

**PERCEPTION OF PHYSIOTHERAPY REHABILITATION AMONGST PARENTS HAVING CHILDREN WITH DEVELOPMENTAL DISORDERS- A QUESTIONNAIRE BASED CROSS-SECTIONAL STUDY****Dr. Priyanka K Deshmukh***Assistant professor and HOD, Department of Kinesiotherapy and Functional Diagnosis, V.S.P.M's College of Physiotherapy, Digdoh Hills, Hingna, Nagpur -440019
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ABSTRACT

Background- Physical and brain -based issues which affect the development of life skills in a child are called developmental disorders. These children require long-term rehabilitation. The perception of parents regarding physiotherapy plays an important role in the outcome of regular physiotherapy. **Aim-** To assess the perception of physiotherapeutic rehabilitation among parents having children with developmental disorders. **Objective-** To assess the perception of physiotherapeutic rehabilitation among parents who had children with developmental disorders with the help of a self-structured questionnaire. **Method-** A study was conducted among 85 parents aged between 20-45 years which assessed their perception on physiotherapy as a rehabilitation measure, motivating factors, barriers and their will to continue physiotherapy for long-term. **Conclusion-** Parents reported an overall positive perception towards physiotherapy for their child.

KEYWORDS : Physiotherapy, Perception, Parents, Developmental Disorders**INTRODUCTION**

- Physical or brain- based issues that affect a child's growth and development of essential life skills are called developmental disorders.¹
- Developmental disorder refers to a condition that affects a child's growth and persists into adulthood.¹
- These conditions might affect things like: mobility, biological activity, learning, or cognition; the five senses and perception, language and physical or emotional independence; social competence¹
- Common developmental disorders include: Autism Spectrum Disorder (ASD); Down's syndrome; Cerebral Palsy; Muscular Dystrophy; Spina Bifida; Developmental Delay.¹
- It requires a multidisciplinary strategy that offers a variety of treatment options, and it needs to be adjusted in accordance with the child's clinical presentation.¹
- The primary roles of the physiotherapists are to instruct and supervise the parents in the daily physical treatment regimen.²
- In the long-term care of children with developmental disorders, the family is considered a crucial component of the multi-inter-transdisciplinary approach.¹
- The cooperation and active involvement of parents in the treatment of their child is crucial in the therapeutic program, in order to educate and learn for themselves how to participate in their child's therapeutic activities, transferring them to their daily lives³

Need For Study

- Children with developmental disorders face many long-term challenges in motor skills and functional abilities. Physiotherapy is a significant intervention to enhance mobility, self-dependence and quality of life in these children⁵
- Parents are the primary caregivers, therefore, their view and understanding of physiotherapy directly influence regularity of therapy, home exercise protocols, and outcomes of the treatment.⁶
- Studies have reported that parents generally recognize the importance of physiotherapy but they face difficulties because of lack of awareness and limited communication with therapists.⁷
- These factors can lead to reduced effectiveness of rehabilitation¹
- Parents should feel empowered to express their needs and the focus should be shifted towards the family as a whole.⁸
- Looking into experiences of parent and their perspectives on early intervention is important for physiotherapists who work with children.⁹
- Therefore, assessing perception of the parents is essential to identify gaps, increase awareness, and encourage participation of parents in the rehabilitation of their child.
- Thus, there is a need to study the perception of physiotherapy

rehabilitation among parents having children with developmental disorders.

Research Question

What is the perception of parents regarding physiotherapy rehabilitation for their children with developmental disorders?

Aim

"To assess the perception of physiotherapeutic rehabilitation among parents who had children with developmental disorders"

Objective

"To assess the perception of physiotherapeutic rehabilitation among parents who had children with developmental disorders with the help of a self- structured questionnaire."

Review of Literature

Shah et al. (2024) conducted a detailed study to assess the perception of physiotherapy rehabilitation among parents having children with developmental disorders. The study aimed to identify awareness of the parents, beliefs, barriers and motivators, and the authors found that most parents had a positive perception toward physiotherapy and believed it helps in improving their child's functional ability. The major motivating factors included expectation for the child's independence and opinions from other parents whose child is undergoing physiotherapy. However, barriers included factors like inadequate awareness, time limitations, and financial burdens affected regular participation. The study focused on the importance of parental education and strengthening therapist-parent relationship to improve adherence and outcomes in rehabilitation.

