

## From helplines to walkathons... world day draws massive support



Swiss physical therapists provide back care to passers-by in their PhysioBus, which began a tour through Switzerland on World Physical Therapy Day.

**Hundreds of physical therapists raised awareness of the contribution they make to global health on World Physical Therapy Day, 8th September. They organised everything from roadshows to seminars, from quizzes to helplines, from walkathons to public demonstrations, taking up WCPT's "Movement for Health" theme and showing the world how to combat disease through exercise.**

Some WCPT member organisations report massive participation. In the UK, physical therapists organised activities in 150 workplaces, urging employees to "workout at work".

The Legitimerade Sjukgymnasters Riksförbund reports around 450 World PT Day activities occurring in Sweden, and in Nigeria, 25 out of 36 state chapters of the Nigeria Society of Physiotherapy organised events.

This year WCPT encouraged member organisations to highlight non-communicable diseases such as cardiovascular disease, diabetes and cancer in the light of the high level meeting about these diseases held at the United Nations General Assembly in mid-September.

There are full reports on the high level meeting and World PT Day activities in this issue of WCPT News.

If you have any stories to tell about this year's World PT Day, or have any suggestions for how you would like to see the day developing in future years, let us know at [news@wcpt.org](mailto:news@wcpt.org)

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## World leaders commit to tackling non-communicable disease



Lance Armstrong (seated left), champion cyclist, cancer survivor and founder of the support organisation Livestrong, attends a round-table discussion on fostering international cooperation to address non-communicable diseases (NCDs) on the sidelines of the General Assembly's high-level meeting on NCDs.

### **World governments pledged in September to work to adopt new targets before the end of 2012 to combat non-communicable diseases such as heart disease, cancers, diabetes and lung disease.**

Heads of state were taking part in the first ever high-level meeting of the United Nations General Assembly on non-communicable disease, which pose a socio-economic and development challenge of "epidemic proportions," said the meeting.

"The prognosis is grim," warned UN Secretary-General Ban Ki-moon, who noted that only once before had the Assembly convened at the ministerial level to sound the alarm on a global health issue, when it had held its first summit on HIV/AIDS. He cited statistics from the World Health Organization stating that deaths from non-communicable diseases would increase by 17% in the next decade, and in Africa they would jump by 24%.

A total of 34 heads of state were present, compared to 25 at the HIV Summit in 2001.

They committed to tackle the crisis by reducing risk factors and creating health-promoting environments, strengthening national policies and health systems, bolstering international cooperation and partnerships, and promoting research and development. Member states pledged to work with WHO, other UN agencies and international organisations to develop before the end of 2012 "a comprehensive global monitoring framework, including a set of indicators, capable of application across regional and country

settings... to monitor trends and to assess progress made in implementing national strategies and plans on non-communicable diseases”.

For physical therapists, the recommendations on the role of physical activity were of particular interest. The world leaders gave a commitment to advancing multi-sectoral, cost-effective, population-wide interventions to reduce common risk factors such as physical inactivity. They would do this by implementing international agreements and strategies, and education, legislative, regulatory and fiscal measures.

In particular, they committed to advancing the WHO Global Strategy on Diet, Physical Activity and Health, introducing policies and actions aimed at promoting healthy diets and increasing physical activity in the entire population, including in all aspects of daily living. The actions might include giving priority to regular and intense physical education classes in schools; urban planning for active transport; the provision of incentives for work-site healthy lifestyle programmes; and increased availability of safe environments in public parks and recreational spaces to encourage physical activity.

WCPT was represented at the meeting through the World Health Profession's Alliance (WHPA), of which the confederation is a member. WHPA representative Wonchat Subhachaturas said that the spread of non-communicable diseases would only be challenged globally by emphasising effective health care as a human right, not as a limited set of targets on specific conditions.

“The way forward is to develop health care systems based on a core of solid primary care,” he said. “These cannot be reduced to serving particular interests. Illnesses are not confined to one disease category in an individual patient.”

“The World Health Professions Alliance that we form a part of – speaking for 26 million health professionals – urges member states to take immediate and sustained action, from now, to beat this serious threat to human health and development.”

