INTI World Physiotherapy Day 7.0

4th – 6th September 2018

INTI World Physio Day 7.0 has successfully achieved a total of 596 participants in the three days with the theme “Motion is Medicine”. There was a total of 26 committee members and 88 Students from the Physiotherapy programme recruited as helpers. This event would not have been possible without all their contribution. There was a total of 26 committee members and 88 Students from the Physiotherapy programme recruited as helpers. This event would not have been possible without all their contribution. There was a total of 7 health check stations, including wellness checking (BMI, waist to hip ratio, blood pressure), sit and reach, postural screening, balance, cardiorespiratory (step up test), consultation and exercise demonstration. Every year, the planning committee of the INTI World Physio Day will try to improve from the previous years. This year, to further promote and educate the public on Physiotherapy, a gallery section was also added, showcasing softboards with info on “Physiotherapy”, “Branches of Physiotherapy”, “Modalities” and “Lower Back Pain”. Moreover, there was a total of 20 participants in beep test competition. Cash prizes were given to the top 3 winners of the competition. In addition to that, a Push-Up Mini Game was held in INTI International College Subang on the third day of the event. There was a total of 20 participants and a cash prize was given to the participant who could do the most pushups in one minute. Besides that, a total of 430 free goodie bags were distributed to the participants.

INTI WORLD PHYSIO DAY 7.0 DAY 1 (4TH SEPTEMBER 2017)
Location: TAN YEW SING MULTIPURPOSE HALL, INTI INTERNATIONAL UNIVERSITY
Time: 10.00am – 4.00pm

Opening ceremony for INTI World Physio Day 7.0 with the theme “Motion is Medicine”.
Helpers for INTI World Physio Day 7.0.

Prof. Dr. Wong Ling Shing, Dean of Faculty of Health and Life Sciences giving his speech during the opening ceremony.
Dance performance by students of the Physiotherapy course in INTI IU to celebrate the opening of the event.

Main softboard.
Station softboards prepared by our publicity team.
**Sit & Reach**

**Aim:** This test is a common measure of flexibility, specifically the lower back & hamstring muscles. Tightness in this area is implicated in lumbar lordosis, forward pelvic tilt & lower back pain.

- **Pre-test:**
  - The test is to check for flexibility of the fingers, not height or weight.
  - Stretching before and after the test helps release tight muscles and prevent injury.
  - Stretching exercises done in a balancing manner can decrease injury. Instead, try performing them slowly and smoothly.
  - Warm-up exercises should be started after a period of a minimum 10 minutes, ensure not to swing a joint too much.

**Balancing**

**Aim:** To determine the individual's sense of balance - proprioception, sense and vision coordination.

**Fact About Balance:** To stay upright, your body must send a continual stream of data about its position to your brain and your brain must continuously tell your body how to move to keep its balance.
Postural Screening

- Habits that can cause bad posture:
  - Sitting with your head down
  - Slouching
  - Tilting your head forward

- Effects of bad posture:
  - Shoulder pain
  - Back pain
  - Neck pain

- Tips for improving posture:
  - Stand up and stretch
  - Avoid slouching

- Postural screening for students

Gallery softboards.
### Branches

<table>
<thead>
<tr>
<th>Branch</th>
<th>Description</th>
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<tbody>
<tr>
<td>Musculoskeletal</td>
<td>Involves the treatment of physical ailments through manual or mechanical manipulations.</td>
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<tr>
<td>Cardiovascular</td>
<td>Deals with conditions related to the heart and blood vessels.</td>
</tr>
<tr>
<td>Respiratory</td>
<td>Deals with conditions related to the respiratory system.</td>
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<tr>
<td>Neurological</td>
<td>Deals with patients that are recovering from neurological conditions such as stroke and traumatic brain injury.</td>
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<tr>
<td>Pediatrics</td>
<td>Focuses on the unique needs of children, including growth and development.</td>
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<tr>
<td>Geriatrics</td>
<td>Deals with the unique needs of older adults.</td>
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<tr>
<td>Women's Health</td>
<td>Specializes in the health needs of women throughout their lifespans.</td>
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<tr>
<td>Sports</td>
<td>Involves therapeutic intervention for athletes.</td>
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<tr>
<td>Occupational Health</td>
<td>Focuses on the health needs of individuals in their workplace.</td>
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### Modalities

