

The theme of World PT Day 2023 focused on Arthritis. The [Kuwait Physical Therapy Association](#) (KPTA) decided to emphasize its activities on the declared theme by arranging an event in one of the most well-known & biggest malls in Kuwait “The Avenues” by organizing an event in the very same day of the World PT Day (Friday 8<sup>th</sup> of September, which also happened to be a weekend ensuring more people flow to the mall). The KPTA committees (Scientific & Awareness Committee; & Social & Sports Committee) prepared many activities for the mall visitors as there was a proper announcement about the event in all media & social media as well. As to enhance the day activities in the mall, 4 guests were invited who has specialized degrees in Ortho, women health & cardias rehab were invited to enrich the activity & answer the visitors’ inquiries. We had the pleasure to form a team of volunteers who are working in different sectors in Kuwait hospitals & privet clinics.

The invited guests:

- Professor Soud Al-Obaidi (PhD. PT. - former dean of Faculty of Allied health sciences, specialized in Orthopedics & Spine)
- PT. Soha Boyabes (Msc. PT. Specialized in Orthopedics, manual therapy & women health)
- Dr. Amal AL-Batny (PhD. PT. Specialized in Cardiac Rehab)
- Dr. Tasneem Al-Zaid (PhD. PT. – specialized in sports injuries – shoulder)

**The activities included:**

1. Curl up test: for biceps muscle power.
  2. Q & A section for general info. About arthritis (as drifted from the WPT materials).
  3. A comparison between OA & RA.
  4. Demonstration of the use of Thera-bands & Medical taping.
  5. Distribution of many publications emphasizing on PT role with arthritis (back, neck, shoulder, hip, knee & ankle).
  6. Radio & TV interviews with Board members (in Arabic/English Languages) for raising awareness about the PT world day & arthritis PT management.
- At the end, there were at least 500 visitors in the World PT day event at the Avenues mall which was satisfying & joyful in the same time.