Sravropoulou et al. (2019) conducted a study to assess parents' opinions on paediatric physiotherapy and the physiotherapist's role in their child's rehabilitation. The study found that most parents had an overall positive perception, giving importance to physiotherapy for improving their child's independence. Parental satisfaction was mostly because of the relationship between the therapist and the patient. However, parents expressed that they wish for more clear access to the information related to the treatment. The study highlighted that parental education and effective communication is necessary in paediatric rehabilitation.

Yagnik and Desai (2024) evaluated the attitude and opinion of parents toward physiotherapy for children. The study concluded that parents have a positive attitude about physiotherapy as it helps their child become more independent in their daily life. Parental understanding of benefits of physiotherapy was related to therapist-patient relation and regular physiotherapy sessions. Some parents wished to have more clarity regarding treatment duration and outcomes of the treatment.

Ainaqbi et al. (2024) assessed parents' satisfaction with physiotherapy services for neurological pediatric patients in government and private hospitals in the United Arab Emirates. Parental satisfaction was high in the study. They felt appreciation for therapist professionalism, communication, and child-centered care. It also recognised the key differences between government and private settings in accessibility and waiting times. The authors concluded that service quality and child-centered care are key determinants of parental satisfaction in paediatric physiotherapy.

Alsem et al. (2019) conducted a study exploring digital parental empowerment in rehabilitation. There was usage of a digital tool that helps parents prepare for consultations with physicians. The study found that the tool increased active participation during rehabilitation. Parents felt more confident when using the tool. The authors concluded that digital support can empower parents and help them make informed decisions as they can communicate better within rehabilitation settings.

Novak et al. (2013) conducted a study to analyse the effect of some interventions used for children with cerebral palsy. The review categorized treatments based on levels of evidence and emphasized which interventions were highly supported, weakly supported or not suggested. The authors found that methods such as training which was task-specific, constraint-induced movement therapy (CIMT) were very impactful

Hurd et al. (2023) conducted a study emphasizing the experience of parents of the therapist-patient relationship while they provide therapy for children with developmental disorders. The study found that parents valued being involved in therapy and understanding of their child's requirements. Parents also stated problems such as emotional pressure and balancing home-based protocols with everyday responsibilities. The authors concluded that supportive guidance and communication of the therapist are necessary for paediatric rehabilitation.

Raina et al. (2005) examined the well-being of caregivers of children with cerebral palsy. The study reported that caregivers face many physical and emotional pressure due to the long-term nature of these demands. The authors focused on the need for highly structured support systems, education of caregiver, and rehabilitation services to improve caregiver well-being.

Khan et al. (2019) studied perceptions of parents of physiotherapy in children with cerebral palsy. The study found that many parents viewed that physiotherapy is essential for increasing mobility, decreasing disability, and supporting their child's development.

Fayez et al. (2019) explored attitudes, knowledge and perceptions of parents regarding physiotherapy for children with developmental disorders. The study reported highly positive attitudes regarding physiotherapy and it was recognized as important for improving the child's motor skills, independence, and daily functioning. However, some gaps were noticed in parents' understanding of goals of therapy, expected outcomes, and the long-term nature of rehabilitation. Some parents also identified barriers such as time limitations and shortage of access to services. The authors suggested the need for better parent education and detailed and informed communication to support high participation in physiotherapy program

METHODOLOGY

- Research design – Cross-sectional study
- Setting – Pediatrics and Physiotherapy OPD of Lata Mangeshkar Hospital
- Target population – Parents of children with developmental disorders
- Duration - 1 year of synopsis and 6 months of data collection

Criteria

Inclusion Criteria

- Parents aged between 20-45 years
- Parents of children with developmental disorders visiting Pediatric and Physiotherapy OPD at Lata Mangeshkar Hospital
- Willing to participate

Exclusion Criteria

- Parents aged under 20 or above 45

- Unwilling to participate

Sample

According to the article –" Perception of Physiotherapy Rehabilitation amongst parents having children with developmental disorders", 67.1% parents are aware of the role of physiotherapy.

