

INTI World Physiotherapy Day 8.0

3rd – 5th September 2019

INTI World Physio Day 8.0 has successfully achieved a total of 488 participants in the three days with the theme “To Mobility and Beyond”. There was a total of 31 committee members, 82 Students from the Physiotherapy programme recruited as helpers and 14 lectures and clinical instructors served as our consultants. This event would not have been possible without all of their contributions.

There was a total of 3 main health check stations, including wellness assessment (BMI, waist to hip ratio, blood pressure) and 5 fitness assessments related to sports such as Push Up and Wall Sit Tests for strength, Y-Balance Test, Hexagon Agility Test and finally Sit and Reach Test for flexibility.

With the newer and fresher ideas from the planning team, this year’s IWPDP had a new segment, which introduced free short workshops or crash courses for our physiotherapy students conducted by our own physiotherapy lecturers from INTI International University. The titles of the workshops are:

1. DOMS: An Insight
2. Stretching Exercises
3. A Very Basic First Aid Class
4. Chronic and Acute Pain Relief

We also had an outstanding guest speaker who was also an INTI IU Physiotherapy alumnus coming in from the Precise Rehab Clinic, a local physiotherapy center with a talk regarding Sports Physiotherapy and her journey from student to practitioner. Besides that, we had a plank challenge for everyone to participate which whoever holds the longest plank wins cash prizes.















