

AUTHORS' REPLY

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We are thankful to the author for his comments on our article.⁽¹⁾ The author has rightly suggested that schizophrenia patients should stand up frequently, as this may result in better weight transmission to the lower part of the body and help in more optimal blood flow to the head and neck. In fact, we have plans to monitor this area in future research.

We also agree with the author concerning the benefits of exercise in schizophrenia patients, since exercising leads to better blood flow in the body, thus relieving oxidative stress. Interestingly, studies have found that schizophrenia patients tend to lack exercise,⁽²⁾ show indifference toward exercising and have high levels of inactivity due to prolonged hospitalisation.⁽³⁾ As oxygen and glucose demand increases following any form of physical activity, exercise may be beneficial at any stage of the disease. Therefore, we contend that the role of physiotherapists cannot be undermined in the management of schizophrenia patients.

Yours sincerely,

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