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<tr>
<th>Modality</th>
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<tr>
<td>TENS</td>
<td>Transcutaneous Electrical Nerve Stimulation (from a TENS)</td>
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<tr>
<td>Handgrip</td>
<td>The purpose of this test is to measure the maximum strength of the hand and forearm muscles.</td>
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<tr>
<td>Spirometer</td>
<td>Standard test to measure how well your lungs are functioning. The test involves measuring the amount of air in and out of your lungs.</td>
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<tr>
<td>Cryocuff</td>
<td>The cuff is filled with ice, which immobilizes the part and reduces pain, swelling, and muscle spasm.</td>
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<tr>
<td>Faradic Electrical Stimulation</td>
<td>Varies slightly for each provider to produce near-normal levels of contraction and relaxation of the muscle.</td>
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<tr>
<td>Shockwave Therapy</td>
<td>High-intensity method that is performed in several visits to treat specific musculoskeletal conditions.</td>
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Helpers gathered before the event for a final briefing.

**LOWER BACK PAIN**

- The lower back starts below the ribcage is the lumbar region.
- Some symptoms range from dull ache to a stabbing sensation.
- If the pain persists for more than 3 months, it is considered chronic.
- Main back pain culprit is usually your heavy lifting jobs, being overweight, carrying heavy bags, and a poor posture or that deadlift and golf course.

Exercises that can strengthen your lower back:

- **Knee To Chest**
- **Bridge**
- **Wall Sit**
Exercise demonstration station.

Postural screening station.
A participant trying out the cryo cuff knee cooler at the interactive part of the gallery.
Participants of the beep test competition.

Committee members giving a briefing to the participants.
Participants stretching and warming up before the competition.

Participants start running from one end of the court to the opposite end.
Friends of the participants that came to show support.
The committee members stand at the edge of the two ends with 2 committee members allocated for each participant. They judge if the participant commits a foul and keep track of the level achieved by the participants.

Chong Li Chi, one of the vice organising chairperson, presenting the prize to the champion
Chong Li Chi presenting a prize to the first runner up.

Chong Li Chi presenting a prize to the second runner up.
A group photo with all the participants. All the participants receive a goodie bag from the committee as a token of our appreciation.
INTI WORLD PHYSIO DAY 7.0 DAY 2 (5TH SEPTEMBER 2017)
Location: TAN YEW SING MULTIPURPOSE HALL, INTI INTERNATIONAL UNIVERSITY
Time: 10.00am – 4.00pm

Some of our helpers for the day.

Balance station.
Sit & Reach station.

A helper measuring a participant’s height at the Body Mass Index station.
Waist-to-Hip Ratio station.

Participants getting their blood pressure measured at the BP station.
Our lecturers giving consultation to the participants of the event.

Participants trying out the Transcutaneous Electrical Nerve Stimulation (TENS) at the gallery.
A helper using Faradic Electrical Stimulation to stimulate the muscles of a participant’s hand flexor muscles.

A participant trying out the Spirometer at the gallery.
Cardiorespiratory station.

A helper measuring a participant’s heart rate using an Oximeter.
INTI WORLD PHYSIO DAY 7.0 DAY 3 (6TH SEPTEMBER 2017)
Location: SPORTS HALL, INTI INTERNATIONAL COLLEGE SUBANG
Time: 10.00am – 4.00pm

Participants registering for the health screening.
Some of the lecturers and staff that visited the event in Subang.

BP station.
BMI station.

A lecturer and 2 upper semester students giving consultation to the participants.
Postural screening station.

A helper explaining how the hand-grip dynamometer is used.
We introduced a new mini game at INTI Subang called the Push-Up Challenge. Participants have to do as many push ups as they can within 1 minute, highest number of push ups wins.
Shaun Lee, the organizing chairperson, giving a prize to the champion of the Push-Up Challenge.

Group photo of the lecturers and the helpers who went to INTI Subang