



World
PT Day
2022



COLOMBO PHYSIOTHERAPY WEEK **SEP 02nd-08th**



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கொழும்புப் பல்கலைக்கழகம்
UNIVERSITY OF COLOMBO



Physiotherapy Students' Welfare Society
Faculty of Medicine, University of Colombo

World Physiotherapy Day Celebration – 2022

Colombo Physiotherapy Week

The Physiotherapy Students' Welfare Society, Faculty of Medicine, University of Colombo organized the “**Colombo Physiotherapy Week – 2022**” to commemorate the World Physiotherapy Day-2022. This consisted of a series of webinars and on-site Physiotherapy awareness programs from 2nd of September 2022 to 8th of September 2022. All the awareness programs were mainly focusing on this year's theme of World Physiotherapy Day; “Osteoarthritis”.

The purpose of organizing this event,

- To mark the world Physiotherapy Day – 2022
- To enhance the social awareness on physiotherapy treatment in Sri Lanka.
- To improve awareness of the public about role of physiotherapy in preventing osteoarthritis and in the management of people with osteoarthritis.
- To make the undergraduates proud about their profession.

This celebration was held under the patronage of,

- Senior Professor H. D. Karunaratne, Vice Chancellor, University of Colombo.
- Professor Vidya Jyothi Vajira H. W. Dissanayake, Dean, Faculty of Medicine, University of Colombo.
- Dr. Subhashini Jayawardana, Head, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo.

❖ Event Series of the Colombo Physiotherapy Week 2022

- Increasing Accessibility to Physiotherapy for Osteoarthritis -International Webinar
- Osteoarthritis & Prevention Public Awareness Webinar
- Osteoarthritis Physiotherapy Management Workshop
- Osteoarthritis & Prevention Public Awareness & Exercises Demonstration Program
- Evidence-Based Practice in the Management of Osteoarthritis Webinar
- MSK Physiotherapy Camp



The graphic is a vertical banner for the Colombo Physiotherapy Week 2022 event series. At the top left is a logo of two stylized human figures in purple and blue. To its right, the text reads "COLOMBO PHYSIOTHERAPY WEEK SEP 02nd-08th". In the top right corner, there is a teal box with a circular logo and the text "World PT Day 2022 8 SEPTEMBER". Below the main title, a dark blue box contains the word "Theme" in white, followed by the theme text: "Osteoarthritis and the role of physiotherapists in its treatment and in the management of people affected by osteoarthritis". The event schedule is listed in a series of horizontal bars. Each bar has a date in a circle on the left and the event name in the center. The dates are Sep. 02, Sep. 03, Sep. 06, Sep. 07, and Sep. 08. The event names are: "Inauguration Ceremony & International Webinar", "Osteoarthritis & Prevention Public Awareness Webinar", "Physiotherapy Management of Osteoarthritis Workshop for Undergraduates", "Osteoarthritis & Prevention Public Awareness & Exercises Demonstration Programme", and "Evidence-Based Practice in the Management of Osteoarthritis - Webinar". The final bar for Sep. 08 is "Osteoarthritis Related MSK Physiotherapy Camp". At the bottom left is a QR code. At the bottom center is the logo of the Physiotherapy Students' Welfare Society, Faculty of Medicine, University of Colombo. To the right of the logo, the text reads "Physiotherapy Students' Welfare Society Faculty of Medicine, University of Colombo".

COLOMBO PHYSIOTHERAPY WEEK SEP 02nd-08th

World PT Day 2022 8 SEPTEMBER

Theme
Osteoarthritis and the role of physiotherapists in its treatment and in the management of people affected by osteoarthritis

Sep. 02 *Inauguration Ceremony & International Webinar*

Osteoarthritis & Prevention Public Awareness Webinar **Sep. 03**

Sep. 06 *Physiotherapy Management of Osteoarthritis Workshop for Undergraduates*

Osteoarthritis & Prevention Public Awareness & Exercises Demonstration Programme **Sep. 07**

