

## World PT Day 2021, Physio life care Sri Lanka

To celebrate World PT Day 2021, Physio life care Sri Lanka joined hands together with the health & beauty club YouTube channel (<https://www.youtube.com/channel/UChiM13GmXHJeAcjFOTbDhJA> ) and the chartered society of physiotherapy Srilanka held a series of events and activities over six months. Celebrations began with Dr. Sujeewa Weerasinghe and Mr. Sanjeewa Thunpaththu making an address in which they encouraged delegates to move more. The Physio life care Srilanka took part in World PT Day focuses on rehabilitation and Long COVID and the role of physical therapists in the management and treatment of people affected by Long COVID...

### **The following activities were also carried out:**

A booth was set up with various promotional activities for the public, these were focused around this year's campaign on rehabilitation and Long COVID and the role of physical therapists in the management and treatment of people affected by Long COVID-19

a new intervention as a solution for the COVID-19 pandemic was presented by Sri Lankan scientists

Seven free international video webinars on rehabilitation and Long COVID and the role of physical therapists in the management and treatment of people affected by Long COVID. was held for more than 500 participants.

More than 10 Paper articles were published on rehabilitation and Long COVID and the role of physical therapists in the management and treatment of people affected by Long COVID...

<https://www.dailymirror.lk/medicine/Exercise-could-speed-up-Covid-recovery/308-217194>

<https://www.dailymirror.lk/medicine/COVID-19-and-complaints-about-mental-fog/308-216723>

There were 30 YouTube videos were published on rehabilitation and Long COVID and the role of physical therapists in the management and treatment of people affected by Long COVID.

. <https://youtube.com/playlist?list=PLyuT5B-PV6QRg3hOvMqdd-GxaKuG8B0eb>

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