

# Caregiver Perspective and Knowledge of Neurological Patients Undergoing Physiotherapy Management: A Survey-based Study

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## ABSTRACT

**Introduction:** In neurological rehabilitation, caregivers play a crucial role in patients' recovery from neurological disorders. Caregivers' perspectives and knowledge about physiotherapy may influence patient motivation and the consistency of the home-based rehabilitation protocol. Since caregivers are integral to the rehabilitation process, assessing their knowledge and perceptions toward physiotherapy is important for optimising treatment adherence, enhancing functional recovery, and strengthening collaborative care.

**Aim:** To find out the perspective and knowledge of caregivers of neurological patients toward physiotherapy.

**Materials and Methods:** This survey-based study included participants with a minimum age of 18 years. Caregivers were assigned to neurological patients receiving physiotherapy management at clinics and rehabilitation facilities. The principal investigator created a total of 20 questions in the knowledge and perspective domain. After that, 12 physiotherapists verified the

questionnaire. According to their suggestions, modifications were made, and the final draft of the questionnaire was shared via Google Form with the participants. Within two days of receiving the form, the participants were asked to respond to the questions and submit them.

**Results:** A total of 45 responses were collected through Google Form. A total of 84.7% of the responses had an understanding of the benefits of physiotherapy in neurological patients, while 15.3% were not aware of physiotherapy practice. However, 73.4% of participants agreed that physiotherapy adherence is necessary if the recovery process is slow, but 2.2% were disagreed.

**Conclusion:** Overall, the responses indicate a highly positive and engaged perspective, with a significant majority of caregivers either agreeing or strongly agreeing with the positive statements about physiotherapy management and their role in recovering the patients from neurological disorders.

**Keywords:** Neurological rehabilitation, Patient participation, Treatment adherence.

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