

Taiwan physical therapists geared up for promoting World PT Day

It was the first time the PTAROC (Taiwan) organised such an event to celebrate the World Physical Therapy Day. The special half-day event consisted of three activities encompassing this year's theme, "movement for health". The celebration took place at the School of Physical Therapy, National Taiwan University on September 6, 2009 and attracted many physical therapists and publics from various parts of Taiwan to join the joyful event.

The World PT Day celebration started with a special speech given by the first Chinese female Olympic winner (bronze medal in low hurdles in 1968) and also world famous athlete, Ms Cheng Chi, together with Mr Wen-Jen Chien, the president of the PTAROC (Taiwan) on the subject of how movement could benefit our health. Ms Cheng Chi, who is also the founder of the Hope Organisation, has been promoting the idea of "walk for health" for years. She encouraged the participants to appreciate the benefits of exercise to our body and mind. Accompanying the speech, a Mr Jie-Chen Cui, who just turned one hundred years old earlier this year, demonstrated his own way of maintaining health by twenty types of self-created mat exercises. President Chien also stressed the importance of making exercise a daily routine, as evidences show that well-planned exercises not only can lower the incidence of many diseases but also help rejuvenate one's body and mind.

At the same time, there was a fitness testing for the publics and a competition of taping skills for the physical therapists on going in the National Taiwan University. It was the Association's intention to make the government and publics recognising the importance of including fitness testing in a regular health check-up, just like the blood and urine routines. While therapists from the Physical Therapy Center, National Taiwan University Hospital helping out in the fitness testing, there were also therapists from all over Taiwan decided to flex their muscles in the elastic taping contest. It was the first time for the Association to hold such competition for therapists in clinical skills. The judges and the contestants were all enthusiasts in elastic and kinesio taping. After three rounds of competitions, the winner of the finals, Mr Ho-Chi Chien, a physical therapist with about 10 years clinical experience, walked away with a medal and a cash prize equivalent to £100 pounds.

With the success of this year's celebration, the PTAROC (Taiwan) has decided to make the World PT Day also a Taiwan PT Day from this year onward. It is quite a

coincidence that, the PT Day is right before the September 9, the Sports Festival, a day to encourage participation in sports and exercise for health, and the Double Ninth Festival in lunar calendar, a day dedicated to senior citizens to promote active ageing and good health. It would be just the right time to remind the physical therapists as well as the publics the importance of this profession in promoting holistic health and well-being for people with a wide spectrum of age and conditions, and to unite the physical therapists together for facilitating the professional growth in Taiwan.



Distinguished guests in the World Physical Therapy Day speech. From left to right: Prof Suh-Fang Jeng (Head of School of Physical Therapy, National Taiwan University); Ms Mei-Lang Chang, ex-President of PTAROC (Taiwan) (1999-2001); Mr Mr Jie-Chen Cui, Ms Cheng Chi, Mr Wen-Jen Chine, President of PTAROC (Taiwan).

Physical therapist tested the grip strength of a man in the fitness testing service in the World Physical Therapy Day activity.



Physical therapist tested balance of a man in the fitness testing service in the World Physical Therapy Day activity.



A finalist of the elastic taping competition concentrated on his taping task in a condition simulating swelling and instability of the joint after ACL rupture. Mr Ho-Chi Chien (left) won the gold medal of the competition at the end.



At the awarding ceremony of tapping competition, Dr Yan-Ying Ju (first one on the right at the last row) was the most important organiser for the whole competition as well as other World PT Day activities.

