WORLD PHYSIOTHERAPY DAY
NATIONAL PROGRAMME 2016
SRI LANKA

ADD LIFE TO YEARS

ON 08TH OF SEPTEMBER 2016 AT THE AUDITORIUM OF THE MINISTRY OF SPORTS, SRI LANKA

ORGANIZED BY THE CHARTERED SOCIETY OF PHYSIOTHERAPY

MOVEMENT FOR HEALTH
World Physical Therapy Day

IN COLLABORATION WITH
MINISTRY OF SPORTS
SRI LANKA
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WORLD PHYSIOTHERAPY DAY NATIONAL PROGRAMME 2016 SRI LANKA

As An Awareness Program
To Prevent Sport Injuries

ON 08TH OF SEPTEMBER 2016, 1:30 PM AT THE AUDITORIUM OF THE MINISTRY OF SPORTS

ORGANIZED BY
THE CHARTERED SOCIETY OF PHYSIOTHERAPY

In collaboration with
MINISTRY OF SPORTS, SRI LANKA
AGENDA

01. 13.30 Registration
02. 14.00 Arrival of Chief Guest
03. 14.05 Lighting of the Traditional Oil Lamp and Web Site launch
04. Welcome Speech by Dr. Jaliya Uduwella (The President CSP)
05. Lecture 01, Differences between Sport Medicine and Sport Physiotherapy by Mr. Asanka Maddumaarachchi, MCSP
06. Lecture Demonstration 02. Sports Injury prevention and skill development by Dr. Sujeewa Weerasinghe, FCSP(SL) (The National Organizer CSP)
07. The Award Ceremony
08. Speech of The Minister of Sports Hon. Dayasiri Jayasekara
09. Lecture Demonstration 03. Sports injury management by Miss Dinithi Perera, MCSP
10. Speech of the Secretary, The Ministry of Sports. Sri Lanka
11. Lecture Demonstration 04. Sports injury Rehabilitation by Mr. Nilanka Henaka Arachchi, MCSP
12. Lecture. Sport Nutrition and Physiotherapy by I N Aluthge FCSP, Senior Lecturer School of Physiotherapy
13. Speech of the Special Guest Hon. Health Minister Dr. Rajitha Senarathna
14. Vote of Thank by Mr. Ranjith Kulathunga, FCSP (Secretary General -CSP)
15. National Anthem
It is with great pleasure that I add my greetings to the programme organized by the Chartered Society of Physiotherapy in collaboration with the Ministry of Sports.

Physiotherapy is a method of treatment that is used to uplift the lives of people with the help of the principles of Physics in Western medicine. It not only provides treatment but also helps in prevention of many physical ailments. The uses of Physiotherapy encompass many fields. They help in maintaining physical fitness, minimizing the defects of aging, prevention of sports injuries and rehabilitation. In parallel to those, the principles of Physiotherapy are also used to improve the quality of sports.

I appreciate the work of the Chartered Society of Physiotherapy, for providing an invaluable service by dedicating their strength to prevent non communicable diseases as well as striving to produce internationally recognized sportsmen with the help of their knowledge, instead of fighting for their professional rights.

As a result of this valuable step taken together by the Chartered Society of Physiotherapy and the Ministry of Sports, I sincerely wish we would be able to produce some talented sportsmen to glorify the name of our motherland in the field of sports.
Message of the Hon. Prime Minister

I convey my regards to all the physiotherapists who celebrate the World Physiotherapy Day.

Physiotherapy holds a unique position in the field of medicine. It has become very popular as it is a way of providing treatment without the use of medicinal drugs and thereby minimizing negative side effects.

I appreciate the valuable service done by the Chartered Society of Physiotherapy during the past year to prevent physical ailments and to uplift the field of sports. Introducing innovative methods of Physiotherapy to international conferences, providing international knowledge exposure to Sri Lankan Physiotherapists and donating physiotherapy equipment to needy therapy centers in government hospitals are some of the significant services done by the society. By fulfilling these services the Chartered Society of Physiotherapy has provided an exemplary service to the others.

I hope this valuable programme initiated on the World Physiotherapy Day will be helpful in producing internationally recognized sportsmen to the country. I wish this programme a success.

