

**Clinical Establishments  
Act Standard for  
Physiotherapy Centre**

**Standard No. CEAorPhysiotherapy Centre**

**Table of Contents**

	<b>Particulars</b>	<b>Page No.</b>
	Definition	4
	Scope	4
	Infrastructure	5
	Furniture & Fixtures	6
	Equipment or Instruments	6
	Human Resource	7
	Support Service	7
	Legal or statutory Requirements	7
	Record Maintenance and Reporting	7
	Process	8
	Appendix 1	10
	Appendix 2	11
	Appendix 3	12
	Appendix 4	14

## 50 Definition

A physiotherapy centre is an allied Healthcare establishment providing physical therapy services by a physiotherapist to patients with a recent prescription or referral from a licensed medical doctor (physician or surgeon). Depending on the disease condition a review and re-prescription by a treating medical doctor is required for continuing physiotherapy services.

## 51 Scope (as applicable)

This set of common minimum standards framed shall be applicable to standalone physiotherapy centre with one or more physiotherapists

2.1 And physiotherapy sections attached to hospitals or polyclinic.

2.2 **Various therapies under the scope is as follows:**

### 2.2.1 Electrotherapy (Adult or Paediatrics)

- a) Hydrocollator (Hot Packs).
- b) Paraffin Wax Bath Infrared or Ultra violet radiation lamps.  
(Cold) – Cryotherapy.
- c) Shortwave diathermy
- d) Ultra sound Therapy (1 & 3 MHz).
- e) Electrical energy- TENS (Trans cutaneous Nerve Stimulator).
- f) Low and Medium frequency currents: IFT (Interferential Therapy) or
- g) Electrical muscle stimulator.

### 2.2.2 Exercise therapy

- a) Shoulder exercise unit
- b) Wrist and Hand exercise units

- c) Abduction ladder
- d) Over head Pulley system or Multiple Pulley exercise unit
- e) Weight cuffs (Optional)
- f) Dumbbell exercise set, Mat exercise (floor) mat
- g) Parallel Bars and Wall bars
- h) Examination couches (number according to the patient load)
- i) Quadriceps table, Mobilization or Stabilizing belts, Patient evaluation kit (including Goniometer, Percussion Hammer, Measuring tape etc.), Walking aids (sticks, crutches, frames and wheel chairs etc.)

### **2.2.3 Mechano Therapy**

- a) Cervical and Lumber Traction systems (Intermittent and Constant) with traction table

### **2.2.4 Hydrotherapy**

### **2.2.5 Manual therapy**

- a) To deliver primary service in health education and health promotion.
- b) To deliver health care services of physiotherapy and rehabilitative nature.

## **52 Infrastructure Requirements**

- 3.1 The physical facility shall be developed and maintained to provide safe and secure environment for patients, their families, staff and visitors. It shall be situated in a place having clean surroundings and shall comply with local byelaws in force, if any from time to time.
- 3.2 The minimum space requirement for carrying out the basic functions of the facility shall be as per Appendix 1.

- 3.3 The area shall be well illuminated, ventilated and clean with adequate water supply.
- 3.4 The total area requirement can be broadly classified into two categories viz. Common Area and Treatment area. The common area shall include facilities such as reception, waiting, toilet, consultation, etc. The treatment area shall include space requirements for main equipment and for ancillary services.
- 3.5 The facility shall be adequately provided with working space to allow orderly and logical placement of equipment, material and movement of personnel so as to maintain safe operations.
- 3.6 The space requirement in treatment area shall be as per as per the scope of service and workload. The ancillary area like facility for storage (cabinet etc), facility for backup equipment like UPS or generator etc. shall also be available, *please refer to Appendix 1.*
- 3.7 Common area can be shared between the different divisions or sections of the centre or HCO. Within the centre various work sections can also share the resources and space however not compromising the quality of work.
- 3.8 The physiotherapy centre shall have a prominent board or signage displaying the name of the centre in local language at the gate or on the building.
- 3.9 The following other signage shall be well displayed in the language understood by the local public in the area:
- a) Name of the physiotherapist with registration number.
  - b) Fee structure of the physiotherapist or physical therapy services.
  - c) Timings (For ex - from 8am - 2pm)
  - d) Services provided within the facility

### 53 Furniture & Fixtures

- 4.1 Furniture and fixtures shall be available in accordance with the activities and workload of the physiotherapy centre.