Sep. 07 *Evidence-Based Practice in the Management of Osteoarthritis - Webinar*

Osteoarthritis Related MSK Physiotherapy Camp **Sep. 08**

  **Physiotherapy Students' Welfare Society**
Faculty of Medicine, University of Colombo

Inauguration Ceremony

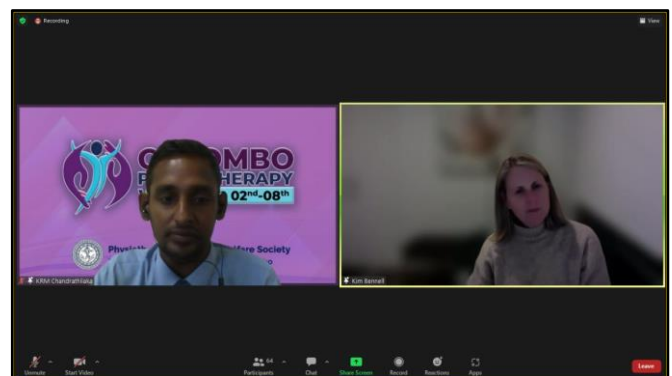
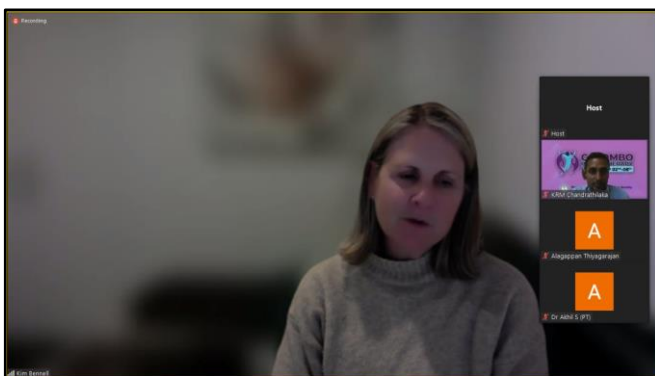
The opening ceremony took place on 2nd of September to officially commence the series of events of the Colombo Physiotherapy Week 2022. This ceremony was graced by Dean of Faculty of Medicine, Professor Vajira H. W. Dissanayake, Head of the Department of Allied Health Sciences, Dr. Subhashini Jayawardana, Lecturers of the Department of Allied Health Sciences, Demonstrators, members of Colombo Physiotherapy Alumni Association and undergraduates.



Increasing Accessibility to Physiotherapy for Osteoarthritis International Webinar

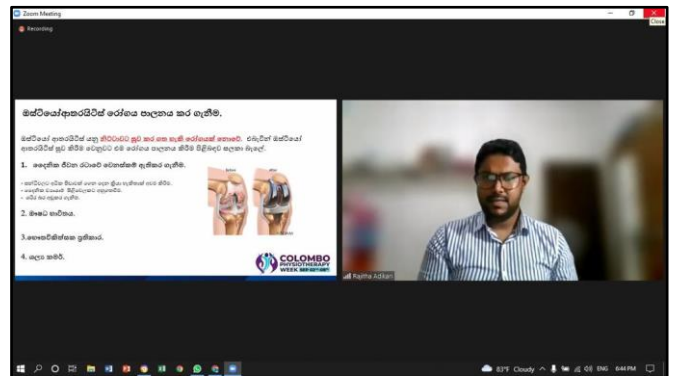
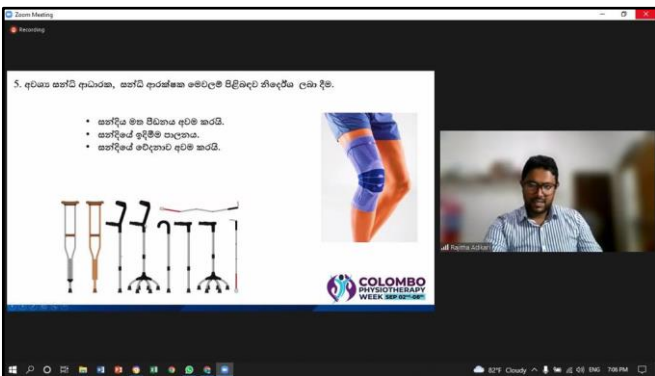
As the first step of the event series of the physiotherapy week; we successfully conducted an international webinar on “Increasing Accessibility to Physiotherapy for Osteoarthritis” on 2nd of September 2022. The guest speaker of the webinar was Professor Kim Bennell, an academic physiotherapist and currently Professor and Foundation Director of the Centre for Health, Exercise and Sports Medicine at the University of Melbourne, Australia and the webinar was moderated by Dr. K.R.M Chandratilake, Lecturer at Department of Allied Health Sciences, Faculty of Medicine, University of Colombo. We were able to get over 150 participants for this webinar.