HON. RANIL WICKRAMASINGHE
PRIME MINISTER
DEMOCRATIC REPUBLIC OF SRI LANKA
EVENTS OF THE CHARTERED SOCIETY OF PHYSIOTHERAPY SRI LANKA

REPRESENTING NATIONAL EXIBITIONS
Medicare 2016 Exhibition

WEEKLY NATIONAL PAPER ARTICLES

WEEKLY NATIONAL MAGAZINE ARTICLES

WEEKLY LIVE TV PROGRAMMES
NUGASEVANA, Jewithayata Aruthak, Aluthbara Jewithaya

WEEKLY PUBLIC AWARENES TV PROGRAMMES
Salmalyaya,

ISSUEING VALUABLE CERTIFICATES

OPEN ADVICES CLINICS

ACTIVE WEB SITE
WWW.CSPSriLanka

MEMBERSHIP REGISTRATION
I am very happy to note that the Chartered Society of Physiotherapy Sri Lanka is working in partnership with the Ministry of Sports to commemorate World Physiotherapy Day. Physiotherapists have a key role to play in supporting and harnessing the development of Sri Lankan sportsmen and women who can reach international standards. My hope is that the valuable assistance and service provided by Physiotherapists will improve the mental and physical well being of sportsmen and women in Sri Lanka. This will go a long way towards enabling them to effectively participate at both the local and international level.

The government and I value the long term overall vision of the Chartered Society of Physiotherapy Sri Lanka and their willingness to work voluntarily. They work and contribute in numerous ways to society without sponsorship and this is a great service to the country. I praise their effort and hold them up as a good example to the entire country.

The Chartered Society of Physiotherapy Sri Lanka provides resources and services to the various programmes initiated by the Ministry of Sports. This is a great support to our future sportsmen and women to develop and improve their skills and talents. My earnest wish as the Minister of Sports is to see the emergence of good sportsmen and women through this effort in the country. The World Physiotherapy Day gives us the opportunity to appreciate and encourage the Chartered Society of Physiotherapy Sri Lanka to continue their valuable services.

HON.DAYASIRI JAYASEKARA
Minister of Sports
OUR VISION

Be a Globally recognized Sri Lankan Voice in Physiotherapy & Upgrade physiotherapy as a profession

1. Profiling the profession in Sri Lanka
2. Raise the profile of the profession and awareness on Physiotherapy in Sri Lanka
3. Promote an environment where all physiotherapists are valued team members and they can develop and excel beyond their expectations.
4. Lead and support all members in developing and promoting high quality innovative patient care combined with evidence based practice which will help to improve as practitioners and deliver benefits to the patients/clients.
5. Empowering the knowledge by sharing information, ideas and resources about professional practice.
6. Perform on a very broad basis with the international collaboration & offer honours membership to international community.
7. Organize professional development activities including research, conferences and internationally recognized courses.
8. Build-up inter professional interactions & intra professional interactions among other healthcare professionals.
10. Engage in community base rehabilitation programs & Give scientific solutions to social health issues by looking at those with wide angle.
Message of the Minister of Health

The commemoration of the World Physiotherapy Day by the Chartered Society of Physiotherapy Sri Lanka is an opportune time to consider the need to address non-communicable diseases. This has become an urgent issue both within Sri Lanka and around the world. Its level of occurrence is particularly high in Sri Lanka. The government Medical Authorities have created awareness about it amongst the public through the media and commenced the process of addressing this issue.

I am proud to say that the Chartered Society of Physiotherapy of Sri Lanka has also played a key role in supporting this effort. I wish to take this opportunity to thank and appreciate our Chartered Physiotherapists for the work they have done so far to ameliorate non communicable diseases amongst the public. Further, they are committed towards taking preventive measures and this is a valuable contribution to the people of Sri Lanka. Also they are committed towards taking preventive measures through projects and programmes to manage and curb prevailing non communicable diseases. This is a valuable service to Sri Lankan people and it also helps to reduce the high costs that the government has to spend to address this issue.

In addition to the focus given to non-communicable diseases, the Chartered Society of Physiotherapy Sri Lanka has also taken steps to treat and manage sports injuries. This has been done primarily through awareness programmes in the print and electronic media and innovative and effective treatment. This service is invaluable and cannot be assessed in monetary terms. I pray that these efforts will help our sportsmen and women to reach international standards in their selected fields.

I extend my warm wishes and the very best to them for all their future work in this regard.

HON. DR. RAJITHA SENARATHNA
Minister of Health
OUR INTERNATIONAL RECOGNITION

Sri Lanka

To mark World Physical Therapy Day, the Chartered Society of Physiotherapy (Sri Lanka) conducted a series of events over two months.