Formula for sample size:

$$N = \frac{Z^2 \alpha/2 \times P \times (100 - P)}{L^2}$$

Where,

N= Required sample size

P= Prevalence/ Proportion

Z α/2= Standard normal variate

L= ±10

Therefore, 85 parents will be part of this study

MATERIALS

Questionnaire and Pen

Instruction:

- Participants are requested to compulsorily attempt each and every question.
- There are 4 sections of the questionnaire. Every section consists of 5 questions.
- Participants are requested to fill up the questionnaire based on their perception.
- Participants are requested to tick mark in the box you feel is the closest to your perception among the given choices against each question.

Rating of Questionnaire:

- Each question has to be responded according to 4 – point Likert Scale:
1. Strongly disagree
 2. Disagree
 3. Agree
 4. Strongly agree

Data Analysis

- The collected data were entered and analyzed statistically.
- The quantitative data were expressed in mean and standard deviations.
- The qualitative data were expressed in terms of absolute numbers and percentages

MEAN PARENTS' AGE=34.18604651

MEAN CHILD'S AGE= 5.234177215

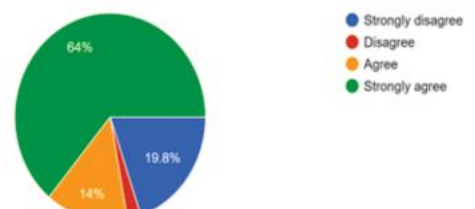
Perception of Physiotherapy Rehabilitation of Parents

Do you feel the physiotherapist plays an important role in your child's rehabilitation?
86 responses



Graph 1: Importance of Physiotherapist in Child's Rehabilitation
59.3% of Parents Feel that Physiotherapist Plays an Important Role in Child's Rehabilitation While 19.8% Strongly Disagree

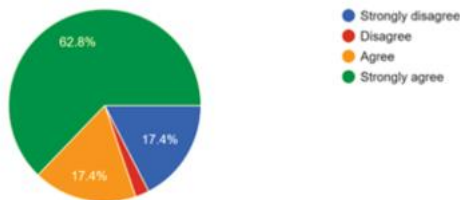
Do you believe physiotherapy enhances your child's quality of life?
86 responses



Graph 2: Enhancement of Child's Quality of Life Due to Physiotherapy. 64% Parents Strongly Agree that Physiotherapy Enhances the Quality of Life of the Child. 19.8% Strongly Disagree About the Same.

Are you aware of the physiotherapy exercises recommended for your child?

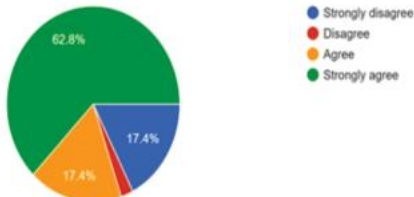
86 responses



Graph 3: Parental Awareness of the Physiotherapy Exercises Recommended for the Child. 62.8% Parents are Aware of the Physiotherapy Exercises Recommended for their Child. 17.4% Strongly Disagree About the Same.

Do you have easy access to information about physiotherapy treatment for your child?

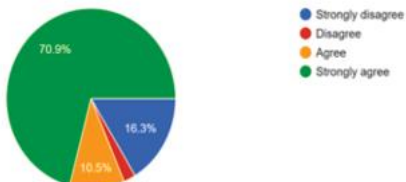
86 responses



Graph 4: Access to Information About Physiotherapy Treatment for the Child. 62.8% Parents Claim to Have Easy Access to Information About Physiotherapy Treatment While 17.4% Strongly Disagree.

Do you believe your physiotherapist has enough knowledge and experience to treat your child effectively?

86 responses

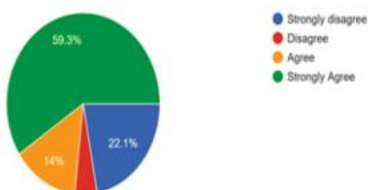


Graph 5: Belief that the Physiotherapist has Enough Knowledge and Experience to Treat the Child. 70.9% Parents Strongly Believe that the Physiotherapist has Enough Knowledge and Experience to Treat to Treat Their Child While 16.3% Strongly Disagree.

Motivating Factors to Continue Physiotherapeutic Treatment

Do you feel motivated to continue physiotherapy so that your child can become more independent?

