World Physiotherapy Day 2014 at Penang, Malaysia

2014 World Physiotherapy Day in Penang was on 30th September 2014. It was spent with the senior citizens in the Silver Jubilee Home for the Aged as 1st October is Day for the Aged. We decided to bring them down memory lane - when they were young again. We got them to tap their feet and rock to the music. They abandon their aches and pain, weakness and disabilities and that moment they were all fit to participate. They all had a whale of time dancing in their chairs and games followed by screening for risk of falls and a talk on Prevention of Falls. Everyone felt that this day was a meaningful day.

Warming up for the coming dance

No matter how old you are, you can participate

Let's dance

Yes, you can do it, rock and roll

We love you!

Well done to the committee