“FIT TO TAKE PART”

World Physical Therapy Day celebration became an annual event activity for KPJ Damansara Specialist Hospital hosted by Rehabilitation Services since 2011. Although WPT celebrated on 8th September worldwide but in KPJ DSH WPT day celebration held on Saturday during the week of WPT day to get more public to join this event. For the year of 2014 we organized WPT day on Saturday 13th September 2014. This half-day public event took place in the lobby of KPJ Damansara Specialist Hospital. Various activities were held for customers and patients in align with the general themes of “Movement for Health” and campaign message of 2014 “Fit to take part”.

Our Objectives

To create awareness among public about the crucial contribution of physiotherapy profession in wellbeing of an individual and global population

To promote and raise the profile of the Physiotherapy profession and service in KPJ Damansara Specialist Hospital

To create environment of togetherness with our patients and hospital staffs

To educate the public on health problem related to physiotherapy

Normally the celebration started with the following activities

(a) Aerobic activities and aerobic challenge competition open for DSH staffs.
(b) Opening remark by Clinical Head of Rehabilitation and Head of Physiotherapy
(c) Slides show presentation on physiotherapy activities for the year of 2014
(d) Cake cutting ceremony with patients
(e) Performance of exercise by physiotherapist
(f) Health talk by physiotherapist
(g) Competition, games and luck draw

Besides that, goodie bags were distributed to all the participants. This year we launched our yearly physiotherapy newsletter.

2012
2013
Fit for future!
Presentation on neck and lower back.

Kids aerobic, to promote health awareness to younger generation.
World Physiotherapy Day 2014

Cake of the DAY!
Cake cutting by our Rehab Dr.
Lucky draw participants. If you’re draw out, the participant has to ‘Take part” in an exercise in order to receive a prize.
Neck Talk by Our Physiotherapist!
Aerobic Exercise by our own hospital staff.

It was a great event in all the 3 years we conducted the World Physiotherapy Day event.