Dear friends and fellow colleagues,

On behalf of the Singapore Physiotherapy Association (SPA), I would like to wish every one of you a very happy World Physiotherapy Day.

This year, the World Confederation for Physical Therapy (WCPT) celebrates this occasion with the theme “Movement for Health” – encouraging individuals to invest in their future fitness by engaging in physical activity. This is well elaborated in WCPT President, Marilyn Moffat’s message for World Physiotherapy Day 2013.

Bringing the concept of “Movement for Health” into our local context, we have seen the launch of the National Physical Activity Guidelines by the Health Promotion Board (HPB) in 2011. This underscores a national effort towards increasing physical activity levels and promoting health. Our role as Physiotherapists has since evolved to include a larger scope in prevention and wellness. Our knowledge in medical co-morbidities and exercise prescription makes us important contributors to the overall health of the nation. I would like to take this opportunity to challenge all of you to make health promoting activities a core treatment for all of your clients.

As a profession, the last year has been fruitful with us taking great leaps on several fronts:

- Internationally, SPA formally signed the agreement with WCPT for the WCPT World Congress – the world’s biggest and most important event for Physiotherapists to be held here in Singapore in 2015. SPA also concluded a Memorandum of Understanding (MOU) with the Australian Physiotherapy Association (APA) to gain leverage from each other’s strength and expertise.

- Locally, the Allied Health Professional Bill has been passed and “Physiotherapist” is now a protected title. Registration of Physiotherapists is underway and is slated to complete in April 2014. The collaboration between the Singapore Institute of Technology (SIT) and Trinity College Dublin (TCD) saw the commencement of a local-based degree conversion program for our diploma-holders.

Moving forth, Physiotherapists in Singapore are entering into exciting times. In May 2014, SPA will be celebrating its 50th Anniversary. This will mark a milestone in the profession as we look back on the legacy and progress that the profession has made in Singapore. The Singapore International Physiotherapy Congress will also take place from 1st to 4th May 2014, bringing together some of the best in the field. We will then host the WCPT World Congress in 2015.

As a professional organisation, SPA is an active partner with the Health Promotion Board and will, to the best of our abilities, continue to support programs for health promotion and disease prevention. This year also marks our third consecutive year collaborating with NUS medical/nursing students for Public Health Screening as well as Project Silvercare, hence increasing the public awareness of the role of Physiotherapy.

On this special day, SPA would like to thank all our members and all who have supported the profession in one way or another.

Kind Regards,
Dinesh Verma
President
Singapore Physiotherapy Association.