The banner features the 'COLOMBO PHYSIOTHERAPY WEEK SEP 02nd-08th' logo with a stylized human figure icon. A dark blue box in the top right corner displays 'Sep. 02'. The main title 'Increasing Accessibility to Physiotherapy for Osteoarthritis' is written in a large, bold, white font with a blue outline. Below the title, a dark blue box contains the text 'International Webinar'. Two circular portraits are shown: on the left, Professor Kim Bennell with her name and affiliation (University of Melbourne, Australia) and an Australian flag icon; on the right, Dr. K.R.M. Chandratilake with his name and affiliation (University of Colombo).



Osteoarthritis & Prevention Public Awareness Webinar

On 3rd of September from 6.00 pm onwards we had a public awareness online webinar about ‘Osteoarthritis and Prevention’ as the 2nd step of our event series. It was conducted in Sinhala by Mr. Rajitha Adikari, physiotherapist at Department of Rheumatology and Rehabilitation, National Hospital of Sri Lanka. The targeted audience was general public and we could obtain over 150 participants for this webinar.



Osteoarthritis Physiotherapy Management Workshop

Then we conducted a workshop on “Physiotherapy management of osteoarthritis” on 6th of September 2022 from 1.00 p.m. to 4.00 p.m. as the next step of our event series. The Workshop was conducted by Physiotherapist and musculoskeletal & neuro-rehab specialist, Ms. Tanya Wijesinghe. The targeted audience was the physiotherapy graduates and undergraduates of University of Colombo and we could successfully attain a participant count over 60.

Sep. 06

COLOMBO PHYSIOTHERAPY WEEK SEP 02nd-08th

Physiotherapy Management of Osteoarthritis

Workshop For Undergraduates & Graduates of UOC

Ms. Tanya Wijesinghe
B.Sc. (Sp) Physiotherapy (Col.)
MRehabSci. (Melb.)
Physiotherapist / Musculoskeletal & Neurorehab Specialist

Physiotherapy Management of Osteoarthritis workshop
COLOMBO PHYSIOTHERAPY WEEK 2022
PHYSIOTHERAPY STUDENTS' WELFARE SOCIETY
FACULTY OF MEDICINE, UNIVERSITY OF COLOMBO.

COLOMBO PHYSIOTHERAPY WEEK SEP 02nd-08th

6

Osteoarthritis & Prevention Public Awareness & Exercises Demonstration Programme

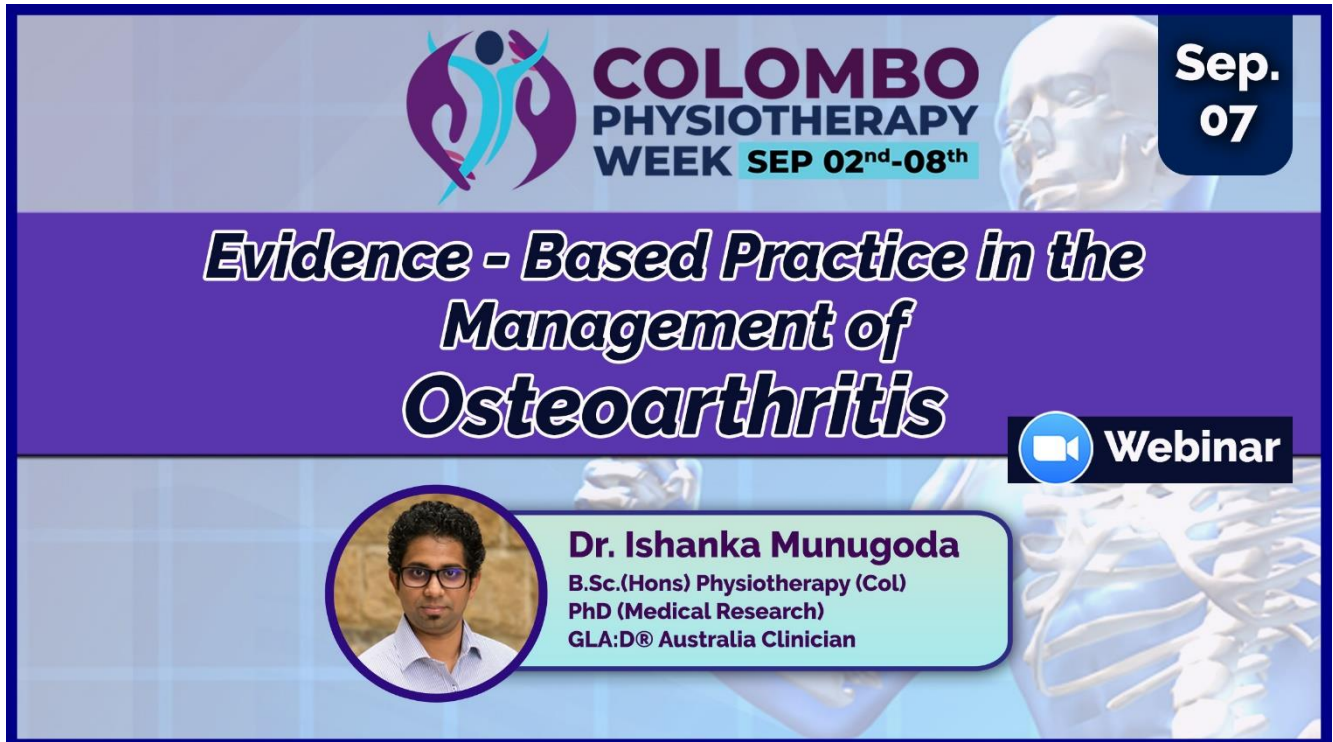
As the 4th segment of the Colombo Physiotherapy Week 2022, we conducted a community awareness programme on “The importance of exercise in preventing Osteoarthritis” for the employees at Lanka Garments MFG company, Grandpass on Wednesday, 7th of September 2022 from 11:00AM – 05:00 PM. The resource persons were Mr. Nuwan C. Rodrigo (Physiotherapist, Lady Ridgway Hospital), Mr. Ayaz Iqbal (Physiotherapist, Colombo South Teaching Hospital), Ms. Ishari Wanniarachchi (Physiotherapist, Lady Ridgway Hospital), Ms. Rangika Senani (Physiotherapist, National Hospital of Sri Lanka).