The objective of the programme was to enhance public awareness of prevention, pre- and post-management of physical fitness, from some diseases, injuries and complications. The programme consisted of five free physiotherapy clinics, four public awareness workshops and two sport injury management workshops serving over a thousand individuals. This series also included twelve media (television) coverage.

With the guidance and contribution of 35 physiotherapists representing CSP (SL) the final day of the programme was held on World Physical Therapy Day on 8th September in Ruwanwelisa, a rural town in Sri Lanka offering free clinical and awareness events to demonstrate the value and importance of physical therapy to the public.
Message of the Honorable Advisor to the Chartered Society of Physiotherapy

Dr. Thusitha Wijemanna

October 2016 - Sri Lanka

Acknowledged

2016 October 08

Dear Members,

On this occasion of World Physical Therapy Day 2016, I would like to convey my greetings and appreciation to all physiotherapists. It is an opportune occasion to highlight the invaluable services rendered by you to the society. Physical therapy is an essential component of health care and the Chartered Society of Physiotherapy represents the highest standards of practice.

Your commitment and dedication to providing quality and holistic therapy services to patients is highly commendable. You contribute significantly towards improving the health and well-being of the community.

I commend you all for your outstanding services and commitment. May this day inspire us to continue serving humanity with dedication and care.

Best regards,

Dr. Thusitha Wijemanna

Honorable Advisor

Chartered Society of Physiotherapy - Sri Lanka
INTERNATIONAL DAY EVENTS
COMMORATED BY THE CHARTERED SOCIETY OF PHYSIOTHERAPY SRI LANKA

INTERNATIONAL ELDERLY DAY
OCTOMBER 01

PHYSIOTHERAPY DAY 2015
SEPTEMBER 08

WORLD SPINE DAY
OCTOMBER 16
Message of the Secretary to the Ministry of Sports
INTERNATIONAL DAY EVENTS COMMORATED BY THE CHARTERED SOCIETY OF PHYSIOTHERAPY SRI LANKA

WORLD DISABILITY DAY
OCTOMBER 12

WORLD ARTRITIS DAY
Message of the President of the Chartered Society of Physiotherapy Sri Lanka

I am pleased to be able to convey a message as the President of the Chartered Society of Physiotherapy [ CSP ] for the commemoration of the national programme of the World Physiotherapy Day which is organized by the Chartered Society of Physiotherapy with the Sports ministry.

As we are the only legal Chartered Society of Physiotherapy in Sri Lanka, we have conducted about sixteen clinics freely within this year. And also the workshops have been conducted to uplift the modern knowledge and educational knowledge by foreign consultants. Majority of the people in our country have no knowledge at all about Physiotherapy. So we had to create a wide publicity to get them aware of it through print and electronic media. Also we have developed the physiotherapy departments in rural area by giving equipments and donations.

Patients can be cured with the aid of energy factors [ light, heat, sound, electricity, magnetism & gravity ] which are taught in physics, without any side effects. Apart from that, instructions about correct postures are given for not to get them disabled. Neurological conditions, Rheumatalogical conditions, Cardiothorasic conditions, Orthopaedic conditions, Paediatric conditions, Gynecological conditions, geriatric conditions and sports injuries could be cured by Physiotherapy. Our vision today is to get the players prevented from sports injuries.

I would like to appreciate the effort of the members of CSP to support the country to gain the highest standards in south Asia.

Finally, I would like to thank those who have helped me in numerous ways to organize this programme a success.

Jaliya Uduwella

President
Chartered Society of Physiotherapy
Chief Physiotherapist – LRH
Ambassador for the Justice
Justice of the peace [ All island ]
PHYSIOTHERAPY

1. මිදුලිය දියල්ලමක්?

2. පියෙත්තුම් දියල්ලමක්?

3. දැයි දියල්ලමක්?

4. පෝෂීද දියල්ලමක්?

5. පෝෂීද දියල්ලමක්?

6. රාක්ෂණ දියල්ලමක්?

7. බොහෝක් මෝක්කාර දියල්ලමක්?

මිදුලිය දියල්ලමක්?