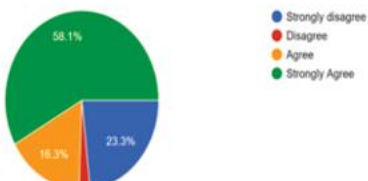
86 responses



Graph 6: Motivation to Continue Physiotherapy so that Child Becomes More Independent. 59.3% Parents Feel Motivated to Continue Physiotherapy While 22.1% Strongly Disagree.

Are you inspired to continue physiotherapy after hearing positive experiences from other parents?

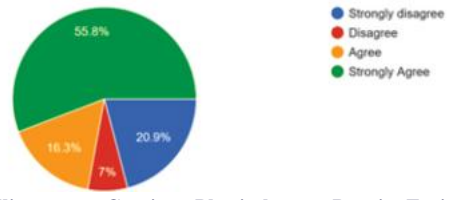
86 responses



Graph 7: Inspiration to Continue Physiotherapy After Hearing Positive Experiences From Other Parents. 58.1% Strongly Agree that they are Inspired to Continue Physiotherapy and 22.3% Strongly Disagree on the Same.

Are you willing to continue physiotherapy despite facing obstacles or difficulties?

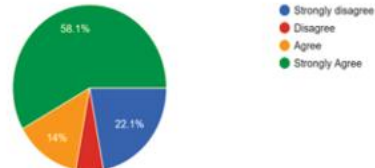
86 responses



Graph 8: Willingness to Continue Physiotherapy Despite Facing Obstacles or Difficulties. 55.8% Strongly Agree that they are Willing to Continue Physiotherapy Despite Obstacles or Difficulties While 20.9% Strongly Disagree.

Do you continue physiotherapy because you believe in the scientific advancement and benefits it brings?

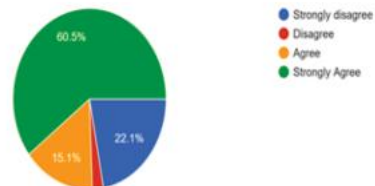
86 responses



Graph 9: Belief in the Scientific Advancements and Benefits it Brings. 58.1% Have a Strong Belief that Physiotherapy Brings Scientific Advancements and Benefits. 22.1% Strongly Disagree About the Same.

Does support from your family and friends encourage you to continue physiotherapy for your child?

86 responses

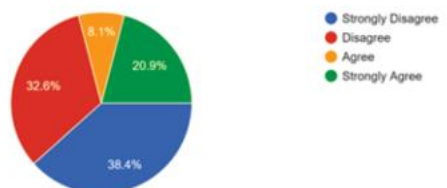


Graph 10: Encouragement to Continue Physiotherapy From Your Family and Friends. 60.5% Receive Encouragement From Family and Friends to Continue Physiotherapy While 22.1% Strongly Disagree.

Barriers Faced by Parents to Continue Physiotherapy Treatment

Do you feel financial burden is a barrier to continuing physiotherapy for your child?

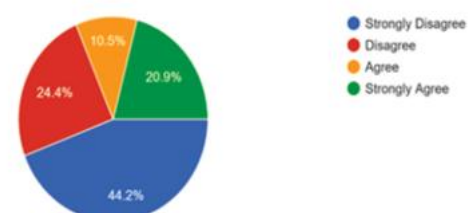
86 responses



Graph 11: Financial Burden is a Barrier to Continuing Physiotherapy. 38.4% Strongly Disagree that Financial Burden is a Barrier to Continue Physiotherapy. 20.9% Agree that they Face a Burden Financially Which Affects Their Continuity.

Do time constraints prevent you from continuing physiotherapy regularly?

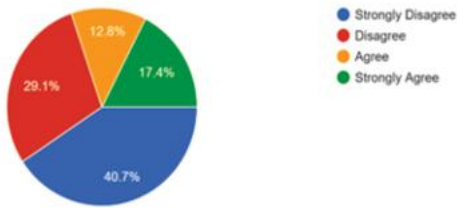
86 responses



Graph 12: Prevention of Regular Physiotherapy Due to Time Constraints. 44.2% Strongly Disagree that Time Constraints are Not An Issue For Continuing Physiotherapy. 20.9% Parents Reported that they do Face Time Constraints.