## Clinical Establishments Act Standards for Physiotherapy Centre

---

- 4.2 The furniture and fixtures shall be functional all the time. *For indicative list of items refers to Appendix 2. (This list is indicative and not exhaustive).*

### 54 Equipment or Instruments

- 5.1 The physiotherapy centre shall have essential equipments as per Appendix 4.
- 5.2 Other physiotherapy equipments as per the scope of service and work load requirement shall be available.
- 5.3 Adequate space for storage of equipments
- 5.4 All equipment shall be in good working condition at all times. Periodic inspection, cleaning, maintenance of equipments should be done.

### 55 Human Resource

- 6.1 Physiotherapist as per the scope of the physiotherapy centre shall be registered with State physiotherapy & Occupational Therapy Council, wherever applicable.
- 6.2 The services provided by the physiotherapy professionals shall be in consonance with their qualifications, training and registration.
- 6.3 Personnel record containing personal and professional information shall be maintained for each staff.
- 6.4 Periodic skill enhancement or up gradation or refresher trainings shall be provided for all categories of the staff relevant to their job profile. *For Human resource requirement refer to Appendix 3.*

### 56 Support Service

- 7.1 Support services like registration, billing, waste management, etc., can be shared with the hospital.
- 7.2 Support Staff: In a physiotherapy centre minimum one support staff shall be available to meet the care treatment and service needs of the patient. However number may depend upon the workload and scope of the service being provided by the clinical establishment.

### 57 Legal or Statutory Requirements

- 8.1 Every application must be accompanied with the documents confirming compliance with local regulations and law.

### 58 Record Maintenance and Reporting

- 9.1 Copies of all records and statistics shall be kept with the clinical establishment concerned for at least 3 or 5 years or in accordance with the CEA act.
- 9.2 All clinical establishments shall be responsible for submission of information and statistics in time of emergency or disaster or epidemic situation or as required from time to time by National Council CEA 2010.

### 59 Process

- 10.1 **Registration:** Every patient visiting the physiotherapy centre shall be registered.
- 10.2 **Assessment and plan of care** The physiotherapist card or slip of every registered patient must bear the minimum following legibly at every visit: Working diagnosis as provided by the treating medical doctor who has referred the patient, Relevant history and examination findings, Plan of care listing the exercises and physical modalities, Signature and date of the physical therapist, A review and re-prescription from the treating medical doctor after three weeks for continuing plan of care.
- 10.3 **Infection Control:**
- a) The physiotherapy centre shall take all precautions to control infections like practicing hand hygiene etc.
  - b) Availability of clean water for hand washing or liberal use of sanitizer shall be maintained throughout the working hours of the physiotherapy centre.
  - c) Sanitation and hygiene of the toilets if available shall be maintained.
  - d) Mopping of all patient care areas with disinfectant shall be done at least once a day.
- 10.4 **Safety Considerations**

## **Clinical Establishments Act Standards for Physiotherapy Centre**

---

- a) The establishment shall make effort shall to take care of patient safety aspects like patient fall, etc.
- b) The establishment shall make effort to keep the centre pest and termite free.

### **10.5 Biomedical waste Management**

- a) Biomedical waste shall be managed in accordance with the BMW management and handling Rules, 1998.

### **10.6. First Aid**

- a) Provision shall be made for providing First Aid.
- b) Contact details of ambulance hospital etc shall be available.
- c) Staff shall be trained on BLS.