Before the summit, the WHPA produced an easy-to-use, practical guide to help individuals and their health professionals reduce the risk of non-communicable diseases. The WHPA Health Improvement Card consists of a health scorecard, with “how to” explanatory guides for individuals and health professionals.

The information obtained through the card can help individuals and health professionals develop interventions to address individuals' risk factors and actively improve their health and well-being. They are shown how to: avoid tobacco use and harmful alcohol consumption; improve diet; undertake regular sufficient physical activity; achieve and maintain healthy weight; manage tension and stress; access preventive care and screening for preventable illness.

The card was launched on 12th September, and was promoted at several side events at the United Nations high-level meeting in New York. Brenda Myers, WCPT Secretary General, joined David Benton, Chief Executive of the International Council of Nurses, and Julia Seyer from the WHPA Secretariat at the launch in Geneva where the card was praised as a concise and practical tool. The card was also launched at the international congress of the FDI World Dental Federation held in Mexico.

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It is available in both English and Spanish from the WHPA website:  
[www.whpa.org/ncd\\_campaign\\_health\\_improvement\\_card.htm](http://www.whpa.org/ncd_campaign_health_improvement_card.htm)



## New European network for PT students gets off the ground



From the left to the right : Alberto Bozzi and Davide Costamagna (Italy) ; Florence Dabas and Anthony Demont (France) and Ralf Kraft (Germany)

**Student physical therapists from France, Italy and Germany who met at the WCPT Congress in Amsterdam have built on their experiences by forming a new European network for PT students.**

They have founded the European Network for Academic Physical Therapists (ENAPT), which came into being at an inaugural meeting at the European Students' Union in Brussels on 9th September. Student organisations from seven other European countries have agreed in principle to join the network before the end of the year.

The network is composed of presidents of physical therapy student organisations or student representatives from professional bodies. The three organisations currently represented are Fédération Française des Étudiants en Kinésithérapie, Zentralverband der Physiotherapeuten/Krankengymnasten and Unione Studentesca Italiana di Fisioterapia.

During the meeting, delegates discussed issues surrounding professional education in each country, and the idea of student federalism in Europe. They worked on the status and mission of the new network.

Anthony Demont, Vice President of the French Federation for Physical Therapy Students and organiser of the Brussels meeting, says that the network will promote physical therapists and their education.

"Its aims are to defend student values and work hand-in-hand with WCPT to promote physical therapy education. This network invests in international collaborative projects to promote physical therapy education."

Representatives are now working on the organisation's articles and constitution. The network will hold an annual meeting, with the first one scheduled for Paris early next year.

An annual meeting will be held from now on to share knowledge and

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collaborate on international projects.

For more information, contact ENAPT at: [enapt11@gmail.com](mailto:enapt11@gmail.com)



## Physical therapists win places at 2012 Olympics and Paralympics



Moran Samuel (right) after receiving her bronze medal at the World Rowing Championships

**An Israeli physical therapist has won a place at the Paralympics in London in 2012. Moran Samuel earned her spot at the World Rowing Championship in Bled, Slovenia, where she achieved a bronze medal in adaptive rowing.**

Five years ago Moran, then a physical therapy student and a talented basketball player, had a spinal stroke that left her paralysed from the chest down. But she completed her degree, started working in paediatrics, and then started up a national women's paralympic basketball team. Just nine months before her Bled triumph, a friend invited Moran to start rowing.

"She got hooked and started training in adaptive singles rowing, quickly clocking top world level times and qualifying for the world championships," says Nirit Rotem of the Israeli Physiotherapy Society.

In the UK, Nicky Hunt, a senior physiotherapist in Suffolk, has been selected to represent Great Britain in the Olympic archery competition. And partially sighted Anna Sharkey, who recently qualified as a physiotherapist in Essex, is representing Great Britain at the Paralympics in the sport of goalball – in which visually impaired teams throw and deflect a ball containing a bell at speeds of up to 104 miles per hour.

