



World Physiotherapy Day- Physiotherapists bring Nairobi to a standstill.

Physiotherapy is a branch of physical medicine that offers treatment by use of physical agents. Physiotherapists in Kenya work under the umbrella of the Kenya society of Physiotherapists, their professional body in the country.

The Kenya society of physiotherapists held an international Scientific Conference in Nairobi from the 9th to 11th September 2009 at the All Saints Cathedral conference Hall.

The Theme of the conference was **“Enhancing good health through evidence based practice in the 21st century”**

Physiotherapists’ help patients suffering from injury or disease to restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities.

Their patients include accident victims and individuals with disabling conditions such as low-back pain, arthritis, sports injuries, heart disease, fractures, head injuries, and cerebral palsy.

In addition, they promote peoples' overall fitness and health. According to the World Health Organization, childhood obesity “is one of the most serious public health challenges of the 21st century “Obesity in childhood is linked with serious illness such as diabetes cardiovascular disease, low back pain, and arthritis among others in adulthood. Making sure children have sufficient exercise is one of the key factors for preventing child obesity and adulthood chronic modern day conditions of lifestyle. All physical therapists are experts in movement and exercise, and the ways in which it promotes health.

Three pre- conference courses were held on the 9th the entire day and a number of research papers presented by physiotherapy scholars from around the world on the 10th September.

The world physiotherapy day was marked with pomp and colour on the 11th September 2009 from 9.00 am in Nairobi, Kenya’s capital city of Kenya. This was

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to commemorate the day physiotherapy as a profession was started 58 years ago. During this day, there was a procession by Physiotherapists from Germany, The Sudan, Uganda, Tanzania, Rwanda, Zimbabwe and Kenya along a designated route. The aim was to create public awareness regarding the importance of maintaining healthy lifestyles through physical activities and the role Physiotherapists played as experts in this aspect.

Led by the Administration band from the Kenya Administration police, the procession was flagged off from the Profession Centre by the President of the ASSOCIATION OF PROFESSIONAL SOCIETIES IN EAST AFRICA-APSEA who is also the Chairperson of the SELECT COMMITTEE OF THE PANEL OF EXPERTS ON THE TRUTH, JUSTICE AND RECONCILIATION COMMISSION Dr. Daniel Ichang'I, OGW. The procession followed Parliament Rd, turned off to the General post office into the ever jam packed Kenyatta Avenue before entering the interstate busy Uhuru Highway, Valley Rd into the All Saints Cathedral Compound. The procession absolutely made Nairobi grid into a halt as the procession of over two hundred participants meandered their way along the busy route.

Thereafter, an annual general meeting was held where new officials were to be elected to run the society for a further two years.

Due to exemplary service rendered by the outgoing officials, The President Mr. Julius Nyagah, The Secretary General Mr. Raphael Owako, and the National Treasure Ms, Luiser Muange were re-elected.

Media houses were invited to participate in the exciting conference that gave a wide coverage as way of educating the public on healthy life styles.

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