



World Physical Therapy Day 2016

Resources for your campaign

Add life to years



General resources on ageing

World Health Organization Global Brief for World Health Day 2012

<http://www.who.int/world-health-day/2012/en/>

WHO World Report on Ageing and Health 2015

<http://www.who.int/ageing/publications/world-report-2015/en/>

WHO: Sixty-ninth World Health Assembly - Multisectoral action for a life course approach to healthy ageing: draft global strategy and plan of action on ageing and health

http://apps.who.int/gb/ebwha/pdf_files/WHA69/A69_17-en.pdf

Other WHO publications on active ageing

<http://www.who.int/ageing/publications/active/en/>

Age UK: healthy ageing evidence review

<http://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Health-and-wellbeing/Evidence%20Review%20Healthy%20Ageing.pdf?dtrk=true>

Research supporting the role of physical therapy in promoting quality of life in older people

Resistance exercise for the aging adult: clinical implications and prescription guidelines

<http://www.ncbi.nlm.nih.gov/pubmed/21396499>

The effect of functional circuit training on physical frailty in frail older adults: a randomized controlled trial

<http://www.ncbi.nlm.nih.gov/pubmed/20956842>

Impact of exercise in community-dwelling older adults

<http://dx.doi.org/10.1371/journal.pone.0006174>

Maximal oxygen uptake, muscle strength and walking speed in 85-year-old women: effects of increased physical activity

www.ncbi.nlm.nih.gov/pubmed/10965376

Effect of physical activity on functional status among older middle-age adults with arthritis

www.ncbi.nlm.nih.gov/pubmed/16342096

Efficacy of physical conditioning exercise in patients with rheumatoid arthritis and osteoarthritis

www.ncbi.nlm.nih.gov/pubmed/2818656

Effectiveness of home exercise on pain and disability from osteoarthritis of the knee: a randomised controlled trial

www.ncbi.nlm.nih.gov/pmc/articles/PMC1752761/

Maximal oxygen intake and independence in old age

<http://bjsm.bmj.com/content/early/2008/04/10/bjsm.2007.044800.short>

Websites

The International Association of Physical Therapists working with Older People (IPTOP)

<http://www.wcpt.org/iptop>

The Chartered Society of Physiotherapy: physiotherapy works

<http://www.csp.org.uk/professional-union/practice/your-business/evidence-base/physiotherapy-works>

The American Physical Therapy Association: Move Forward

<http://www.moveforwardpt.com/SymptomsConditions.aspx>

Irish Society of Chartered Physiotherapists: information leaflets

<http://www.iscp.ie/inventory-type/information-leaflets>

Prevention of Falls Network for Dissemination, Europe

<http://profound.eu.com>

Information for the public

Get up and go – a guide to staying steady

<http://www.csp.org.uk/publications/get-go-guide-staying-steady>

We're talking about your generation – guide to keeping active

<http://www.csp.org.uk/publications/were-talking-about-your-generation>

Exercise for the older person

http://www.iscp.ie/sites/default/files/iscp_cpcc_comcare.pdf

Get Ireland Active: older adults

<http://www.getirelandactive.ie/Older-Adults/>

Up and about: taking positive steps to avoid trips and falls

<http://www.healthscotland.com/uploads/documents/23464-UpAndAbout.pdf>

How physio can help falls prevention

<http://physiotherapy.org.nz/your-health/how-physio-can-help/falls-prevention/>

Leaflets for the public from the Academy of Geriatric Physical Therapy

<http://geriatricspt.org/consumers/>