Is transportation or travelling to the therapy center a problem for you?

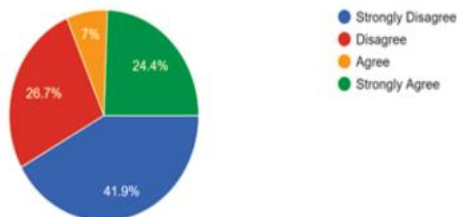
86 responses



Graph 13: Problem Faced Due to Transportation and Travelling. 17.4% Parents Face Difficulties While Travelling to the Treatment Centre. 40.7% Disagreed to this Factor.

Do you prefer traditional treatment over physiotherapy for your child?

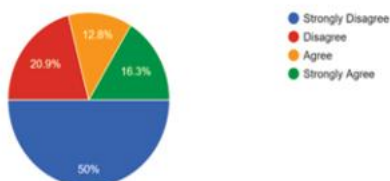
86 responses



Graph 14: Preference of Traditional Treatment Over Physiotherapy. 24.4% of the Target Population Prefers Traditional Treatment Over Physiotherapy While 41.9% Believe that Physiotherapy is More Effective Than Traditional Treatment.

Do you feel lack of good communication with the therapist affects your decision to continue physiotherapy?

86 responses

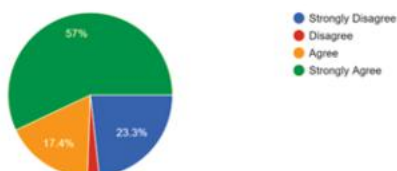


Graph 15: Lack of Good Communication with the Therapist. 16.3% Felt Lack of Communication With the Therapist While 50% do not Feel so.

Perception of Physiotherapy Rehabilitation for Long Term Rehabilitation

Do you wish to continue physiotherapy for your child as a long-term rehabilitation measure?

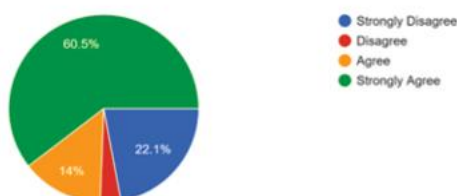
86 responses



Graph 16: Continuation of Physiotherapy as a Long-term Rehabilitation Measure. 57% Parents Wish to Continue Physiotherapy For Long-term and 23.3% Parents do Not Wish to Continue to do so.

Do you believe physiotherapy has a positive long-term impact on your child?

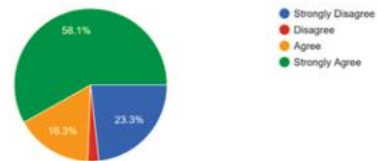
86 responses



Graph 17: Positive Long-term Impact of Physiotherapy. 60.5% Strongly Agree that Physiotherapy has a Long-term Impact on their Child. 22.1% Strongly Disagree on the Same.

Do you think continuing physiotherapy long term helps reduce future complications for your child?

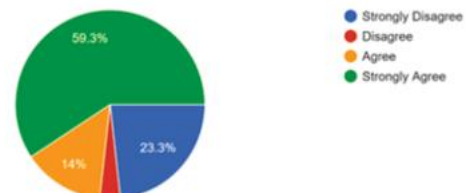
86 responses



Graph 18: Reduction of Future Complications by Continuing Physiotherapy. 58.1% Strongly Agree that Continuing Physiotherapy Helps Reduce Future Complications. 23.3% Disagree on the Same.

Do you feel physiotherapy improves your child's social skills in the long run?

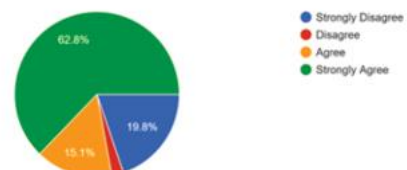
86 responses



Graph 19: Improvement in Child's Social Skills in the Long Run. 59.3% Strongly Believe that Physiotherapy Helps in Improving the Child's Social Skills. 23.3% Strongly Disagree to this Fact.

Do you feel you receive adequate overall support and guidance from your physiotherapist?

86 responses



Graph 20: Support and Guidance from the Physiotherapist. 62.8% Strongly Feel that they Receive Overall Support and Guidance From the Physiotherapist, While 19.8% Disagree on the Same.

