiotherapy Practice

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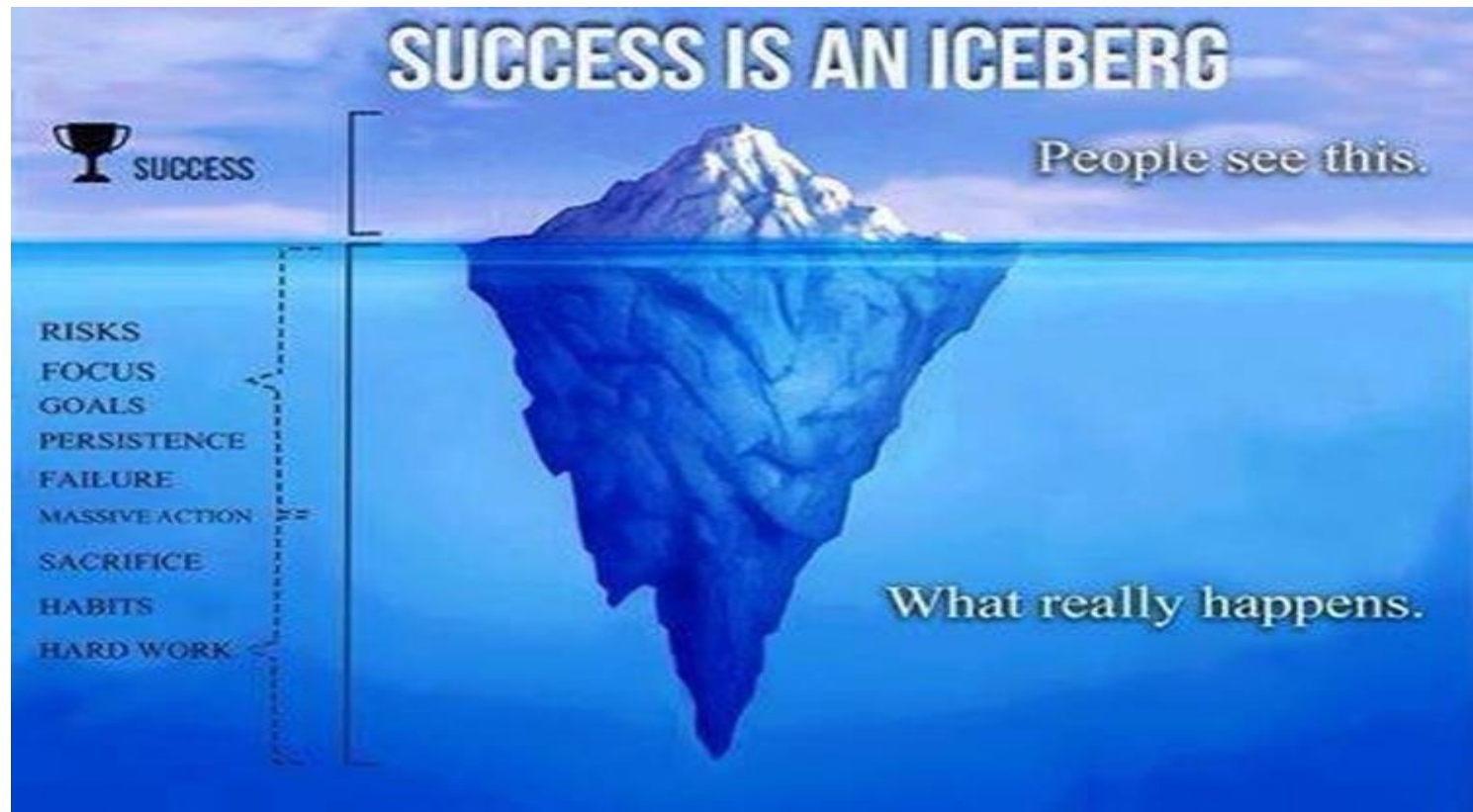
MSc Physiotherapy