Many more physical therapists from around the world will be taking part in the Olympics and Paralympics. Please let us know about those who have been chosen from your country by commenting here, or emailing [news@wcpt.org](mailto:news@wcpt.org)

## Physical therapists central to volunteering body's long success



Volunteer Jerri Robertson teaching PNF to staff in Vietnam in June 2009

**Physical therapists' interest in international volunteering schemes has exploded in the past two decades. As Health Volunteers Overseas celebrates the organisation's 25th anniversary, its Executive Director Nancy Kelly says the profession has always been instrumental in international projects bringing sustainable change.**

Health Volunteers Overseas (HVO) was founded by physicians in 1986 to improve the availability and quality of health care in developing countries by training and educating local health care providers. As soon as it began, it became clear that there was a need for post-surgical rehabilitation in orthopaedic projects. It also became clear, says Nancy Kelly, that physical therapists were among the most ready and willing of professions to offer their services overseas for free.

"From the very start, there seemed to be a lot of enthusiasm from physical therapists, so we started to work with the American Physical Therapy Association, which became an official sponsor in 1995," says Nancy Kelly.

HVO volunteers provide professional support to health care providers in more than 25 resource-poor nations, in the fields of child health, primary care, trauma and rehabilitation, essential surgical care, oral health, infectious disease, nursing education and burn management.

The US-based organisation began with a medical emphasis, but over 25 years around 15% of its volunteers have been physical therapists – the

largest profession after physicians (58%). Other professions participating include dentists and oral surgeons (11%), nurses (8%) and nurse anaesthetists (4%).

The proportion of physical therapists involved has been increasing. Last year, for the first time ever, HVO sent more physical therapists abroad than any other group.

“This has been a surprising trend,” says Nancy Kelly. “We’ve had an amazing amount of interest from physical therapists in international work, particularly from students. They seem to have a very global perspective.”

Nancy Kelly explains that though education and training of local health care providers is fundamental to HVO’s work, the definition of “education and training” has always been broad. “It includes hands-on work, demonstrating what you’re doing to colleagues. But volunteers never forget that they are passing on a skill, and the care that a patient is getting at that moment is an added benefit.”

“Physical therapists really buy into this colleague-to-colleague focus, whereas other professions find it more difficult,” she says. “They’re very good at making working relationships with each other.” Although HVO typically recruits from the US and Canada, in physical therapy it has expanded its volunteer pool to include anyone licensed or trained in an English-speaking country. Recent volunteers have come from Europe and Australasia.

There have been recent physical therapy projects in Suriname, Guatemala and Ethiopia.

HVO has had a physical therapy programme in Suriname since 1999, run in collaboration with the Faculty of Medical Science at the Anton de Kom University in Paramaribo. A military coup in 1980 and a declining economy resulted in an exodus of health care professionals and by 1983 there were only nine physical therapists still practising in Paramaribo.

Pressure from the Surinaamse Vereniging Voor Fysiotherapie (Surinamese physical therapy association) resulted in a physical therapy programme being established in 1996, but it hit problems when national health budgets were slashed. At this point, Tony Chang, coordinator of the physical therapy programme, contacted HVO member and physical therapist Frits Hunsel for assistance in developing instructors, curriculum content upgrades and specific content area instruction.

HVO helped in delivering quality education to students by recruiting volunteers with the right expertise to match the needs of the PT programme’s academic faculty.

The first HVO volunteer to serve in Suriname arrived in May, 1999. Since then, a total of 27 physical therapists have graduated, with another 34 presently studying. The number of active professionals in the country has increased to 45, a five-fold increase from 1983. All three hospitals in Paramaribo and the rehabilitation centre are now participating as clinical instruction sites for the programme.

Another recent initiative has been in Ethiopia, where HVO is helping physical therapists implement a four-year doctor of physical therapy curriculum, recognised by the Ministry of Education. This has developed

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from an advanced studies/residency programme at Black Lion Hospital in Addis Ababa, which has aimed to raise the education and clinical performance of physical therapists at the hospital to an advanced level of clinical competency. The programme is run by HVO jointly with the Jackson Clinics of Northern Virginia, USA and Regis University, Denver USA.

“There does seem to be more of a global focus on providing good rehabilitation services these days,” says HVO’s volunteer coordinator April Pinner. “After a lot of emphasis on surgery in the early days, a lot of sites now want an emphasis on rehabilitation, so that patients can get home.”

