The Nigeria Society of Physiotherapy (NSP) marked the World Physiotherapy Day 2013 nationwide with an array of activities which kicked off days before, culminating to the D-day September 8 to extend beyond. Across the 36 states and the federal capital territory, physiotherapists actively participated in engaging their communities in a weeklong series of activities with free health screening, awareness walks, novelty football matches, public lectures, upscale media campaign on radio, TV and print media as well as the use of social media in a bid to highlight the role of physiotherapy and the challenges of non-communicable diseases that are of global concern.

The NSP has been visibly in the frontlines over the years championing the advocacy for the profession in Nigeria as well as lending a voice to the “Movement for Health” project which has been the theme for World Physiotherapy Day in the past couple of years. The National Executive Council were hosted by the OGUN STATE CHAPTER who had series of programs lined up from courtesy visits to government functionaries and stake holders in Abeokuta, the capital city. Radio and TV live shows to interact with the public as part of the build-up to the final event. On September 11, an awareness walk in the city centre of the state Capital, Abeokuta where information flyers were handed out to the public and a Public Lecture hosted by the Neuropsychiatry Hospital, Aro. The lecture titled “The Ageing Process, Disease and Physical Activity” was delivered by Associate Professor BOA Adegoke of the prestigious College of Medicine, University of Ibadan. The President of the Society Mr Taiwo Oyewumi in his opening address indicated that the society is committed to the cause for the benefit of the populace and the nation at large. "The ultimate goal is for a healthier and a more productive world population starting with our home country. We will begin to affect policies that will help promote physical activity to ensure enhancement in quality of life and wellness. Strategic planning is already ongoing to launch the Community Outreach Project on Physical Activity nationwide."

For more details of how the activities went down do visit our facebook gallery at:


Other state chapters who sent in the summary of their activities to mark the day before filing this report are:
KANO
The activities started with a football match at Aminu Kano Teaching Hospital on 8th Sept. Then a public lecture titled “Physical Activity and Active Aging” on 9th Sept in addition to a medical outreach at Kano State head of Civil Service Office as well as a media talk with Rahama Radio in Kano on physical activity and successful living.

LAGOS
There was a media chat on the Network Service of the Nigeria Television Authority on the 8th of September and a radio hang out on CoolFM 96.9 on the 9th of September to interact with the public.

Other chapters with activities as indicated on social media with photos of how they engaged their communities are:

JIGAWA
KOGI
BAUCHI
OYO
ENUGU
RIVERS