

**PT MOVE- CREATING RIPPLES OF MOVEMENT**  
**WORLD PHYSICAL THERAPY DAY**

Physical inactivity is a global health concern which may lead to non-communicable diseases namely, heart diseases, stroke, diabetes, breast & colon cancer, and musculoskeletal problems such as osteoarthritis and low back pain. According to World Health Organization (WHO), 23% of adults and 81% of adolescents ranging from 11-17 years old do not meet the WHO global recommendations on physical activity for health. The increase of NCDs are due to major risk factors such as Physical Inactivity, Tobacco use, Alcohol use, poor and unhealthy diet and air pollution.

As the leading cause for the rise of NCDs, WHO introduced a Global Action Plan entitled “Physical Activity- More people active for a healthier world” in 2018. It aims to make people more active by addressing the cultural, environmental and individual determinants of physical inactivity which will ideally result to increased levels of physical activity in all countries globally.

Physical inactivity is partly due to the sedentary lifestyle of people nowadays during occupational and recreational activities which is influenced by the use of technology, urbanization and the advances of transportation. The behavior eventually leads to other risk preventable conditions such as hypertension, overweight and obesity. A study conducted by Lu and Javier (2012) discovered that 13.6% of adult Filipinos suffer from chronic pain, and 21% of that population have low back pain. According to Infographics 2018, 11 million Filipinos suffer from chronic pain. It is the most common work related injury due to physical inactivity among the working population.

In response to the call of the WHO, the San Pedro College Physical Therapy Department would like to be a catalyst of change by promoting physical activity through our program entitled ***PT MOVE: Mobilizing One’s Vigor towards health by Engaging to Physical Therapy.*** This activity aims to promote the role of Physical Therapists as providers of primary care services through promotion of physical activity and movement for the prevention and management of pain and promotion of health and wellness. In addition, it aims to provide PT services such as prevention programs, screenings and interventions for individuals with chronic pain to empower the community to be proactive individuals of physical activity and movement to attain the best quality of life.

In celebration of the ***World Physical Therapy Day 2019 with the theme CHRONIC PAIN***, San Pedro College Physical Therapy Department would like to take part in a mission to use Physical Therapy management through exercise and physical activity in managing chronic pain, maintaining flexibility and movement, increasing participation in the community, improving cardiovascular health, mood and general well being. Last September 6, 2019, the SPC PT faculty and students conducted a program in 3 different locations: San Pedro Hospital, SAKADAB community/ Los Amigos Barangay Center & San Pedro College of Davao. With the initiative of the SPC-PT faculty together with the Association of the Physical Therapy Students (APTS), we coordinated with the following institutions to establish supportive policies and program on physical activity to reduce preventable diseases and disabilities in the community through a dance craze and a song to promote physical activity and the profession itself in a wider scale for public health. The program started with a seminar and a discussion about chronic pain and PT management such as proper posture, body mechanics, stretching and breathing exercise. A survey and screening were also done and we encouraged the community to participate in the dance and song we created. Through this simple action, we hope to create a better impact in the lives of many people suffering from chronic pain or who are at risk of chronic pain. Through this simple movement, we can create ripples of change.