Nancy Kelly says she’s seen a major change in the profile of global health issues over 25 years: the AIDS crisis, the threat of infectious disease, and the work of Bill Gates have all increased awareness, she says.

With so much interest in volunteering now, the challenge is to ensure that the work carried out by volunteers is sustainable, and has long-term benefits. That is why the emphasis will always continue to be on education and training rather than providing short-term assistance, says Nancy Kelly.

“Around 40% of our volunteers have volunteered before, and what’s great is that they can see things changing as a result of what they’ve done. When they go back, and see that the technique they taught someone three years ago is being widely used and making a difference to many people – that’s wonderful.”

[www.hvousing.org](http://www.hvousing.org)

## Leap forward in WCPT's subgroups marks professional maturity

**WCPT's subgroups are multiplying – five more joined the Confederation this year, bringing the total to 12. "It's a mark of the profession's maturity, and WCPT's growing stature, that most of the major special interests are now represented under the WCPT umbrella," says WCPT President Marilyn Moffat.**

The leap forward came at WCPT's General Meeting in Amsterdam in June, when international organisations representing physical therapists specialising in cardiorespiratory physical therapy, neurology, mental health, electrophysical agents and animal practice all became recognised as WCPT subgroups.

But what are subgroups? Formally, they are international physical therapy organisations that have a specific area of interest and promote the advancement of physical therapy and the exchange of scientific knowledge in their field.

Shane Patman of the newly-admitted International Confederation of Cardiorespiratory Physical Therapists (ICCrPT) says that organisations like his own allow physical therapists working in the same area to "communicate, foster collaboration, assist with the development and maintenance of guidelines and standards, support education and research endeavours, and facilitate mentoring opportunities beyond their local jurisdictions".

These international, specialist organisations have to have an independent existence in their own right. But many seek affiliation with WCPT because it brings real benefits.

Mary Solomon of the International Neurological Physical Therapy Association, which also became a WCPT subgroup this year, says that being part of WCPT gives the organisation credibility and connections.

"By joining with other physical therapists through an international collaboration which is recognised as the voice of physical therapy, we achieve status," she says. "Within WCPT we knew we would find assistance and enthusiasm to move our idea of a neurological association forward."

But Brenda Myers, WCPT's Secretary General, points out that strict criteria have to be fulfilled before an organisation can even be considered as a potential subgroup. "They have to be composed of at least ten national special interest groups recognised by WCPT member organisations, and/or WCPT member organisations. They also have to come from at least three WCPT regions," she says.

The very first organisation to become a subgroup of WCPT was the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT), and the move came because of the desire for a unified voice among physical therapists worldwide. Being affiliated with WCPT brings

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benefits to subgroups in terms of international recognition. There are many benefits for WCPT and its member organisations in turn, because subgroups are a useful resource of knowledge and expertise.

Now the priority for WCPT is not so much to add to the number of subgroups, but to ensure that it works as effectively as possible with those it has. "These organisations are there to enhance opportunities for the profession, and now we have so many we need to work together to ensure that they are all successful, and their activities are complementary."

Tracy Bury, WCPT's Director of Professional Policy, points out that recognition as a WCPT subgroup is the beginning of a process, rather than an end in itself. But when properly constituted and organised, these organisations are good news for physical therapists worldwide because they can both help spread expertise, and help ensure that WCPT is relevant. "With their emphasis on education and research, they work in line with our own objectives, but in a specialised area."

Over the next four years, WCPT will be exploring how best to support subgroups, and facilitating opportunities for subgroups to talk and work together. It will be working with subgroups to share news of their activities with all WCPT member organisations

## UK physical therapists help hundreds get active in the workplace



Physical therapist Nicky Creighton leads a keep fit session in the car park of the Community Therapy Services in Bromborough, Wirral.

**Physical therapists across the UK organised events to get employees out of their seats and on the move to mark World Physical Therapy Day. The Chartered Society of Physiotherapy declared a “Workout at Work” day on 8th September, and supported physical therapists in organising events in around 150 workplaces.**

The mass-participation event aimed to show how people can adopt healthier habits and build more activity into their daily working lives. In a remarkable range of settings – shops, offices, department stores, hospitals and even a power station – employees were offered Pilates classes, lunchtime walking clubs, cycling challenges and table tennis, as well as advice and information sessions. Employees at Arriva Trains Wales learned how to monitor their fitness, while staff at the CSP’s head office took to the streets on a lunchtime walk.