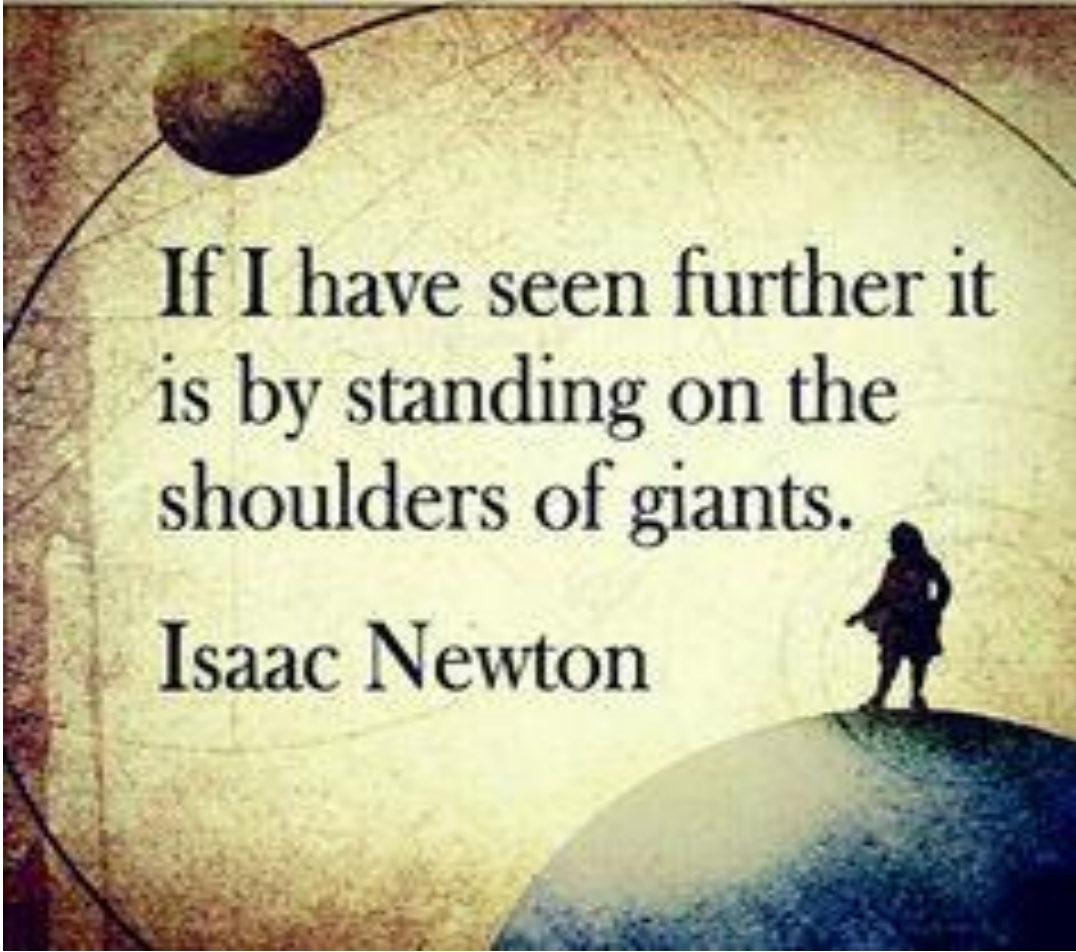
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Our professions' success is an accumulation of all our efforts, and those before us.

