



**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