• කොටස් අංග සහ කොටස් අංගයන්
• සාපොත්තිහා අංගයන්
• සාපොත්තිහා අංගයන්
• අධිකාර අංගයන්
• සාහිත්‍ය අංගයන්
• අධිකාර අංගයන්
• GS සාපොත්තිහා අංගයන්
• Cervical Spondylitis අංගයන්
• Frozen Shoulder අංගයන්
• Osteoarthritis අංගයන්
• Rheumatoid Arthritis අංගයන්
• Painful arc Syndrome අංගයන්
• Tennis Elbow, Golfer’s Elbow අංගයන්
• Trigger Finger අංගයන්
• Alkalosis Spondylitis අංගයන්
• Radial, Ulnar අංගයන්
• ප්‍රංධ අංගයන්
• ප්‍රංධ අංගයන්
• Down syndrome අංගයන්
• අධිකාර අංගයන්
• අධිකාර අංගයන්

පියෙත්තුම් දියල්ලමක්?

1. දැළටි දියල්ලමක් (Electrotherapy)
• මධෝපියෙත්තුම් දියල්ලමක්
• පියෙත්තුම් දියල්ලමක්
• සාහිත්‍ය අංගයන් දියල්ලමක්
• පියෙත්තුම් දියල්ලමක්

2. පොසිරින් (Wax Therapy)
• සාහිත්‍ය අංගයන් ඲තුමක්
• සාහිත්‍ය අංගයන් ඲තුමක්
• සාහිත්‍ය අංගයන් අංගයන්
• පොසිරින් (Chest Physiotherapy)
• දොරාන් (Suction)
• හතදුමක්
• යටකම් (Manual)

3. දැළටි දියල්ලමක් (Hydrotherapy)
• පොසිරින් (Water Therapy)

4. පොසිරින් (Water Therapy)
• මැරෝ දියල්ලමක්
• වත්තුමක්

5. දැළටි දියල්ලමක් (Therapeutic Exercises)
• අවශ්‍ය දියල්ලමක්
• පවතින දියල්ලමක්
Message of the Secretary General of the Chartered Society of Physiotherapy Sri Lanka

The Chartered Society of Physiotherapy has been playing a key role in Sri Lanka for the past year, in preventing non-communicable diseases and rehabilitation of those with physical ailments. It has also done an invaluable service to uplift the quality of sportsmanship of the national players by raising awareness of how to prevent sports injuries.

This year, in order to celebrate the World Physiotherapy Day, the society has planned a lecture demonstration programme in collaboration with the Ministry of Sports on sports injuries, prevention and rehabilitation for the sportsmen of Sri Lanka.

In this valuable event, as the Secretary General of the society, I have great pleasure in issuing this message to the souvenir produced to mark the event.

I would like to make this an opportunity to appreciate the service of the members of the Chartered Society of Physiotherapy for their enthusiasm to fulfill a timely requirement in addressing prevention, treatment, and management of sports injuries. I would also like to extend my gratitude to all those who contributed to make this endeavor a success.

I sincerely hope we would be able to contribute towards producing talented sportsmen to carry the name of our motherland.

JANJITH KULATHUNDA
SECRETARY GENERAL
Chartered Society of Physiotherapy
Message of the National Organizer of the Chartered Society of Physiotherapy Sri Lanka

I am proud to be able to convey a message as the National organizer of the Chartered Society of Physiotherapy [ CSP ] for the commemoration of the national programme of the World Physiotherapy Day which is organized by the Chartered Society of Physiotherapy collaboration with the Sports ministry.

World Confederation for Physical Therapy (WCPT) is the sole international voice for physical therapy, representing more than 350,000 physical therapists worldwide through its 106 member organizations. Sri Lanka is also a member of the WCPT since 2003.

In 1996, WCPT designated 8th September as World Physiotherapy Day. This is the date WCPT was founded in 1951. The day marks the unity and solidarity of the global physiotherapy community. It is an opportunity to recognize the work that physiotherapists do for their patients and community.

Since 2003 we have commemorate the World Physical Therapy Day with various programs. Using World Physiotherapy Day as a focus, this year also the Charted Society of Physiotherapy Sri Lanka (CSPSL) aims to organize several programs to promote the profession among the nation and advance the use of profession by public. However we have experienced that there is a gap of public awareness of the majority of the public. Therefore we have decided to improve the public awareness programs about the physiotherapy profession. We have conducted about sixteen clinics freely within this year. And also the workshops have been conducted to uplift the modern knowledge and educational knowledge by foreign consultants.

Our vision today is to get the players prevented from sports injuries and develop skills of players.

I here appreciate the effort of the Hon. Secretary, Ministry of Sports, the members of CSP to support reaching the highest standards in the world.

At last, I would like to thank those who have helped using many ways to organize this event complete.

Sujeewa Weerasinghe
The National Organizer
Chartered Society of Physiotherapy
Director-Physio life care
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