



## **WORLD PHYSIOTHERAPY DAY 2019 CELEBRATION REPORT**

### **Health Talk about Life Style Modification for Chronic Pain**

On 8th September 2019, The World Physiotherapy Day was celebrated in a befitting manner at Mobility Physiotherapy and Rehabilitation. As the theme of this year is "Chronic Pain", which is a global health burden, emphasis was given on creating awareness among the public. As Chronic Pain affects the overall health, both physical and mental, and at the same time it affects the socioeconomic activities, "Lifestyle Modification " was chosen as the topic of discussion at Mobility Physiotherapy and Rehabilitation.

The participants included enlisted patients, their relatives and friends suffering from chronic pain, people from the locality and the health care providers. The discussion was open to all free of cost and interactive. Senior Physiotherapists, Public health specialist doctors and Role Models of life style modifications were among the speakers. It was conducted in consecutive batches for the whole evening. Various dimensions like diet modification, relieving stress and relaxation techniques, keeping oneself physically active, regular exercise, ergonomics, good sleeping habits, adequate hydration, quitting smoking and drinking alcohol were emphasized. Patient specific complains were discussed and solutions suggested. To enhance understanding, WCPT handouts in local language (Bengali) were distributed. Patients and participants were guided on how to track their own progress through lifestyle modification. Pros and cons of overdoing or under-doing were detailed.

This health talk was felt beneficial by the participants in many ways, when myths were targeted dos' and don'ts which are commonly known to patients were brushed up, their confusions were answered. Feedback from was taken from the participants at the end of the session. It was quite encouraging as the participants admitted that they learned many things how to explore their own strength in modifying their own lifestyle to lead a better life in every way.



**Interactive Session about Life Style Modification for Chronic Pain**

We in Mobility Physiotherapy and Rehabilitation are very much satisfied with the response to this health talk and are enthusiastic about conducting a series of such enlightening program in a large scale, so that more and more people will have the benefit of being relieved from age-long pain and suffering in a more scientific way.

Dr. Anwesh Pradhan (PT)  
MPT (Neurology), COMT, PhD Scholar

Dr. Malini Bhattacharjee (Pradhan) (PT)  
MPT (Cardio-Respiratory)

Dr. Shantanu Sarkar (PT)  
MPT (Orthopedics)

Dr. Bibhuti Bhusan Pradhan  
MBBS, DPH



Mobility Physiotherapy and Rehabilitation (Rgn. No. 949 dt.03/05/2017)  
N/30, Mitra Compound, Medinipur, Dist- Paschim Medinipur, West Bengal, Pin 721101, India