**Appendix - 1**

**Minimum infrastructure requirements shall be as follows:**

S.No		Minimum Area
1	Reception, Waiting & Consultation	Reception, waiting, consultation room etc. shall be adequate as per the requirement and workload of the physiotherapy center
2	Ancillary area or space	Ancillary area or space for storage of records, reagents, consumables, stationary etc including eating area for staff shall be available in accordance with the workload
3	Electrotherapy (Adult or Paediatrics)	Minimum one chamber of 10 ft.X7 ft for Diathermy unit and another chamber of same size for other electrotherapy modalities with examination couches, linen and electric fitting of required load, as per the specifications of the modalities. Separate space for Wax Bath and Hydrocollator as per the patient load and equipment specifications
4	Exercise Therapy	Minimum one consultation room (15 ftX10 ft at least), Treatment rooms or cabins (at least three of 10ftX10ft each) and space for the Parallel bars, Gait training and Floor or mat exercises. The centre should have essential facilities like wash basins, wash rooms etc.
5	Mechano Therapy	Minimum one chamber of 10 ft.X7 ft to accommodate Cervical and Lumber Traction systems (Intermittent and Constant) with traction table and other material so as to provide adequate working space to carry out safe procedure.
6	Manual therapy	Manual therapy couch or the Examination couch. can be accommodated in the Exercise therapy space.
7	Hydrotherapy	Optional. If there, should be placed in the separate chamber of the size as per the equipment specifications. For example if Hubbard's equipment is used, it requires a chamber of not less than 15ftX15ft along with the facility of changing room and wash room.

**Appendix -2**

**Furniture and Fixtures**

<b>S.N.</b>	<b>ARTICLES</b>
1.	Table
2.	Chairs
3.	Examination Tableorcouch
4.	Screens
5.	Foot Step
6.	Stools
7.	Storage Cabinet for records etc.
8.	BMW storage area

**Appendix- 3**

**Indicative list of minimum equipment or instrument required is as follows:**

**I. Essential Equipment:**

S. No.	Name of the equipment	Minimum Specifications	No. of equipment
1	Stethoscope		1
2	Thermometer	Digital	1
3	Torch (flash lights)		1
4	Sphygmomanometer (B.P. Apparatus)	Digital	1
5	Weighing machine (Optional)	Adult	1

**II. Emergency Equipment:**

S. No.	Name of the Equipment	Minimum Specifications	No. of Equipment
3	Fire Extinguisher	-	1

**III. PHYSIOTHERAPY EQUIPMENT**

The physiotherapy equipment relevant to the scope and workload shall be available as follows:

PHYSIOTHERAPY EQUIPMENT	
<b>Electrotherapy Equipment</b>	
1	Short Wave Diathermy
2	Ultrasonic Therapy
3	Interferential Therapy
4	Hot Pack Unit
5	Paraffin Wax Bath
6	TENS
7	LASER (Optional)

## Clinical Establishments Act Standards for Physiotherapy Centre

---

8	Muscle Stimulator
9	Cold Packs
10	C.P.M.
<b>Exercise Therapy Equipment</b>	
13	Shoulder Wheel
14	Over Head Pulley
15	Wall Ladder
16	Supinator Pronator Exerciser
17	Heel Exerciser
18	Ankle Exerciser
19	Parallel Bars(optional)
20	Tilt Table (optional)
21	Walker or Crutches or Canes
22	Stationary Bicycle
23	Treadmill (Optional)
24	Vibrator for Chest Physiotherapy(Optional)
25	Swiss Ball (Optional)
26	Dumbbells or Weight Cuffs (Optional)
27	Gripper or Gel Balls (Optional)
28	Thera Bands or Thera Tubes (Optional)
29	Spiro meter (Optional)
30	Peak flow meter(Optional)
31	Hydrotherapy (Optional)
<b>Mechano Therapy</b>	
32	Traction Unit (Cervical or Lumbar)
<b>Manual therapy</b>	
33	Manual Therapy couch or Examination couch (Optional)
<b>Hydrotherapy</b>	
33	Hydrotherapy pool or Hubberd tank (Optional)

**Appendix- 4**

**Minimum human resource requirement shall be as follows:**

<b>S. no.</b>	<b>Category</b>	<b>Minimum Qualifications (from recognized university)</b>	<b>Registration with the concerned council (if applicable)</b>	<b>Remarks</b>
1	Physiotherapist-1	BPT from recognized university or DPT awarded till 1991 from recognized University	State Physiotherapy & Occupational Therapy Council	Where council registration is not applicable, registration shall be done with Indian association of physiotherapy