RESULTS

Among our study population, 68.60% were mothers and 31.40% were fathers between the age group 21-45 years with a mean age of 34.18 years. The mean age of the children was 5.23 years. The distribution of developmental disorders in the children of the participants were Cerebral Palsy (32.6%), Down's syndrome (18.6%), Developmental Delay (17.4%), Autism Spectrum Disorder (15.1%), Muscular Dystrophy (5.8%) and Spina Bifida (2.3%).

According to the results, 59.3% of parents feel that the physiotherapist plays an important role in their child's treatment, while 19.8% strongly disagree. 64% believe that physiotherapy enhances the child's quality of life, 19.8% strongly disagree about the same. 62.8% of the parents are aware of the child's exercises and had easy access to the information regarding their child's treatment, while, 17.4% strongly disagree about the same. 70% of the parents are confident that the physiotherapist has enough knowledge and experience to treat their child, while 16.3% strongly disagree.

Regarding the motivating factors of parents to continue physiotherapy, 59.3% of parents are willing to continue physiotherapy to make their child more independent and 22.3% do not wish to do the same. 58.1% of the parents are inspired to pursue physiotherapy after hearing positive experiences from other parents while, 22.3% were not influenced by other parents' opinion. Despite facing obstacles or difficulties, 55.8% of parents are willing to attend physiotherapy sessions. 20.9% reported lack of willingness to continue physiotherapy while facing obstacles and difficulties. 58.1% of the target population believe in the scientific advancements and benefits that physiotherapy brings them. 22.1% strongly disagree about the same. Support from family and friends encourage 60.5% of the parents to continue physiotherapy and while 22.1% do not feel support from family and friends and hence do not feel motivated to continue physiotherapy.

Many parents reported to face various barriers in their daily

physiotherapy sessions. Barriers like financial burden and time constraints are faced by 20.9% of parents. 38.4% did not face financial burden and 44.2% reported that time limitations are not an issue for them. 17.4% of the parents face transportation issues, 40.7% disagreed to this factor. 24.4% prefer traditional treatment over physiotherapy for their child and 41.9% believe that physiotherapy is more effective than traditional treatment. 16.3% feel that lack of good communication with the therapist affects their decision to continue physiotherapy while 50% do not feel so.

The study also revealed the perception on long term rehabilitation. 57% of the parents wish to continue physiotherapy in the long term and 58.1% believe that it helps reduce future complications for their child. 60.5% agree that physiotherapy has a positive impact on their child and 58.1% think that continuing physiotherapy in the long term helps reduce future complications for their child. 59.3% of the target population agree that physiotherapy improves the child's social skills. 62.8% parents believe that they receive overall support and guidance from the physiotherapist.

DISCUSSION

The study assessed the perception of rehabilitation among parents having children with developmental disorders. The findings showed an overall positive perception of physiotherapy rehabilitation. The perception was mostly influenced by many various factors like improvements in their child, support from family and friends, guidance and support from the physiotherapist and the barriers associated with continuing therapy.

Perception of Physiotherapy Rehabilitation of Parents

In the present study, 59.3% of parents perceived, physiotherapist as playing an important role in their child's treatment. This may indicate that parents recognise physiotherapy as an important component of the management of children with developmental disorders. Physiotherapy is important for improving mobility and functional outcomes in children with developmental disabilities (Das & Ganesh, 2019). These findings may explain why a large number of parents in the present study recognised the important role of the physiotherapist in their child's rehabilitation.

Further, 64% of parents believed that physiotherapy improves their child's quality of life. This perception may be related to the functional improvements associated with physiotherapy, as enhanced mobility and functional abilities may enable greater participation in everyday activities. The findings of the studies synthesized by Dlamini et al. (2025) showed that parents associated physical therapy with positive outcomes and functional progress in their children. In addition, Pereira Domenech et al. (2016) reported that parents perceived physiotherapy as contributing to their children's independence and autonomy. Therefore, refinements in functional abilities and participation may lead parents to perceive physiotherapy as having a good influence on their child's overall well-being and quality of life.

