

## The Core sets of International Classification of Function and Disability in Physical Therapy

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To delineate a common language for describing Functioning and dysfunctioning of individuals with various health condition to be used by health care professionals all over the world, the International classification of function and disability (ICF) also known as ICF model has emerged as a multidimensional classification system which is based on biopsychosocial model of health system<sup>1</sup>. ICF model addresses many issues related to various disciplines of Rehabilitation specially Physical therapy<sup>2</sup>. In Physical therapy ICF model is utilized for making decisions ensuring to cover all aspects of human health and functioning, for documentation purpose as well as to enhance communication by agreeing upon the same standardized terminologies<sup>2</sup>.

ICF is very complex and comprehensive to use that is why ICF core sets have been formulated out of those comprehensive domains of International Classification of function and disability, these core sets are customized purposely made catalogues that efficiently describes important aspects of a person's health status with reference to particular health condition for example ICF core sets for stroke, ICF corsets for obesity and so on<sup>0</sup>. Almost 34 ICF core sets for selective health conditions have been developed so far<sup>3</sup>. These ICF core sets have been validated at many platforms specially in European countries and among the most commonly validated ICF core sets are those for stroke and LBP<sup>1</sup>.

LBP is a common problem and disability caused by this condition has raised since a century predominantly in underdeveloped countries<sup>4</sup>. when it comes to low back pain which is non specific, the treatment is more focused on physical therapy management<sup>4</sup>. Patients receiving physical

therapy services were found to be relieved from long term disability caused by back pain<sup>5</sup>. To ameliorate physical therapy decision making, treatment and outcomes ICF model in form of ICF core sets must be utilized in practice and the core sets for low back pain should be validated<sup>6</sup>. In Pakistan unfortunately there are no such validation studies to date; therefore there is a dire need for validation of ICF core sets for LBP to improve quality standards of physical therapy practice.

### REFERENCES

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