JAMAICA PHYSIOTHERAPY ASSOCIATION
PHYSIOTHERAPY WEEK 2013
SCHEDULE OF ACTIVITIES AT PUBLIC HOSPITALS

Theme- Movement for Health: Fit for the Future

As experts in movement and exercise, and with a thorough knowledge of risk factors, pathology and their effects on all systems, physical therapists are the ideal professionals to promote, guide, prescribe and manage exercise activities and efforts. Exercise promotes health, wellbeing and fitness.

Spanish Town Hospital
Monday, September 9, 2013- Open Day beginning at 10am
Thursday, September 12, 2013- Back Care Seminar at 9am-2pm

University Hospital of the West Indies
Wednesday, September 11, 2013- Open Day at 1pm at Gynaecology Clinic focusing on Rheumatoid Arthritis and Osteoarthritis
Saturday, September 14, 2013- 4K Walk/Run, $1000 per person, at the hospital compound.

Cornwall Regional Hospital
Educational Booths, BMI measurement, Basic Exercise Programmes & Vital Signs Checks - Each day during clinic periods at the hospital

Kingston Public Hospital
Monday, September 9, 2013- Open Day and Fitness Testing at 9am-12pm
Thursday, September 12, 2013- Educational talks with Doctors, Pharmacist, Nutritionist and Physiotherapists at 9am-12pm.

St. Ann’s Bay Hospital
Monday, September 9, 2013- Health Talk at the St. Ann’s Bay Health Center
Tuesday, September 10, 2013- Health Talk at schools across the Region
Wednesday, September 11, 2013- Free Fitness Testing for Staff
Friday, September 13, 2013- Presentation for results of fitness survey
Saturday, September 14, 2013- 1.5 km Inter- Dept Fun Walk/Run

Savanna-la-Mar Hospital
Wednesday, September 11, 2013- Fitness Workshop for Women inclusive of BMI Measurements and Fitness Testing