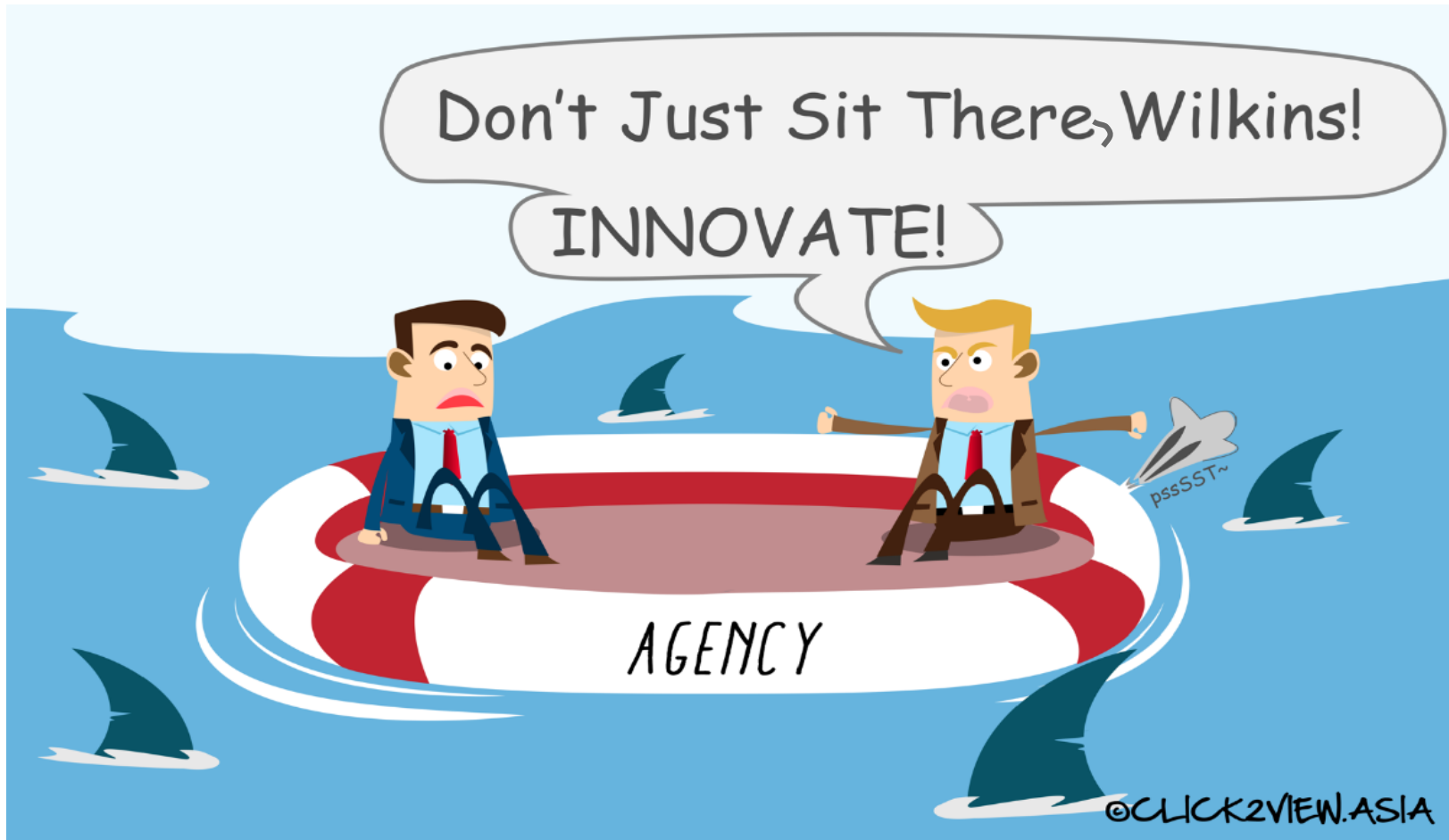


The image features a quote by Isaac Newton on a parchment-like background. A globe is visible in the upper left, and a silhouette of a person stands on a globe in the lower right. The text is centered and reads: "If I have seen further it is by standing on the shoulders of giants."

If I have seen further it
is by standing on the
shoulders of giants.

Isaac Newton

Creating Professional Resilience: Why Bother?



Creativity is a process and it is scalable

- **How far have we come?**
- **How did we get here?**
- **How much do we need to know for the future?**

Innovation is creative problem solving

Creativity is bringing value by *thinking* differently.

But a **creative thought** is not the same as a **creative deed**.

Innovation is bringing value by *doing* differently: this requires behavioural change.

Innovation brings **value**

- For growth
- As a consequence of growth
- To combat professional/business fade
- To maintain a competitive edge
- As a response to external factors

Where do *new* ideas come from?

Disruptive Thinking

It is easy to think 'outside the box', but solutions have to fit 'back in the box'.

Re-think your professional description

In paradigm innovation, there is always a loss as well an opportunity.

The essence of creative thinking is the willingness to be wrong more often than we are right – to go beyond the ‘obvious’.

‘You aren’t going to have good ideas unless you have lots of ideas and some sort of principle of selection’.

‘have lots of ideas and throw away the bad ones....’

Linus Pauling

Our Knowledge Context in terms of The Creative Conversation

- Words: know *what*
- Grammar: know *how*

So, to improve your sentences, you need either or both:

- a bigger vocabulary
- more effective grammar

How do People, Functions and Systems Interrelate?

“Think beyond your cast’s job description to their function, and challenge yourself to use your cast differently to deliver the same basic plot.”

Working Definitions

- **Discovery** is the detection or unearthing of new knowledge.
- **Creativity** is the generation of new ideas, often as a response to perceived problems and opportunities.
- **Invention** and **design** are the engineering of new ideas and discoveries into viable products.
- **Innovation** is the successful exploitation of new ideas.

THE FUTURE....

What are the limitations?

- **External Factors**
- **Internal Factors**

HOW ARE WE GOING TO GET THERE?

Think!
Create!
Do!



FINAL THOUGHTS

- Continue To Be Excellent!
- Embrace Change, Contradictions And Celebrate Uncertainties
- Ask Different Questions
- Challenge Yourselves
- Keep Up To Date
- **Evolve**

BE YOUR OWN INSPIRATIONAL STORY OF SUCCESS



RESILIENCE IN PHYSIOTHERAPY PRACTICE

ACKNOWLEDGEMENTS

Thank you to all our patients, colleagues and mentors who share our journey, and challenge us to keep learning, thinking, feeling and questioning so that we can help our patients live the highest quality of life possible, with benefits ultimately redounding to society.

Unstoppable

Unstoppable - Motivational Video



Unstoppable - Motivational Video
<https://youtu.be/9z4Kft47kBM>

RESILIENCE IN PHYSIOTHERAPY PRACTICE

**THANK YOU
VERY MUCH
FOR LISTENING**

QUESTIONS?

CONNECT WITH ME

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Finis

Good Bye

Click to add text

Research catalysed the physiotherapy (physical therapy) movement



Figure 1 Integrating expertise to ensure comprehensive, evidence-based interventions that are practical and relevant when applied in the real world.

Ref: Tom Groom

OUR CURRENT PROFESSIONAL STANDING

- Personalised Care
- Pro-active Care
- Leaders in Patient Education
- Exercise Expertise
- Longer Term Intervention

THE FUTURE OF PHYSIOTHERAPY IS EXCITING

Tell me and I forget. Teach me
and I remember. Involve me
and I learn.

- Benjamin Franklin

