

Physiotherapy In Support of Eating Disorder Patients
by
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One of the departments of Psychiatry in which i feel that Physiotherapists must become more involved, is that of Eating Disorders (ED). Physiotherapists have the skills to make an effective contribution to the physical recovery of patients with eating problems. I have been working within the ED team at The Cardinal Clinic, Windsor for the past 23 years.

Since the turn of the century, both in the UK and internationally, there has been much government and media interest in eating habits of it's citizens. Although there are many boos available, documenting the signs, symptoms and psychiatric treatment of people with anorexia or bulimia, there are very few words written about their physical rehabilitation.

This book is *not* a piece of academic research. It is no more than a record of the treatment and exercise programmes which i have developed and used successfully for all these years.

I would like to think that other physiotherapists might benefit from this approach and record of experience. Perhaps they may go on to develop their own schemes and be able to offer effective help to ED patients in the future.

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