Greetings from MPA to all Physiotherapists of Malaysia and around the world on the occasion of World Physiotherapy Day, celebrated on 8th September.

Various programs were carried out at physiotherapy departments at public and private institutions throughout the country. (Please send photographs to MPA for up-coming issues)

We all owe every success and achievements to our profession and its regulatory body which leads all its members to highest level of standards in professional and personal life.

Our growing profession in this country and MPA has got to learn a lot from the history of growth of our profession in the USA and the formation of a regulatory body-APTA. We owe a tribute to Mary McMillan, the first lady responsible for the founding of Physical Therapy Profession when she was involved in the training of "reconstruction aides" responsible for caring the wounded soldiers in World War I.

Physical Therapists formed their first professional association in 1921, called the American Women's Physical Therapeutic Association.

We Malaysians too should collectively gear head to make the voice of our MPA stronger.

Led by President Mary McMillan, an executive committee of elected officers governed the Association, which included 274 chapter members.

By the end of the 1930s, the Association changed its name to the American Physiotherapy Association. Men were admitted, and membership grew to just under 1,000.

With the advent of World War II and a nationwide polio epidemic during the 1940s and 1950s, physical therapists were in greater demand than ever before. The Association’s membership swelled to 8,000, and the number of physical therapy education programs across the US increased from 16 to 39.
APTA – WORLD’S FIRST

PHYSIOTHERAPY ASSOCIATION

By the late 1940s, the Association had changed its name to the American Physical Therapy Association, hired a full-time staff, and opened its first office in New York City.

A House of Delegates representing chapter members was established to set APTA policies. In addition, Sections were created to promote and develop specific objectives of the profession. The first two Sections were the School and Private Practice sections.

In the 1960s, APTA membership reached almost 15,000, and the number of education programs nationwide grew to 52.

The present Headquarters is now based in Alexandria, Virginia, representing more than 75,000 Physiotherapy members throughout the United States. APTA’s goal is to foster advancements in physical therapy practice, research, and education. Currently 180 institutions offer physical therapy education programs and 236 institutions offer physical therapy assistant education programs in the United States.

- Courtesy: University of Texas at El Paso
  (compiled By Arun Gireesh)

MPA would like to pay our respect to our very first few Malaysian Physiotherapist to lay foundation in this country. . . . Write to us? . . . . Editors
Physiotherapy Experts could cut heart deaths.....

The profession of physical therapy (known as physiotherapy in many countries) is uniquely qualified to have an impact on the growing global epidemic of diseases related to obesity and unhealthy lifestyles, according to Marilyn Moffat, Professor at New York University and President of the World Confederation for Physical Therapy.

There is an explosion of lifestyle-related diseases (sometimes referred to as “diseases of civilisation”) - obesity, coronary heart disease, diabetes, stroke and high blood pressure – around the world. Being overweight, or having an unhealthy diet, is itself a risk factor for all these conditions. Around 180 million people worldwide have diabetes and cardiovascular diseases such as heart attack and stroke account for 29% of the world’s deaths.

These conditions can often be prevented and treated with exercise, and physical therapists with most expertise in prescribing exercise for health and fitness, can significantly reduce the global burden of chronic illness and death brought by the diseases.

“Exercise, particularly aerobic conditioning and strength training, is a key intervention to prevent obesity, and death and disability from cardiovascular disease and diabetes,” says Marilyn Moffat. “Physical therapists are experts in prescribing these as part of a structured, safe and effective programme. For those already affected by cardiovascular disease and diabetes, help bring a return to work, education, community participation and fulfilled lives.”

For more information, contact your national physical therapy organisation, MPA at or International body www.wcpt.org/members or at news@wcpt.org

Background Information.

About physical therapy

Physical therapists are experts in developing and maintaining people’s ability to move and function throughout their lives. With an advanced understanding of how the body moves and what keeps it from moving well, they promote wellness, mobility and independence. They treat and prevent many problems caused by pain, illness, disability and disease, sport and work related injuries, ageing and long periods of inactivity.
Physical therapists are educated over several years, giving them a full knowledge of the body’s systems and the skills to treat a wide range of problems. This education is usually university-based, at a level that allows physical therapists to practise independently. Children and young people under the age of 18 need 60 minutes of moderate to vigorous physical activity each day to promote and maintain health. Adults need 30 minutes of moderate physical activity 5 days a week, or 20 minutes of vigorous physical activity 3 days a week to maintain health. Plus they need to do muscle strengthening exercises at least twice a week.

**About cardiovascular disease and diabetes**

Cardiovascular disease is the term used to describe diseases affecting the heart and circulatory system, and includes heart disease, stroke and raised blood pressure (hypertension). Diabetes mellitus is a condition where the amount of glucose in the blood is too high causing tissue damage.

Type 2 diabetes usually develops when people are overweight.

**About the impact of physical therapy on cardiovascular disease and diabetes**

Research has shown that the type of exercise and training prescribed by physical therapists can lower blood pressure, risk of stroke and diabetes, and improves outcomes for people who are diagnosed suffering from coronary heart disease.

More details are available in resource materials on the WCPT website:

- [WPTDay-C3-Diabetes.pdf](http://www.wcpt.org/sites/wcpt.org/files/files/WPTDay-C3-Diabetes.pdf)

**About World Physical Therapy Day**

World Physical Therapy Day falls on 8th September every year, and is an opportunity for physical therapists from all over the world to raise awareness about their crucial role in keeping people well, mobile and independent. The day was established by WCPT in 1996, and marks the date on which WCPT was founded.

- WCPT News
HARI RAYA GREETINGS
SEPTEMBER 2009

To all Muslim members of MPA
“Selamat Hari Raya Aidil Fitri”
To you & your family
Travel Carefully & Have a safe journey Back to Kampung
Best wishes from the President and all the EXCO members of MPA

REQUEST:
Please be free to forward this e-news to as many friends, colleagues, member or non-member Physiotherapists, students, relatives in Malaysia or abroad.

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Physio Focus

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It is our sincere attempt to bring as many articles of interest to you members every month via our e-circulation in PHYSIOfocus. We welcome and value each and every critics, suggestions or advice. All these, only add to improvement, in our endeavor to serve. We require two more volunteers to form the editorial team, please come forward! We also need articles, professional information, news, gossips, achievements, awards, decorations, & marriage invitation or photographs from you members. To all members please send us your latest email addresses.

Let’s all play a role and take pride involving MPA activates

"Enthusiasm can only last amidst Encouragement…"

Dr. Bains,
President MPA