

## An Art therapy Strategy in Association with Clinical Physical Therapy

**Foton Fouad Abdel Qader Fayoumi**

Assistant Professor of Artistic Works, Department of Painting and Arts - College of Design and Arts, King Abdulaziz University - Jeddah, Kingdom of Saudi Arabia.

### Abstract

The Kingdom has initiated the establishment of physiotherapy units and centers for health care and comprehensive rehabilitation of the elderly and cases of fractures, physical disabilities, patients of the nervous and sensory system, patients of the musculoskeletal system ... etc. However, it still lacks treatment through art in general and technical works in particular, as it still needs To put forward a therapeutic rehabilitation strategy in plastic art through artistic works, so that artistic works have an effective role in physiotherapy centers compared to treatment centers in developed countries (Germany) In light of the above, the research problem can be summarized in the following question: How can the expertise of developed countries be used ( Germany) in the field of clinical physiotherapy with artistic works in the development of a strategy for rehabilitation and treatment through artistic works. The research aims to benefit from the advanced experiences of a number of countries with a greater focus on Germany in the field of treatment with technical works and the extent to which it is possible to benefit from the development of a treatment plan to diagnose the technical skills and abilities of a sample of students with hand disabilities, in order to develop them physically, socially and psychologically by practicing technical works, with the aim of Application of this strategy through hospitals or physiotherapy centers. The importance of the current study lies in shedding light on the clinical benefits through physical therapy with technical works, which develop the capabilities of patients in terms of muscle, sensory, nervous and physical, such as patients with paralysis, fractures, strokes, blood diseases, cancerous tumors, sensory, emotional and social. It also aims to introduce the community to the rehabilitation programs for art physiotherapy through artistic works. The study assumes in principle the possibility of developing a qualification strategy for clinical physiotherapy through technical works in addition to a course in the development of the muscular, physical, sensory, emotional and social aspects through many plastic fields that have clinical benefits such as leather work, glasswork, woodworking, mosaic, metals, environmental and consumable materials, and works Paper ... etc. The study is based on the descriptive and analytical approach of individual cases and its reliance on artistic works as an open material with its raw materials to implement this program and its strategy. The research sample consisted of six female students, Department of Painting and Art, College of Design and Art, King Abdulaziz University. The study concluded by laying out the initial lines of a therapeutic rehabilitation strategy through the technical works of female students suffering from physical health problems and hand disabilities, and it reached to provide them with skills in terms of muscle, physical, sensory and psychological terms, as this program developed the students' skills in many ways. The researcher recommended the necessity of establishing specialized rehabilitation centers as departments within hospitals, as is found in European countries (Germany) to rehabilitate the treatment of physical, muscular and orthopedic cases through technical works to benefit from them, and she also emphasized the importance of planning treatment with plastic art through technical works to treat physical illnesses and relationships Different.

### Keywords:

art therapy; clinical physical therapy; therapy strategy