In the present study, 62.8% of parents were mindful of the physiotherapy exercises recommended for their child and were able to obtain treatment-related information. Jansen et al. (2003) reported that parents have an important role in transferring therapy activities into their child's daily life. Participation in physiotherapy can also help parents gain deeper understanding into their child's strengths and limitations and boost their confidence in caring for their child. Furthermore, Dlamini et al. (2025) emphasized that sharing useful information and coaching will enable parents to continue therapy exercises at home, whereas inadequate information may negatively affect adherence to the treatment that is recommended. Thus, parental awareness of exercises and treatment information may facilitate their active involvement in their child's rehabilitation.

The highest positive response in this section was seen for confidence and trust in the physiotherapist, with 70% of parents believing that the physiotherapist had adequate knowledge and experience to treat their child effectively. This confidence may be influenced by the therapist's competence as well as the standard of the parent-therapist relationship. Crom et al. (2020) described knowledge, experience, and communication as important aspects alliance in physiotherapy. Studies also showed that parents valued the warmth by therapists, their attention towards the patient, and cooperative relationships.

Overall, the results under this section show a positive perception of physiotherapy rehabilitation. The perceived significance of the

physiotherapist, recognised improvement in quality of life, awareness of exercises and treatment, and confidence in the therapist may as a whole contribute to this positive perception.

Motivating Factors to Continue Physiotherapeutic Treatment

The study showed that 59.3% of parents were encouraged to continue physiotherapy regularly as it helps make their child become more independent. Independence is a significant motivating factor because it accelerates their child's ability to engage in everyday life. Kronsell et al. (2021) reported that parents value their children's participation in treatment. Therefore, the possibility of helping the child attain greater self-reliance may encourage parents to continue physiotherapy.

Promising experiences shared by other parents motivated 58.1% of parents to continue treatment. This may be because other parents can provide emotional assistance and understanding based on shared experiences. Jansen et al. (2003) reported that communication between parents during therapy appeared to be important for parental welfare and suggested that casual contact or organised parent groups may be helpful for parents of children with physical limitations. Similarly, it was identified in studies that long-lasting relationships with other parents of children with disabilities was an important source of support. Therefore, hearing positive experiences from other parents may provide comfort and hope and lead to continued participation in rehabilitation.

In the present study, 55.8% of parents were willing to persist physiotherapy despite facing challenges or difficulties. This may reflect the worth parents place on their child's rehabilitation and their perception in the possible benefits of continued treatment. The study by Hurd et al (2023) on parents collaborating with physiotherapists in intensive rehabilitation highlights the notable commitment required from parents when involved in their child's rehabilitation programmes. Despite the demands involved, parents may continue their involvement when they view rehabilitation as important for their child's progress. This may explain the readiness of the parents in the present study to continue physiotherapy in spite of difficulties.

Further, 58.1% of parents reported that belief in scientific developments and the benefits of physiotherapy motivated them to continue rehabilitation. This may indicate parents' confidence in rehabilitation and their hope that treatment can improve their child's functioning. The systematic review by Novak et al. (2020) stresses on the importance of assessing interventions for children with cerebral palsy according to the available evidence. Additionally, according to many studies, parents require information that is easy to understand regarding treatment options and targets in order to make informed decisions about their child's treatment. Therefore, confidence in the advantageous and scientific basis of physiotherapy may lead to continued treatment.

Finally, 60.5% of parents reported that help from friends and family motivates them to continue regular sessions of physiotherapy. Jansen et al. (2003) emphasized that family care is related to improved parental emotional well-being, reduced stress, and raised satisfaction with the services. Thus, support from family is an important factor that encourages parents to continue their child's treatment.

Overall, the findings suggest that parents may be motivated to continue physiotherapy to increase their child's independence in daily life, because of encouragement received from other parents, commitment to their child's physiotherapy sessions despite difficulties, belief in the advantages of therapy, and support from family and friends.

Barriers Faced by Parents to Continue Physiotherapy Treatment

Even though the study depicted an overall favourable view towards physiotherapy, some factors were identified that could make continuation of rehabilitation difficult for parents. These factors were related to financial and time constraints, travel, preference for traditional treatment, and communication between parents and therapists.

In the study, 20.9% of parents reported financial problems and time constraints as barriers to continuing physiotherapy. Ikenna et al. (2022) suggested that continuation of physiotherapy is influenced by economic circumstances, while the distance to the clinics and travel difficulties can affect treatment attendance. Similarly, Dervishalijaj (2013) reported that the financial pressure and the time required for therapy sessions become important factors to consider for parents

while deciding whether they can continue treatment.

