

Background and objectives: Anxiety disorders are a group of mental disorders that include generalized anxiety disorder (GAD) and panic disorder (PD) among others. Anxiety disorders are among the most common of all mental disorders and, when coupled with an awareness of the disability and reduced quality of life they convey, they must be recognized as a serious public health problem. The objectives of this review was partly to give an overview of what we know of GAD and PD from going through literature, together with how the generalized anxiety disorder and panic disorder can be presented in the patients with relevance to physiotherapy and different treatment possibilities by intervention of the physiotherapist.

Methods: Based upon that background the thesis reviews literature as full text articles dealing with GAD and PD (anxiety disorder), from electronic searches with Pubmed, Medical Journals, Physiotherapeutic Journals, and health care sites. Information from books and journals relevant to health care professionals was also reviewed.

Results: Many studies that evaluate the effectiveness of a physiotherapeutic intervention treating a somatic disorder, including pain, have results that indicate reduction in anxiety scores or sensation; however, the overall reporting of studies linked directly to the role of physiotherapy in PD and GAD was poor.

Conclusion: In an effort to begin to understand the link between PD and GAD to somatic symptoms and the relevance of intervention of physiotherapeutic knowledge of these disorders, the conclusion from the review of the literature is that it is of great importance to be very conscious of those psychological conditions that often presents itself as somatic burdens, as it may be the cause of many typical physiotherapeutic examination symptoms and/or the symptoms can lead to development of PD and GAD.