WORLD PHYSICAL THERAPY DAY
SEPTEMBER 08, 2013

PROMOTE HEALTH THROUGH PHYSICAL THERAPY

Phnom Penh, Cambodia
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I- Background

The Cambodian Physical Therapy Association (CPTA) was established by a team of Cambodian physical therapists (PTs) in 1994 and was recognized by the Ministry of Interior, Royal Government of Cambodia, on August 18, 1997. The association is comprised of national qualified PTs graduated from Technical School for Medical Care, University of Health Science, and Ministry of Health. CPTA has become a member of the World Confederation of Physical Therapy (WCPT) since 2007. CPTA is locally and internationally supported by various organizations and institutes.

World Physical Therapy Day falls on 8th September every year, and is an opportunity for physical therapists from all over the world to raise awareness about their crucial role in keeping people well, mobile and independent. The day was established by WCPT in 1996, and marks the date on which WCPT was founded in 195. CPTA has not celebrated the World Physical Therapy Day for a few years. This year (2013), CPTA has celebrated this international day by providing the free physical therapy consultation, assessment and treatment to patients for a whole day of August 31, 2013 at the Handa Rehabilitation Center, Phnom Penh, Cambodia. Together with the free-treatment, CPTA has also produced the physical therapy knowledge and information through the slide show for the patients and families who were waiting for the physical therapy services.

II- Objective of the Ceremony

The theme of the World Physical Therapy Day this year was Movement for Health. The overall aim of the ceremony was to promote health through physical therapy. There were few objectives of the ceremony that the organizers expected to achieve from it. Those objectives were:

- To be responsible as a member of CPTA in celebrating this international day
To strengthen and promote the awareness of physical therapy in Cambodia and in the world
To improve and promote health and reduce disability through physical therapy

III- Ceremony Preparation and Process

a. Ceremony Preparation

A week before the ceremony, the members and executive board of CPTA distributed 500 copies of the promotion leaflets of the free-physical therapy treatment to the citizens of Phnom Penh. The banner and logo of the World Physical Therapy Day 2013 was printed out. Together with T-shirts and stickers of the logo were also printed out and distributed to the 40 members of CPTA to wear and attach to their motorbikes and Tuk Tuk. The sign of the Movement for Health was mounted in front of the Handa Rehabilitation Center and other rehabilitation centers and hospitals (including Kien Khleang Rehabilitation Center and Calmette Hospital).

b. Ceremony Process

There were 15 members, executive board and La Trobe University physical therapy students of CPTA who were committed to help and organize the ceremony. There were two main services that the organizers had prepared and provided to the patients who came for the physical therapy services on August 31, 2013 at The Hand Handa Rehabilitation Center.

The first service, CPTA has developed the physical therapy information in slide show that had three key messages they wanted to share with the patients. These included the physical therapy information, background of celebrating the World Physical Therapy Day and the information of CPTA.
The second services, all the 15 physical therapists have provided the free-treatments to 18 patients who came to the center. The majority of their conditions treated were musculoskeletal conditions followed by pediatric conditions (particularly Cerebral Palsy).

**IV- Press Media**

There were two popular TVs (CTN and Rasmey HangMeas) were asked to get the information of this ceremony for advertisement. The TVs broadcasted the information of the physical therapy day information, how physical therapy helps the patients and the purpose for celebrating the World Physical Therapy Day in 2013. They also interviewed a patient who came for physical therapy at that time, and interviewed the President of CPTA in order to express the advance of the physical therapy and the ceremony’s purpose. Therefore, the information of the physical therapy and the World Physical Therapy Day was spread to Cambodian people across the country. (The broadcasted information can be downloaded from this link [www.cambodiapt.org](http://www.cambodiapt.org)).

**V- Conclusion**

The World Physical Therapy Day in 2013 was well-organized, ran smoothly and was enjoyed by all the participants. The information of physical therapy and its advantages were spread all across the country. CPTA is committed to again organize an event for the World Physical Therapy Day on September 08, 2014.
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