

A “Body” Reacting with Other “Bodies”

– Rehabilitation theory by a reflective practitioner –

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In recent years, most physical therapists emphasize the science of evidence-based medicine, while others emphasize narrative-based medicine (NBM). NBM aims to both treat a client’s narrative and their therapist’s narrative. In addition, treatment is such that constructing a new story can be combined in both narratives.

This study focuses on the practice of physical therapy as it pertains to the perspective of reflective practice. The purpose of this study is to construct a new theory of rehabilitation.

The author reflected on 10 cases in which she was involved as a physical therapist. The results show the processes of rehabilitation as constructed with clients and the author.

The author thus discusses the existing agenda (education, paternalism, and informed consent), agendas regarding practices (discussion about clients involving rehabilitation, pain, the importance of medical information, interactive dialog between the clients’ and the therapist’s bodies, the importance of facing the “present” conditions, and posture in clinical settings), and agendas in society (medicalization). The author argues the idea of “myself” as a “body” reacting with other “bodies.” In addition, the author establishes her own rehabilitation theory.

Through this study, the author realized that she was reacting via the “body,” rather than as a therapist in a clinical setting. In addition, the author concludes that rehabilitation can be a crucial part of support for daily life. It is desired that rehabilitation is constructed through interaction between clients and therapists.