



World PT Day 2023

Arthritis

How to take part: activities guide

This year's campaign

The focus for this year's World PT Day is arthritis, with an in-depth look at some forms of inflammatory arthritis. This follows on from the theme for 2022, which focused on osteoarthritis.

The 2023 campaign is focused around the following key messages.

- Arthritis is defined as an acute or chronic joint inflammation. Symptoms can include pain, swelling, stiffness, and redness which may contribute to reduced function and dexterity. Arthritis isn't a single condition; there are many different types.
- It can affect people of all ages and physical fitness – including children, teenagers, and athletes. Some forms of arthritis are more common in older people.
- The symptoms of arthritis can vary from week to week, and even from day to day. It can also affect people in different ways and each condition will have specific symptoms. However, with the right treatment and approach, you can manage your symptoms and live well.
- Regular physical activity and exercise are important in the management of all forms of inflammatory arthritis (IA), including rheumatoid arthritis (RA) and axial spondyloarthritis (axial SpA), and offer numerous health benefits.
- Physiotherapy is an important part of your overall treatment. A physiotherapist will guide you on how to exercise safely, increase your activity levels, set goals, and find the right balance between rest and activity.
- It's important to stay active and keep moving when you have arthritis. Physiotherapists are part of a multidisciplinary team that can help you manage your arthritis. They will be able to assess your condition and abilities, and guide you on how to keep active and help manage your symptoms.
- People with RA and other inflammatory joint disorders have an increased risk of cardiovascular disease (CVD). Healthy lifestyle choices, including regular physical activity, are important in the management of RA to reduce the risk of CVD.
- People with axial SpA should be referred to a physiotherapist to start an individualised, structured exercise programme that is tailored to you to help maintain spinal flexibility, whole body flexibility, and reduce pain. Even when you have pain, continuing to exercise at levels that suit you has significant benefits.
- 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.
- Arthritis is often associated with older people, but it can also affect children. Most types of childhood arthritis are known as juvenile idiopathic arthritis (JIA). Physiotherapy forms an important role in the management of the symptoms of JIA and will help you/your child do the activities you like doing.

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.

World Physiotherapy would like to express its sincere thanks to the following for their input and assistance in the production of the materials for World PT Day 2023: Lindsay Bearne (@lindsaybearne), Andrew Briggs (@AndrewMBriggs), Jack March (<https://rheumatology.physio/>), and MACP Rheumatology clinical interest group (www.macpweb.org/Rheumatology).

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.



World PT Day goals



Impact

Showcase the significant role the profession makes to the health and wellbeing of the global population



Visibility

Raise the profile of the profession



Advocacy

Campaign on behalf of the profession and the general public to governments and policy makers

Advancing global health

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 people and communities.

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.



Use the toolkit

World Physiotherapy has produced a toolkit of materials to support member organisations and individual physiotherapists in their World PT Day activities.



Translations

Copies of the information sheets and posters will be available in several languages

Information sheets

To display and distribute



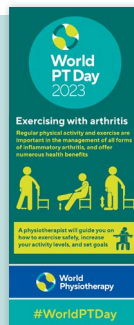
Posters

To display in public places



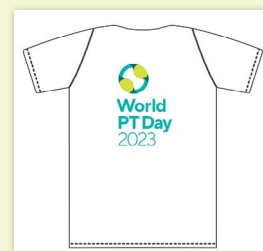
Pop-up roller banners

To download and be supplied to local printers



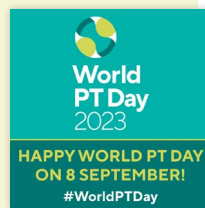
A t-shirt design

To download and get printed locally



Social media graphics

A selection of graphics to use on your own social media platforms to promote the day and this year's message



Information sources and additional reading

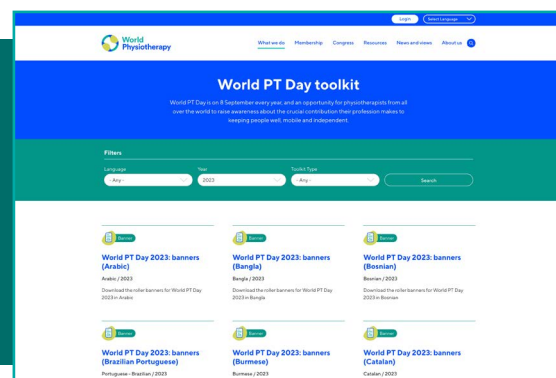
References for information within the materials, and additional reading



The toolkit

Download all the resources for free at:

world.physio/wptday/toolkit



Local to you

Member organisations

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



129

Member organisations

We represent national physiotherapy associations from 129 countries/territories



#WorldPTDay

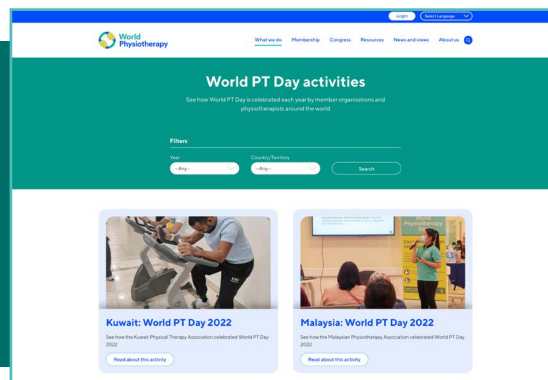
Social media hashtag

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

Last year's activities

Here you can see what physiotherapists got up to for World PT Day 2022.

<https://world.physio/wptday/activities>



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.

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. Don't forget to use the **#WorldPTDay** hashtag when posting about the day.

Public events

- A free exercise demonstration session in a public place (or online) – showing, for example, how exercise can help people living with different forms of arthritis.
- 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.
- Public exercise classes, for example in a large park or open space.

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 arthritis.
- Arrange some online or in-person exercise classes.
- Work with care givers or people in the community caring for people living with arthritis to assess how physiotherapy can improve people's lives.

Ideas on how to take part

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 that 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

<https://world.physio/wptday/activities>





World PT Day 2023

Don't forget!

Share your activities online

Let people know how you plan to mark World PT Day.
Remember to use the #WorldPTDay hashtag.

Share with your member organisation

Contact the member organisation in your country/territory to let them know what you're planning to do <https://world.physio/our-members>

Contact us

Have any questions? Contact communications@world.physio

#WorldPTDay
www.world.physio/wptday

