

# REGULATIONS DEFINING THE SCOPE OF THE PROFESSION OF BIOKINETICS

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The Minister of Health has, in terms of section 33 (1) of the Medical, Dental and Supplementary Health Service Professions Act, 1974 (Act No. 56 of 1974), on the recommendation of the South African Medical and Dental Council, made the regulations in the Schedule.

## SCHEDULE

1. In these regulation "the Act" means the Medical, Dental and Supplementary Health Service Professions Act, 1974 (Act No. 56 of 1974), and any expression to which a meaning has been assigned in the Act shall bear such meaning, and unless the context otherwise indicates-

"biokinetics" means the profession concerned with preventive health care, the maintenance of physical abilities and final phase rehabilitation, by means of scientifically-based physical activity programmes;

"biokineticist" means a person registered under article 32 (1) (a) of the Act as a biokineticist;

"scientifically-based physical activity pro- grammes" means specific and individual-oriented physical training programmes based on the individual's physical condition and compiled and supervised;

"final phase rehabilitation" means the period or phase in the rehabilitation process in which physical activity and physical conditioning constitute the primary therapeutic modality;

2. The following acts of biokineticist shall, for the purposes of the Act, be deemed to be acts that pertain especially to the profession of biokinetics:

(1) Promotion of physical abilities, prevention of certain ailments, and physical selection:

(a) Recording of general history with a view to determining the risks of exercise (if any) for the individual.

(b) Evaluation: Physical work capacity test: Determination of physical work capacity with the aid of a cycle ergometer or treadmill, monitoring equipment and available associated equipment to arrive at and determine an effective and safe exercise level for an exercise programme prescription using the following tests:

(i) Monitoring of heart rate with an electro-cardiograph or heart rate monitor during multistage workloads.

(ii) Measurements of blood pressure and other physiological responses before, during and after work.

(iii) Measurement of range of motion and muscle strength.

(iv) Evaluation of body posture and body composition.

(c) Exercise programme prescription: Prescription, follow-up of and guidance of specific exercise programmes.

(d) Physical selection: Evaluation of and exercise programme prescription for special groups and professions.

(2) Final phase rehabilitation: Musculoskeletal system:

(a) Functional ergological assessment: The assessment of the affected limb or body part to determine the functional limitations with the aid of the following:

(i) Specific history of the condition and previous treatment, and a general medical history.

(ii) Specific assessment of the affected limb or body part. This includes the manual determination of: - range of motion; - muscle strength; and - flexibility.

(iii) Analysis of posture.

(iv) Specialised tests for muscle strength, muscle exhaustion and range of motion of joints by means of the assessment of torque, muscle, work, ratios between antagonistic muscle groups with regard to torque and work, bilateral comparisons with regard to torque and work, range of motion and extent and position of restriction resulting from injury or deviation.

- Knee: Flexion/extension: bilateral
- Ankle: Dorsi/plantarflexion: bilateral  
Inversion/eversion: bilateral
- Shoulder: Abduction/adduction: bilateral  
Extension/flexion: bilateral
- Elbow: Extension/flexion: bilateral
- Hip: Abduction/adduction: bilateral  
Extension/flexion: bilateral

- Wrist:      Extension/flexion:      bilateral  
                  Pronation/supination:      bilateral
- Back:      Flexion/extension  
                  Rotation  
                  Lateral flexion/extension

(b) Rehabilitation programme prescription: Orthopaedic final phase rehabilitation programme prescription. Taking the patient through rehabilitation programme prescription.

(c) Rehabilitation session: Orthopaedic final phase rehabilitation session

(d) Rehabilitation session on specialised equipment: Final phase rehabilitation with the aid of electronic-hydraulic isokinetic systems.

(3) Final phase rehabilitation: Medical conditions:

(a) Functional assessment:

(i) General history with a view to determining the risks of exercise for the patient.

(ii) Physical work capacity test: The determination of physical work capacity with the aid of a cycle ergometer or treadmill, monitor equipment and available associated equipment to determine an effective and safe final phase rehabilitation programme prescription using the following tests:

(aa) Monitoring of heart rate by means of an electrocardiograph or heart rate monitor during multistage workloads.

(bb) Measurement of blood pressure and other physiological responses before, during and after workloads.

(b) Rehabilitation programme prescription: Final phase rehabilitation programme prescription for specific medical conditions.