In order to celebrate World Physiotherapy Day, The Physiotherapy community in Malta held a series of events revolving around this year’s theme ‘Physical Activity for Life’, as promoted by the WCPT.

The Malta Association of Physiotherapists (MAP) started off a three week awareness campaign where every three days a poster promoting safe and easy physical activity was launched through social media (please find these attached). Each poster had an explanation to it where it was encouraged to speak to a qualified Physiotherapist for further advice. Within each poster launch, there was also a link to our event page which explained the event which was to be held by the MAP on the 9th September 2017 in our capital city, Valletta. The MAP also made use of the ‘Improve your Move with Physiotherapy’ video which was endorsed by the ER-WCPT.

On the 9th of September 2017, the event organized by the MAP did in fact take place. It was aimed at the general public so as to increase awareness regarding the importance of physical activity and the role of Physiotherapists in this. Members of the MAP committee, Physiotherapists and Physiotherapy students came together on Saturday morning to set up at the entrance of Valletta.

This event was organised in collaboration with MOVE Malta who set up a football pitch and a variety of traditional Maltese games, Malta Health Student Association (MHSA) who measured blood pressure and blood glucose levels and Slackliner Malta who set up a slackline to promote balance training in persons of all ages. There were also dance classes being carried out by a trained dancer as well as a Pilates class was given by a trained physiotherapist. The general public were encouraged to participate in all of the above mentioned events and were also encouraged to help themselves to water and fruit available on our stands whilst being given advice. The posters promoted in the three weeks running up to this day were also displayed.

The Parliamentary Secretary for Youth, Sports and Voluntary Organisations, Dr Clifton Grima was present at the event as well as the Shadow Minister for Citizens’ rights, social dialogue, equality, NGOs, consumer protection, youth and sports, Dr David Agius. Dr John Xerri de Caro, WCPT Board member, also attended this event and stood alongside the MAP’s President Ms Victoria Massalha and the MAP’s Chief Executive Officer Ms Audrey Schembri for a press interview (http://netnews.com.mt/2017/09/09/jippromwovu-s-sahha-fizika-fil-jum-dinji-tal-fizjoterapija/).

Apart from the MAP, Physiotherapy Departments from the public sector in Malta organised events to celebrate this day. These included the Mental Health Physiotherapy Department who organised fun physical activity at the mental hospital’s outdoor space, Physiotherapists working within the community and residential homes teamed up to
promote exercise by making use of free outdoor gyms and Physiotherapists working at VGH St. Luke’s and Karin Grech Hospital also teamed up and produced a video with some examples of exercises that may be carried out in sitting (this video can be found on the VGH Facebook page - 'VGH-Vitals Global Healthcare').

For more photos regarding the event held on the 9th of September 2017, please find attached. You may also follow the 'Malta Association of Physiotherapists' Facebook page for further information.