17.4% of parents considered transportation difficulties as a barrier to continue physiotherapy. Regular sessions may become difficult when families have to travel very far distances or depend on limited public transportation. Studies specifically identified the distance between the patient's home and the clinic as an important barrier to regularity to sessions and additionally described poor transportation networks and inconvenient roads as contributing difficulties. The qualitative findings of Phoenix et al. also showed that travel and scheduling appointments could create problems for families participating in rehabilitation. Thus, accessibility of therapy services may directly influence on parents' capacity to maintain regular attendance.

In the study, 24.4% of parents reported a preference for traditional treatment. This may depict the influence of cultural beliefs on healthcare decisions. Vajravelu and Solomon (2013) reported that families have their own traditional beliefs and that parents could be hesitant to go forward with treatment when these beliefs are not respected during the rehabilitation process. Therefore, the authors emphasized the importance of understanding family culture and child upbringing practices when developing treatment plans. Hence, including sensible communication into physiotherapy practice may help solve this barrier.

Finally, 16.3% of parents reported that lack of communication with the physiotherapist is a factor which is a barrier to continuing treatment. Crom et al. (2020) identified communication, experience and professional knowledge as significant components in physical therapy.

Overall, the barriers identified in the present study indicate that continuation of physiotherapy is influenced not only by parents' perception of its benefits but also by the practical and social circumstances surrounding rehabilitation. Addressing financial and time-related demands, improving accessibility, respecting cultural beliefs, and maintaining effective parent–therapist communication may facilitate better continuation of treatment.

Perception of Physiotherapy Rehabilitation for Long-Term Rehabilitation

The study further assessed parents' perception of physiotherapy as a long-term rehabilitation option. The findings suggest that a considerable proportion of parents recognised the potential value of continued physiotherapy for their child's long-term functioning and development.

57% of parents expressed a will to continue physiotherapy as a long-term rehabilitation measure. This may be because developmental disorders can result in continuing functional limitations that require ongoing management. Trabacca et al. (2016) suggested that long-term care for children with developmental disorders requires a multidisciplinary approach in which the family is an important factor of rehabilitation. Therefore, parents recognise physiotherapy as an important part of supporting their child's functional needs over time.

In addition to this, 60.5% of parents agreed that physiotherapy has a positive long-term impact on their child. This perception may develop from improvements that parents observe during treatment. Chen et al. (2013) found that long-term physical therapy could have an impact even among older children. Thus, observed progress may contribute to parents' belief that physiotherapy can provide continuing benefits.

58.1% of parents believed that long-term physiotherapy reduces the risk of complications in the future. This perception could be related to the preventive goals of rehabilitation. The parental perception review by Dlamini et al. (2025) described that physiotherapists play a role in promoting participation, increasing physical function, and avoiding any complications. Therefore, parents view continued physiotherapy as useful for reducing problems in the future.

In the present study, 59.3% of parents agreed that physiotherapy rehabilitation could improve their child's social skills. This may be indirectly related to improvements in physical function and participation. Studies emphasized that parents are significantly focused on their children's participation in various aspects of daily life and rehabilitation.

Finally, 62.8% of parents observed that they received overall support from the physical therapist. This comparatively high response

indicates the importance of the therapist's role in maintaining parental involvement. Studies also focus on the importance of a positive relationship between parents and physiotherapists. Our study is consistent with Crom et al. (2020), who identified the therapist's knowledge, their experience, communication and approach to the child as important components of the rehabilitation.

Overall, the findings indicate that parents perceive physiotherapy as a significant long-term rehabilitation option. Their will to continue treatment, belief in its long-term benefits, perception of its potential to decrease future complications and improve social participation, and confidence in the support provided by physiotherapists suggest that long-term rehabilitation is favourable by a substantial proportion of parents. These findings support the importance of family-centred, continuous, and goal-oriented physiotherapy in the long-term management of children with developmental disorders.

CONCLUSION

The present study concludes that parents had an overall positive perception of physiotherapy rehabilitation for children with developmental disorders. A significant number of parents were willing to continue physiotherapy as a long-term measure for their child.

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