



World PT Day 2022

Osteoarthritis

How to take part

#worldptday
www.world.physio/wptday



This year's campaign: Osteoarthritis

The focus for this year's World PT Day is osteoarthritis, and in 2023 the focus will be on other rheumatological conditions.

The campaign is focused around the following key messages.

- Osteoarthritis (OA) is the most common joint condition: 520 million people around the world have OA, and 60% of OA cases are for knee OA.
- In a global study of 291 conditions, hip and knee OA was ranked as the 11th highest contributor to disability.
- OA is a leading cause of disability. 9.6 million years were lived with disability from OA around the world in 2017.
- The exact cause of OA is unclear. Risk factors that increase the risk of OA include: having overweight or obesity, having a previous joint injury or joint surgery or history of joint overuse, genetics.

- Exercise is a first-line treatment for OA. A physiotherapist can provide advice and education about pain relief and ways to manage OA. They can teach people living with OA how to improve joint movement and strengthen muscles.
- It is important for people living with OA to keep as active as possible. This can help improve pain, reduce other symptoms of OA, and help people stay independent.
- Only about a third of people living with OA will get worse over time, and some see an improvement in pain and disability. A physiotherapist will be able to guide you on how to keep active.

World Physiotherapy encourages member organisations and physiotherapists around the world to use World Physiotherapy's toolkit to convey these messages to the public and policy makers.

About World PT Day

World PT Day is held every year on 8 September, the day World Physiotherapy was founded in 1951. World PT Day is a day when physiotherapists can promote the profession to:

- showcase the significant role the profession makes to the health and wellbeing of the global population
- raise the profile of the profession
- campaign on behalf of the profession and its patients to governments and policy makers

The day marks the unity and solidarity of the physiotherapy community around the world. It is an opportunity to recognise the work that physiotherapists do for their patients and community.

World Physiotherapy aims to support its member organisations and individual physiotherapists in their efforts to promote the profession and advance global health, using World PT Day as the focus.

Exercising with osteoarthritis

Exercise first

Exercise and physical activity are safe and evidence-based first line management strategies for osteoarthritis.

They can:

- delay or prevent joint replacement
- delay or prevent functional decline
- reduce joint pain

Osteoarthritis can be managed successfully. Seek advice from a physiotherapist about the right types of exercise for you.

World Physiotherapy www.world.physio/wptday

World PT Day 2022
8 SEPTEMBER

Get involved

World Physiotherapy has produced a toolkit of materials for member organisations to support physiotherapists in their World PT Day activities. It includes:

- posters: to display in public places
- information sheets: to display and distribute to patients and the public
- translations: copies of the information sheets and posters will be available in several languages
- social media graphics: a selection of graphics will be produced for you to use on social media platforms to promote the day and this year's message
- information sources and additional reading: references for information within the materials and additional resources and web links about this year's campaign
- roller banner artwork: to download and be supplied to local manufacturers
- a t-shirt design and logo: to download and get printed locally

Download the above resources for free at:
www.world.physio/wptday

#worldptday

Preventing osteoarthritis

Osteoarthritis is the most common type of arthritis

Regular exercise lowers your risk of osteoarthritis, hip fractures, risk of falls in older adults, and can prevent or delay the need for the surgery.

Speak to a physiotherapist about building an individualised training programme based on your needs.

World Physiotherapy www.world.physio/wptday

World PT Day 2022
8 SEPTEMBER

If you are an individual physiotherapist or planning an activity with your colleagues at your workplace, remember to contact the World Physiotherapy member organisation in your country/territory to link up with any activities they may be planning.

World Physiotherapy member organisations:
www.world.physio/our-members.

The materials produced promote the idea of a global physiotherapy community. The day will be widely publicised on social media, using the #worldptday hashtag.

Ideas on how to take part

Whether you work for a physiotherapy association, in a hospital department, a small clinical setting, or are studying physiotherapy, you can find different ways to mark the day.

Here are some suggestions to help you make sure you choose something that is right for you, and fits in with what you want to achieve for the day.

As part of the response to COVID-19, some countries have restrictions on holding large events and gatherings. Please consider this when making plans for World PT Day and make sure you follow any guidelines in your country/territory about social distancing.

You can use your website or social media platforms to adapt many of the ideas listed here. Try a Facebook live Q&A or share advice and tips on your website.

We will be producing a series of graphics to promote the day via social media.

Public events

- A free exercise demonstration session in a public place (or online) – showing, for example, how exercise can help people living with OA.
- Talks and seminars in workplaces or online, suggesting exercises to integrate into daily life and providing literature to employers.
- Talks or events at community centres.
- A roaming information booth, visiting different locations in the day, or over a week.
- A “health challenge” for the public, politicians or celebrities – for example, challenge them to walk a certain number of steps during the day. You could lend out pedometers for the challenge, or give them away free.
- Public exercise classes, say in a large city park.

Events for people of all ages

- Arrange a talk at community events or online using social media to highlight the value of physiotherapy and how it can help people living with OA.
- Arrange some online exercise classes.
- Work with care givers or people in the community caring for people living with OA to assess how physiotherapy can improve people’s lives.

In clinical settings

- Set up an information booth or exhibition in a reception area with information about what physiotherapists do.
- Share World Physiotherapy’s information sheets and posters with colleagues and visitors.

Added extras

- Find out if there is a local celebrity who could support your activities, and participate in any events. This is likely to increase public and media interest
- Offer to be a guest on a local radio or TV show, or to answer questions online.
- Have something to give people which will help them stay healthy, and show what physiotherapists do to help: information sheets and posters like those available from the World Physiotherapy website are a good place to start

Get inspired!

See how World PT Day has been celebrated in the past

www.world.physio/wptday/activities