Macau Physical Therapists Association

World Physical Therapy Day 2013

Movement for Health
World Physical Therapy Day
Opening Ceremony
Warm Up Stretching
Information Session: Home Care & Exercise for the Elderly

- Increase the awareness of safety at home
- Introduce simple home-based exercises
Information Session: Prenatal & Postnatal Care and Exercise

- Pregnancy and Exercise: Myths vs. Facts
- Pre & postnatal exercise
- Breastfeeding tips
Postural education

Stretching
Theraband Workshop
Gift: A theraband & an exercise program for all participants
Information Session: Prevention & Treatment of Sports Injuries

- Benefits of exercise
- Injury prevention tips
- Importance of proper warm-up and cool-down
- Immediate first aid treatment
澳門物理治療師公會
Macau Physical Therapists Association