The awareness programme was conducted in 2 consecutive sessions. Both sessions were attended by more than 50 employees. The employees were taught what Osteoarthritis is, how osteoarthritis can be prevented by exercise, the role of physiotherapists in the management of osteoarthritis and mental health awareness was taught too.



Evidence-Based Practice in the Management of Osteoarthritis Webinar

As the 5th step of the Colombo Physiotherapy week; the same day on 7th of September 2022 from 6.00 pm onwards we had a webinar on “Evidence-Based Practice in the Management of Osteoarthritis”. It was conducted in English by Dr. Ishanka Munugoda. Target audience was physiotherapy graduates & undergraduates. We could obtain over 100 participants for this webinar as well.



The banner features a purple and blue color scheme. At the top left is the Colombo Physiotherapy Week logo, which consists of two stylized human figures in purple and blue. To the right of the logo, the text reads "COLOMBO PHYSIOTHERAPY WEEK SEP 02nd-08th". In the top right corner, a dark blue box contains the text "Sep. 07". The main title, "Evidence - Based Practice in the Management of Osteoarthritis", is written in a large, bold, white font with a black outline, centered on a purple background. To the right of the title, a dark blue box with a white video camera icon contains the word "Webinar". At the bottom left, there is a circular portrait of Dr. Ishanka Munugoda. To the right of the portrait, a light blue rounded rectangle contains his name and credentials: "Dr. Ishanka Munugoda", "B.Sc.(Hons) Physiotherapy (Col)", "PhD (Medical Research)", and "GLA:D® Australia Clinician". The background of the banner includes a faint image of a human head and a skeletal structure.

**COLOMBO
PHYSIOTHERAPY
WEEK SEP 02nd-08th**

**Sep.
07**

***Evidence - Based Practice in the
Management of
Osteoarthritis***

Webinar

Dr. Ishanka Munugoda
B.Sc.(Hons) Physiotherapy (Col)
PhD (Medical Research)
GLA:D® Australia Clinician

Musculoskeletal Physiotherapy Camp

As the final step of the Colombo Physiotherapy Week 2022; we conducted the Musculoskeletal Physiotherapy camp. It was based on receiving advice and treatment from expert physiotherapists for musculoskeletal conditions. It was held on 8th of September 2022 from 9 am to 3.30 pm at the Allied Health Sciences Department, Medical Faculty, University of Colombo.

Expert physiotherapists including former physiotherapy graduates of the university; attended the patients and physical fitness tests were also done at the camp. The camp was opened to the public & we were able to successfully complete the camp with the help of the undergraduates as well.

The closure of the day was marked by a commemorative ceremony presenting an overview of the “Colombo Physiotherapy Week 2022”. Tokens of appreciation were awarded to all who contributed to this event.



