

WORLD PHYSICAL THERAPY DAY 2009 CELEBRATION

SINGAPORE PHYSIOTHERAPY ASSOCIATION

The Singapore Physiotherapy Association celebrated the World Physical Therapy Day 2009 in a social event involving the public on September 12th. A Saturday and a beach spot in a recreational Park, called East Coast Park was when and where the celebrations of the profession took place this year.

The event was graced by our Singapore Health Minister, Mr. Khaw Boon Wan, a reputable man well loved by all. The SPA was indeed proud and honored his presence by having a grand opening ceremony with confetti and applause from the public when he released the “Movement for Health” banner, following this year’s theme. This set off the chain of several events planned for the day ahead. The Minister’s tour of the events showcased the expert services provided by our therapists and displayed the current areas in health, targeted in physiotherapy in Singapore.



This year’s celebrations also pioneered the inaugural Physiotherapist of the Year award ceremony which recognized one physiotherapist nominated, from all over the island, for his great contribution to the profession and continuing support to the profession over the years. Rewarding the effort of a physiotherapist who is involved in all dimensions of the profession such as clinical education, research, clinical work and managerial roles for the first time creates a landmark in the history of Physiotherapy in Singapore and will hopefully serve to inspire and drive the younger generation to aspire for greater heights.



Physiotherapists from all major hospitals and private clinics and over 50 physiotherapy students from the Nanyang Polytechnic, Physiotherapy School volunteered their services to ensure the success of this event.



The registration booth with goodie bags pregnant with wholesome health promotion products given to the public, followed by an exciting line up of services, both of which succeeded in drawing a huge crowd very early in the morning and lasted till the rest of the event.

The events included free Musculoskeletal and Ergonomics consultations: Fitness counseling based on calculations of Body Mass Index and derived target heart rates. These consultations catered for those who were suffering from Neck and Back pain due to poor postural habits at the computer or those who were unsure of a suitable fitness routine for themselves. Free falls assessments using the Berg Balance Scale were also popular with the older population at risk of falls.



Mass Tai-Chi demonstrations saw the highlights of the day with ongoing sessions for the public continually strolling in despite the hot and bright weather. Even Mr. Khaw had to enjoy the moves of Tai-Chi for health. Tai Chi is a growing popularity amongst physiotherapists in the areas of Diabetes, Osteoarthritis and more clinical conditions.



The concerted effort of my Public Relations Team and the Student Committee of SPA and has made this celebration enjoyable and memorable. After sleepless nights to pull together this event over busy work schedules and exam periods, we are indeed very pleased with the outcome. It was indeed an enriching experience for us and we are very proud to have been able to help educate the public about the services offered by physiotherapy.



I would like to extend my warmest thanks to the sponsors and supporters of the events without which, this event would not been possible. Singapore Lee Foundation were the proud main sponsor of this event and the event was supported by Council for 3rd Age.

My heartfelt thanks to MacDonald's for providing food for the volunteers.

My gratitude goes out to the members of the SPA council for their great support and encouragement especially our President, Dr. Celia Tan, who never fails to motivate us to share our knowledge of this profession.



Thank you and I continue to look forward to what is in store for the next Physiotherapy Day celebrations!

Yours Sincerely,

Geetha Kayambu

Chairperson, Public Relations

Singapore Physiotherapy Association