Celebrating the World and Taiwan Physical Therapy Day

2017

The September 8th is the Taiwan Physical Therapist (PT) Day as well as the World Physical Therapy Day. Physical therapy plays importance role for healthy aging and for better quality of life. In accordance with the WCPT theme "Physical Activity for Life" campaign, Taiwan Physical Therapy Association had organized a very wide range of activities across the summer this year.

The series of celebration kicked off with sponsoring the ATlife, the biggest exhibition of assistive devices in Taiwan during July 21-24 in Taichung; TPTA together with National Federation of PT Societies set up a booth with various promotion activities for teaching the publics how to improve health by exercise more and how to choose the right assistive devices to add safety and efficiency for mobility (https://udn.com/news/story/7325/2597257).

Later, a total of 18 health promotion activities were held across Taiwan by physical therapists from August to September for the PT Day. These programmes, ranged from back/neck school, balance training, to stretching or bone strengthening exercises, were offered by a wide spectrum of physical therapists: some working in the most prestigious national universities or hospitals, some working in rural community daycare center, and even trainees and students. The most interesting one was probably the treasure hunt – a walking speed competition organized by the PT Department of National Cheng-Kung University (https://www.facebook.com/NCKUWorldPTDay), which attracted lots of people there for having their fitness level and balance ability checked and exercise together, and even prize drawing. All activities were also enlisted for the Taiwan PT Day Campaign Awards which will be presented in the next TPTA Congress in March/April, 2018 (https://drive.google.com/drive/folders/1YXKqQBvmU5K4TIsVJWEwhnfuOQX3w_v for the top three winners’ videos).

Comparing with the celebrating activities in previous years, more activities were conducted in community targeted in ordinary older or pre-frail people in the neighbourhood, rather than in the hospital/clinics where most of the people attending the activities might have some pain or movement problems already. TPTA believes this is a good sign for Taiwan physical therapists to take a step forward to do more in direct health promotion than traditional rehabilitation. TPTA also noticed that there was more involvement and input from local PT societies, such as Taipei Society of Physical Therapists, which not only attracts lots of publicity but also strengthens the connections
among difference sectors of the PT profession. TPTA looks forwards to shine again in the next year’s World PT Day!

For more details, please follow the links provided with this article or visit website of the Taiwan Physical Therapy Association: http://www.tpta.org.tw

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Activity map for the 2017 World/Taiwan PT Day Campaign
Physical therapists from Physical Therapy Center and Division of physical therapy, Department of Physical Medicine and Rehabilitation in National Taiwan University Hospital.
Physical therapists taught people how to evaluate their balance performance in the World Physical Therapy Day celebration event at NTUH.
Physical therapists taught people exercise in the World Physical Therapy Day celebration event at NTUH.
Exercises for community elderly took place in the front yard of a traditional Taiwanese home in the village.

PT students taught elderly in the day-care centre how to exercise their ankles.