Changi General Hospital Physiotherapists Celebrates World Physiotherapy Day

Changi General Hospital (CGH) Physiotherapists celebrated World Physiotherapy Day 2014 with a range of programmes held over a two week period.

Programmes included a tailored in-house educational talk to CGH nurses and an aerobics class choreographed by a group of CGH physiotherapists which had staff from different departments moving and shaking to 80’s music. All participants enjoyed themselves tremendously.

Besides in-house programmes, two public outreach programmes were also held. An educational talk on exercising safely for Simei residents garnered positive feedback while interactive booths held at the CGH lobby got the public educated on fitness and staying fit.

An evening of food and games was organised at the end of the event to recognise and appreciate the work of physiotherapists in CGH.

Khoo Teck Puat Hospital Physiotherapy Day

The Physiotherapy department of Khoo Teck Puat Hospital celebrated Physiotherapy Day on the 9th of September 2014. The theme was “Sitting Right, Lifting Right, Working Pain-free”.

PHYSIOTHERAPISTS IN SINGAPORE CELEBRATE WORLD PHYSIOTHERAPY DAY 2014
Members of the public, patients and hospital staff learnt how to prevent back and neck pain when using the computer or performing lifting tasks. The event was held at the front lobby of the hospital welcoming everyone who was at Khoo Teck Puat Hospital to attend. Practical stations such as computer workstations, boxes and hospital beds were used to demonstrate the ideal postures for these manual handling and stationary activities at work and home.

These activities proved to be a hit as majority who came by the booth took part in the practical stations in adjusting their computer workstations and seeking advice from the on-site physiotherapists. About 200 members of the public participated at the stations. Skits were also scripted and acted by our own talents (KTPH physiotherapists) on how to care for our neck and back while doing daily chores at home and helping a bed-bound person at home. These skits helped to reach out to those who might not be able to know how to do a safe transfer in an actual home situation.

**Kwong Wai Shiu Hospital Physiotherapy Day**

On this special day, physiotherapists from Kwong Wai Shiu Hospital went down to East Coast Park to celebrate the annual Physiotherapy day. They met in the evening at 3pm. The itinerary had a simple but wonderful theme; to eat, have fun and most importantly, to commemorate the efforts of all our physiotherapist and physiotherapy assistants.

The evening started out with some team bonding games. Participants were divided into groups and played Frisbee, Captain’s Ball and also a classic game of ‘Dogs-and-Bone’. It was delightful to see our physiotherapists' enthusiasm. Everyone participated in great spirit through all the games. A great deal of teamwork was further fostered during this time.

Halfway during the Captain’s Ball game, all the guys went to start the fire for the barbeque. It didn’t take a long time for the fire to start as the guys were quite experienced in setting it up. There were a lot of food including raw food to-be-barbequed and also ready food like Nasi Lemak.
By 7pm, the group had already finish playing most of the games and one-third of the barbequed food was already in their tummies. It was a surprise to note that some of the male staffs had talent in preparing the food. It was delicious and after which participants just took turns to fan the charcoal and eat.

For the remaining 1-2 hours, everyone sat down and played some card games while enjoying the barbeque food. Participants learn a lot about each other during this time and also shared each other’s experience as physiotherapists. This included the challenges which physiotherapists faced, funny incidents, et cetera. It was indeed an insightful session.

At the end of the day, around 930pm the group started packing their stuffs and cleaned up the area. There wasn’t much food left and cleaning up was the most interesting part as everyone cooperated and did their part despite being quite tired after a whole day of activity.

All in all, on top of having a lot of fun and food throughout the day, the group learned a lot about each other and realised the significance that our physiotherapy team had played in the organisation and also collectively recognised the different pertinent roles of physiotherapists and how they have contributed in Singapore’s healthcare. It was indeed a day worthy of celebration – Happy Singapore Physiotherapy Day!

**Singapore General Hospital Physiotherapy Day**

In celebration of Physiotherapy Day 2014, the SGH Physiotherapy department took the opportunity to pay a tribute to their dear colleagues who have dedicated their lives to the profession and made a difference not only to the lives of their patients, but also to their colleagues.

A special gift was presented to their long serving staff to thank them for contributing more than 15 years of passion and enthusiasm. A special video featuring these long service warriors was also made in which they shared what they loved best about the profession and the motivations that kept them serving SGH for all these years...
In conjunction with World Physiotherapy Day on 8 September, SPD’s physiotherapists organised a fitness screening and exercise prescription session for SPD staff on 10 September. They conducted individual assessments and recommended ideal exercises for those who signed up for the screening. The assessments were carried out at four stations and comprised tests to ascertain the recommended weight for strength training, cardiovascular fitness level, and the individual’s neuro-motor skills, balance, flexibility and posture. The therapists also gave tips on maintaining an injury-free exercise routine.

One of the participants, administrative executive, Isabelle Seah, benefited greatly from the activity. She shared: “The therapists helped (me) to identify the muscle groups that I need to strengthen. I am also more mindful of keeping a correct sitting posture at work so that I won’t create problems for my back in the long run.”