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## **DIFFERENCE BETWEEN PHYSICAL REHABILITATION AND PHYSICAL THERAPY**

Rehabilitation and physical therapy are two branches of healthcare that focus on helping people with injuries or disabilities to regain their physical functions. Even though physical rehabilitation is a bit like physical therapy, and people often mix up these terms, there are some essential differences too. Physical rehabilitation covers more types of jobs, while physical therapy is just one part of physical rehabilitation.

Physical rehabilitation often begins in the hospital after an injury or surgery and can last a long time. It does not stop there though; it may continue in places like nursing facilities, homes with therapy, outpatient clinics, and other places too.

Physical rehabilitation is a term that covers the whole process a person goes through to get back to their best physical shape. Physical therapy is a term that refers specifically to the physical therapy profession. Physical therapists (PTs) play a crucial role in the physical rehabilitation journey. They specialize in movement and work on improving a person's physical abilities through evaluation, setting goals, and using different methods such as strengthening exercises, alignment techniques, balance training, vestibular exercises, and other therapies.

Physical rehabilitation is a broader term compared to physical therapy. It encompasses various professions aimed at helping individuals restore their physical abilities. Depending on your specific needs, you may interact with multiple professionals or just one. Each profession within rehabilitation has its unique approach. They will tailor a treatment plan specifically for you, considering your goals and requirements.

In summary, rehabilitation and physical therapy are vital aspects of healthcare that aid individuals in recovering physical function and independence after injuries or disabilities. Rehabilitation encompasses a holistic approach, addressing physical, cognitive, and emotional needs, while physical therapy concentrates on musculoskeletal conditions within this broader framework. Combining these fields ensures a comprehensive approach to care, crucial for patients' recovery and return to their regular activities.

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### **THE USE OF VIRTUAL REALITY TECHNOLOGIES IN REHABILITATION AS AN IMPORTANT TOOL FOR THE RECOVERY OF PATIENTS**

Currently, the problem of the mass need for physical rehabilitation after diseases and injuries has reached huge proportions. Accordingly, medicine is constantly evolving, incorporating information technologies into practice. Since the early 1970s, medicine has started a partnership with computer programs to address various clinical challenges [2]. One of the most interesting areas of modern rehabilitation is treatment using virtual reality systems.

VR therapy uses immersive virtual environments, that simulate real-life scenarios through visual and auditory channels for rehabilitation purposes. This approach is actively used during the treatment of individuals who have suffered