As part of the initiative, the CSP carried out a survey of the public. It found that four in ten people get out of breath walking up stairs or running for a bus. Some 46% of women who responded to the online poll, carried out in July, admitted these simple activities left them out of puff, as did 39 per cent of men.

Ann Green, Chair of the CSP, said: “Physiotherapists see the consequences of inactivity every day and it’s a real concern that so many people are left out of breath by relatively simple tasks. Workout at Work Day showed people the cheap and easy ways that exercise can be built into any daily routine.”

“Adopting some of these healthy habits can help us tackle the obesity crisis facing the UK today.”

## Rise in traffic accidents highlighted in Mauritius



The Association des Kinésithérapeutes in Mauritius held a ceremony to mark World PT Day.

**The Association des Kinésithérapeutes in Mauritius celebrated World Physical Therapy Day under the Movement for Health theme. The day's celebrations helped the association raise awareness among the Mauritian population, health professionals and policy makers about the crucial contribution the profession makes in keeping people well, mobile and independent.**

"This is particularly important in light of Mauritius's ageing population, increasing rates of non-communicable diseases and road traffic accidents, which are leading to a high level of disability," said Heenaye Adiilah, President of the Mauritius association.

"During the last few years, there has been a rise in high velocity accidents and this has resulted in an increasing number of spinal injuries. Other cases of disabilities, such as amputations, are also growing rapidly in Mauritius due to the high prevalence of diabetes among their population. This reflects the need for specialised rehabilitation with specialised staff and equipment."

At a ceremony to mark the day, Heenaye Adiilah highlighted the increasing number of unemployed physical therapists in Mauritius, emphasising the need for recruitment among medical institutions, sports rehabilitation centres and other sources. The Minister of Education, the chief guest, reiterated his wish to integrate physical therapy services into educational bodies to provide early awareness of physical activity among children.

The next day, the Association des Kinésithérapeutes continued its activities in a state home for elderly people, promoting the role of physiotherapy in keeping older people healthy and independent.

The World Physical Therapy Day celebrations were covered in the national channel news bulletins. Local newspapers provided wide coverage of all the activities.

## Massive participation from PTs across Nigeria



In Lagos, physical therapists, patients, students and volunteers walked in convoy through the streets.

**In Nigeria, 25 out of the 36 state chapters of the Nigeria Society of Physiotherapy (NSP) organised activities to celebrate World Physical Therapy Day. Events included road walks, road shows, health screening, lecture series and media campaigns.**

In Abuja there was a series of lectures on cancer awareness, which involved top management and clinical staff from the National Hospital, Abuja. The event was coordinated by the state chapter and the NSP's national Vice President.

In Lagos, the Medical Director of the National Orthopaedic Hospital Igbobi launched a physical therapy road show. Top management staff, physical therapists, patients, students and other volunteers walked in convoy through the busy Western Avenue in Lagos. The participants were led by the NSP's National Public Relations Officer, Chris Okafor, who addressed the public, commuters and market women in different Nigerian languages. He talked on the theme of Movement for Health and the need to keep fit and avoid sedentary lifestyles. There were also interviews in various Nigerian print and electronic media.

In Kano, a road walk was followed by an awareness seminar titled "The Role of Physiotherapy in the Management of Cancer".

In Enugu there was an elaborate market place campaign on the prevention of lifestyle-related diseases including diabetes, high blood pressure, cancer, stroke and obesity.

In Port Harcourt the day was celebrated flamboyantly by physical therapists, who welcomed the Registrar of the Medical Rehabilitation Board of Nigeria and the immediate past President of NSP as guests of honour.

## Record-breaking 450 activities by physical therapists in Sweden



Swedish physical therapists hand out postcards and copies of their journal

**World Physical Therapy Day was celebrated all over Sweden with at least 450 activities – compared with 300 activities last year. The focus of the campaign, organised by Legitimerade Sjukgymnasters Riksförbund (the Swedish Association of Registered Physiotherapists), was direct access.**

Half of the population in Sweden does not know that the public do not need a doctor's referral to consult a physical therapist, according to the association, quoting a recent survey.

