World Physical Therapy Day Celebration Report 2017

Palestinian Physical Therapy Association (PPTA)

Gaza – Palestine
In a festive atmosphere and majestic attendance of physiotherapist, university students, academics and key person in the health sectors, Palestinian physiotherapy association in cooperation with international Committee of the Red Cross (ICRC) organize a central festival to celebrate physical therapy day include creative and interesting activities ranging from scientific presentation, physiotherapy research exhibition, group exercise session and stage show.

The celebration this year has special taste in term of size of attendance, place and nature of the activities as the activities this year was untraditional and focus on the message of the word PT day, also this year characterized by wide participation from volunteers groups from universities which act as a momentum for the ceremony.

The activities this year was planned carefully in coordination with ICRC to achieve definite goals and send clear messages regarding the issues that concern the PT profession in Gaza.

The first message is to aware and sensitize the community about the importance of physical activity and its relation to the morbidity and mortality.

The second goal is to aware the health professionals about the new role of physiotherapy and its cut crossing with the public health issues.

One of the crucial goal of the ceremony is to enhance and support the efforts of research and evidence based practice in physical therapy in Palestine by demonstrating the distinctive research conducted by students and honoring them in the presence of their relatives and colleagues.

The activities this year success to consolidate concept of physical activity among the audience, this was be clear by the feedback gained later as many of them confirm that the messages in the ceremony change their mentality towards physical activity and movement.

The celebration this year include miscellaneous and purposeful activities include:

1) Launching media campaign on social media and website to celebrate world PT day using WCPT materials

This activity aim to aware the public and community about word PT day which give echo for the event, this activity play an important role to success the event, hundreds of followers share the posts and react positively which significantly increase followers to PPTA website and social media pages.
Physical activity for life
2\ Disseminating posters, flyers, infographic and brochures

Printing of posters, stickers, banners, flyers which published in WCPT website to increase the awareness of the community about the importance of movement and physical activity for the health of the people and also to sensitize physiotherapy community about world PT day which positively enhance feeling of self esteem and proudness with his profession.
3\ Organizing central ceremony to celebrate word PT day in Al-Mathaf hotel

With attendance about 350 physiotherapists, students, academics, key persons in health sector, PPTA in cooperation with ICRC organize central ceremony, the ceremony started with three main speech for PPTA, ICRC and ceremony guest Dr. Adnan AL Hendi dean of applied health science faculty and one of the famous expert in research in Palestine. Dr. Osama Jummah chairman of PPTA welcome the attendance and talk about the achievements of PPTA in the past year also he highlighted on the current project of PPTA and the strategic view for PPTA in the future.

Mrs. Ayda the manager of the physical rehabilitation in ICRC congratulate physiotherapist for their PT day and demonstrate the efforts of ICRC to support physical therapy profession in Gaza.
4\Scientific Presentation ( How to measure physical Activity)  
Dr. Tahani Mousa (Consultant physiotherapist-PHDPT ) presenting scientific lecture about methods to measure physical activity and the benefits of physical activity for different age groups , the lecture was purposeful and fruitful.

- Physical activity : something you do.  
- Physical fitness : something you acquire, a characteristic or an attribute one can achieve by being physically active.  
- Exercise : is structured and tends to have fitness as its goal"
Stage Show

Two creative stage shows were conducted by the volunteers and students aimed to sensitize the audience about the interrelation between physical activity, morbidity, and mortality by presenting the figures published in WCPT materials. This activity was greatly successful and delivered the message of the word PT day by a comic style to highlight the importance of physical activity to avoid NCDs and modern global diseases.
6\ Poster \textit{walk ( Exhibiting PT students Research )}

To encourage research and promote publishing this activity was organized. Top twenty distinctive research in physical therapy from universities was selected to be showed in posters. While the attendance walk to see the posters the students was explained the methodology of their research and the results.
5\ Group exercise class and physical challenge events

A lot of physical activity and fitness exercise was conducted collectively to highlight the importance of exercise. The participants wear t-shirt and capes with word PT day logo while they are exercising, some people in the hotel was engaged to do exercise with the participants.
6\ Honoring volunteers and research groups

In this activity PPTA honored 30 volunteers for their stamp in the success of the ceremony, also about 25 students whom participate in research was honored in the presence of their families and teachers.
Finally, Palestinian physiotherapy Association express deep thanks and gratitude for everyone who participate to success this ceremony especially for ICRC and WCPT for their great efforts to support physiotherapy profession around the world.

Video link for the ceremony
https://www.facebook.com/pptaps/videos/839560632874622/

PPTA website
http://www.ppta.ps/

PPTA facebook
https://www.facebook.com/pptaps/

Report prepared by Dr. Ahmad Al Najjar
Vice chairman – PPTA
Eidahmed@ppta.ps