

World Physiotherapy Day Hong Kong – Promote HAPPY and HEALTHY WALKING

In order to celebrate World Physiotherapy Day, Department of Rehabilitation Sciences of The Hong Kong Polytechnic University, Hong Kong Physiotherapy Association and The Hong Kong Society for Rehabilitation co-organized the World Physiotherapy Day Hong Kong Campaign on 8 September 2012. To tie in with WCPT theme on "Movement for Health", this Hong Kong Station activity included free public health check, talks on the benefits of walking as an exercise, demonstration of warm-up and stretching exercise, and workshop on Nordic walking and race walking.

The event was advertised in the local newspaper and about 120 persons from the general public attended, many of them were elderly persons who are keen to exercise in their daily lives. From the physiotherapy community, about 300 PT and students also came to help out as well as participate in the activity. The climax of the event came when all the participants started the historical walk round the campus of the Hong Kong Polytechnic University. The walk was about 1 km and it served a dual purpose as the walking distance is also contributable to the overall walking record of the fund-raising event which will be held by the Hong Kong Society for Rehabilitation on 11 November 2012.

This activity has promoted the image of Physiotherapist as the ideal professional to promote, guide, prescribe and manage exercise activities for the general public. We look forward to organizing similar public education and health promotion activity after this very first memorable local kick-off event. Keep it up, Hong Kong Physiotherapist!



Doing warm-up exercise



Voice from a patient



Walk around in campus



Ms. Lam LAM & dedicated PT
volunteers



Kick-off Walk!