During World PT Day, physical therapists were in hospitals, health centres, plazas, shopping centres and clinics handing out the association's Fysioterapi journal along with postcards promoting the campaign.

## New Zealand campaign focuses on arthritis

**Physiotherapy New Zealand marked the day by raising public awareness of the range of conditions which physical therapists treat. At the same time, the organisation tried to raise members' awareness of their role as primary health professionals in meeting changing population health needs.**

For World PT Day, campaigning focused particularly on arthritis. Physiotherapy New Zealand developed a pack of resources to raise local awareness of the condition, which was sent to all their branches, special interest groups, members with private clinics, and managers in public hospitals.

The message of the campaign was that people who use physiotherapy as part of their arthritis treatment are stronger, fitter, more flexible – and in less pain. “Research shows that exercise and stretching are vital for people with arthritis,” said PNZ President Gill Stotter. “So while it’s true that modern arthritis drugs can provide significant relief for some people, keeping moving is crucial.”

Arthritis affects half a million New Zealanders – and half of these are of working age. The total cost of arthritis in New Zealand was estimated last year at NZ\$3.2 billion, or 1.7% of GDP.

## Active ageing is the focus in Malta



At the Malta Association of Physiotherapists seminar, from left to right: David Gorria, General Secretary, WCPT European Region; Helen Borg Bonnici, Vice President of the National Council for the Elderly; Mario Galea, Parliamentary Secretary for the Elderly and Community Care; John Xerri de Caro, President of the Malta Association of Physiotherapists; Moses Azzopardi, National Association of Pensioners

**Every year since 2007, the Malta Association of Physiotherapists (MAP) has celebrated World Physical Therapy Day. This year it focused on active ageing, and organised a seminar titled “Active Ageing – Promoting Health and Wellbeing”. This is also the theme chosen by the European Union for the year 2012.**

The half-day seminar, organised in collaboration with the National Council for the Elderly, was promoted in local newspapers and among members of MAP, the Council for the Elderly and civil society organisations.

The President of the Malta Association of Physiotherapists launched the campaign, stating: “Physiotherapists are well-trained and well-placed to lead programmes designed to address the long-term consequences of non-communicable diseases.”

“They prescribe adequate exercise programmes which are proper, effective and improve the functional ability of their clients.”

Guests at the seminar included the Parliamentary Secretary responsible for the Elderly and Community Care in Malta, the General Secretary of WCPT’s European Region and the Vice-President of the Council for the Elderly. The Parliamentary Secretary praised physical therapists and their good practices and outcomes.

The seminar encouraged elderly people to take an active role in their own physical and social wellbeing. Mireille Vincenti, MAP Vice President, and Jeremy Ellul, MAP member, delivered a lecture on the physical challenges of ageing while Moses Azzopardi, President of the National Association of Pensioners, talked on poverty and social exclusion.

## World PT Day in brief



Physical therapy undergraduates at McGill University, Montreal, Canada educate passers by about their profession through quizzes and games

### Canada

Physical therapists highlighted the key role that the profession plays in the health care system. Arthur Woznowski-Vu, Vice President of the Physical and Occupational Therapy Undergraduate Society at McGill University, Montreal, organised undergraduates to provide information to the public and university personnel about the profession. They handed out pamphlets and fact sheets, organised quizzes and knowledge games.

### Guyana

The national press in Guyana published articles on 8th September highlighting World Physical Therapy Day and the role physical therapists play in treating and preventing many problems caused by pain, illness, disability and disease, sport and work related injuries, ageing and long periods of inactivity.

### Italy

The Associazione Italiana Fisioterapisti (AIFI) launched a press campaign about unauthorised physical therapy in the week of World Physical Therapy Day. It produced a poster and made a toll-free number available.

It also issued a press release giving basic information about physical therapy with a focus on back pain in schoolchildren. This will be followed by further activities during the academic year. The events generated publicity in the national press.

### India

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Many physical therapy institutions in India observed World Physical Therapy Day, holding camps, continuing education, walkathons, poster presentations and workshops.

Era's Lucknow Medical College and Hospital, along with the Rehabilitation Society of India, celebrated World Physiotherapy Day with a one-day workshop for students held by Ali Irani, President of the Indian Association of Physiotherapists.

Kims College of Physiotherapy celebrated by organising a three-day event including an awareness walk, academic sessions, paper presentations and an inter-college cultural competition.

The College of Physiotherapy Ahmednagar Maharashtra at the Maharashtra University of Health Sciences celebrated by organising fitness test camps in public places and holding a physiotherapy quiz for the students.

The Bangalore Physiotherapy Network organised a walkathon to spread awareness about physical therapy. It attracted over 200 people, most of whom had disabilities.

Students from the K M Patel Institute of Physiotherapy, Karamsad, Gujarat, participated in a rally to increase awareness.

## **Jamaica**

The Jamaica Physiotherapy Association chose the week of World Physical Therapy Day to hold its annual seminar. Following the Movement for Health theme, it was entitled "Keep the Shoulder Moving".

## **Kuwait**

The Kuwaiti Physical Therapy Association celebrated World Physical Therapy Day for the first time, with events on 8th and 9th September.

Members prepared brochures, contacted the media and made themselves available to distribute leaflets and talk to the public about the roles and specialties of the profession. The celebrations attracted media coverage in the newspapers, television and radio.

## **Mexico**

The Asociación Mexicana de Fisioterapia celebrated World Physical Therapy Day across the country. The association used the day as an opportunity to motivate children to exercise, with many physical therapists' families also participating in events.

## **Nepal**

The Nepal Physiotherapy Association organised a physical therapy festival in Basantapur in the heart of Kathmandu.

The programme aimed to raise awareness of the profession among the general public. Physical therapists from various hospitals, institutions and organisations distributed leaflets about posture, neck care and back care.

They gave advice about ergonomics, discussed the benefits of exercise and raised awareness about the risk factors for diabetes, obesity and heart related disease. Approximately 100 patients were treated and counselled.

## Trinidad and Tobago

The Physiotherapy Association of Trinidad and Tobago sent a newsletter promoting the profession to all its members, asking them to forward it to family, friends and acquaintances. The newsletter provided information on how physical therapists could help build healthier communities. It included an A-Z of physical therapy, and information on the diseases, injuries and conditions that physical therapists treat.

## Philippines

The physical therapy department in San Pedro College held several activities to celebrate World Physical Therapy Day, including a free lecture on posture and preventing lower back pain. Exercises to strengthen core muscles were demonstrated.

Brochures were handed out to the community promoting the profession and its vital role in wellness and health, and a free physical therapy service was provided to patients on 9th September

## Singapore

The physiotherapy community gathered on 25th September to celebrate World Physical Therapy Day at the National Library Building.

The Singapore Physiotherapy Association made the theme for this year's road show "Promoting Health through Physiotherapy", with the aim of highlighting the role of physical therapists in the prevention of disease and disability. The Minister for Health joined in at the opening demonstration of Tai Chi.

Physical therapists from the acute, community and private sectors set up booths to showcase physiotherapy expertise in promoting healthy living. A public forum on "Exercise and hypertension, hyperlipidemia and hyperglycemia" in English and Mandarin, and a session on strengthening exercises with resistive bands, attracted enthusiastic crowds.

The day's event rounded off with a line dance demonstration.

## Switzerland

The Schweizer Physiotherapie Verband started their Physiobus 2011 tour on the 8th September. The bus toured through Switzerland until 27th September, with physical therapists providing advice on back health. Checkpoints in the bus showed exercises and measures of strength and balance.

## Uganda

An article in local newspapers looked at the role of physical therapy,

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drawing attention to the profession's role in keeping people well, mobile and independent. The article also highlighted the shortage of physical therapists and changing epidemiological trends.

## **United Arab Emirates**

To mark World Physical Therapy Day the Emirates Physiotherapy Society held activities over a week promoting the role of the profession in the government sector as well as in private and public organisations. Printed materials were produced and lectures were given to the general public.

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