

# INTI World Physiotherapy Day 7.0

4<sup>th</sup> – 6<sup>th</sup> September 2018

INTI World Physio Day 7.0 has successfully achieved a total of 596 participants in the three days with the theme “Motion is Medicine”. There was a total of 26 committee members and 88 Students from the Physiotherapy programme recruited as helpers. This event would not have been possible without all their contribution. There was a total of 7 health check stations, including wellness checking (BMI, waist to hip ratio, blood pressure), sit and reach, postural screening, balance, cardiorespiratory (step up test), consultation and exercise demonstration. Every year, the planning committee of the INTI World Physio Day will try to improve from the previous years. This year, to further promote and educate the public on Physiotherapy, a gallery section was also added, showcasing softboards with info on “Physiotherapy”, “Branches of Physiotherapy”, “Modalities” and “Lower Back Pain”. Moreover, there was a total of 20 participants in beep test competition. Cash prizes were given to the top 3 winners of the competition. In addition to that, a Push-Up Mini Game was held in INTI International College Subang on the third day of the event. There was a total of 20 participants and a cash prize was given to the participant who could do the most pushups in one minute. Besides that, a total of 430 free goodie bags were distributed to the participants.

## INTI WORLD PHYSIO DAY 7.0 DAY 1 (4TH SEPTEMBER 2017)

**Location: TAN YEW SING MULTIPURPOSE HALL, INTI INTERNATIONAL UNIVERSITY**

**Time: 10.00am – 4.00pm**



Opening ceremony for INTI World Physio Day 7.0 with the theme “Motion is Medicine”.



Helpers for INTI World Physio Day 7.0.



Prof. Dr. Wong Ling Shing, Dean of Faculty of Health and Life Sciences giving his speech during the opening ceremony.



Dance performance by students of the Physiotherapy course in INTI IU to celebrate the opening of the event.



Main softboard.



# GENERAL HEALTH & WELL-BEING

## BMI

BMI (kg/m<sup>2</sup>) =  $\frac{\text{Weight (kg)}}{\text{Height (m)}^2}$

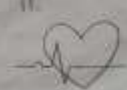
Classification	BMI (kg/m <sup>2</sup> )	Risk
Underweight	< 18.5	Low
Normal	18.5 - 24.9	Increasing
Overweight	> 25.0	Normal
Class I obese	27.0 - 34.9	High
Class II obese	35.0 - 49.9	Very High
Class III obese	> 50.0	Extremely High

## BP

*Did you know?*

- High blood pressure can lead to damage of your blood vessels and other organs in your body.
- It is a main risk factor for stroke & heart attack.

Approx 1/3 of people with high blood pressure do not know that they have it.




## WHR

Indicator	Cut-off Point		Risk of Metabolic Complication
	Male	Female	
Waist Circumference	> 34 in	> 35 in	Increase
Hip Circumference	> 40 in	> 41 in	Increase
Waist:Hip Ratio	> 0.90	> 0.85	Significantly Increased

Station softboards prepared by our publicity team.

## CARDIORESPIRATORY

**Aim**  
To measure aerobic (cardiovascular) fitness level based on how quickly the heart rate returns to resting after a controlled exercise.



**Fun Fact #1**  
Heart attacks happen most often on Monday mornings.

**Fun Fact #2**  
The giraffe has a lopsided heart with their left ventricle being thicker than the right. This is because the left side has to get blood up the giraffe's long neck to reach their brain.

# SIT & REACH

**Aim:** This test is a common measure of flexibility, specifically the lower back & hamstring muscles. Tightness in this area is implicated in lumbar lordosis, forward pelvic tilt & lower back pain.



## Fun Facts

The best time to stretch for flexibility is after, not before, a workout.

Stretching does not prevent muscle soreness.

Stretching for short periods throughout the day helps loosen up tight muscles and prevent injuries.

Stretching exercises done in a bouncing manner can cause injuries. Instead, try performing them slowly and steadily.

Stretching should be avoided when a joint or a muscle is inflamed, infected, injured or when a sharp pain is felt in a joint or muscle.

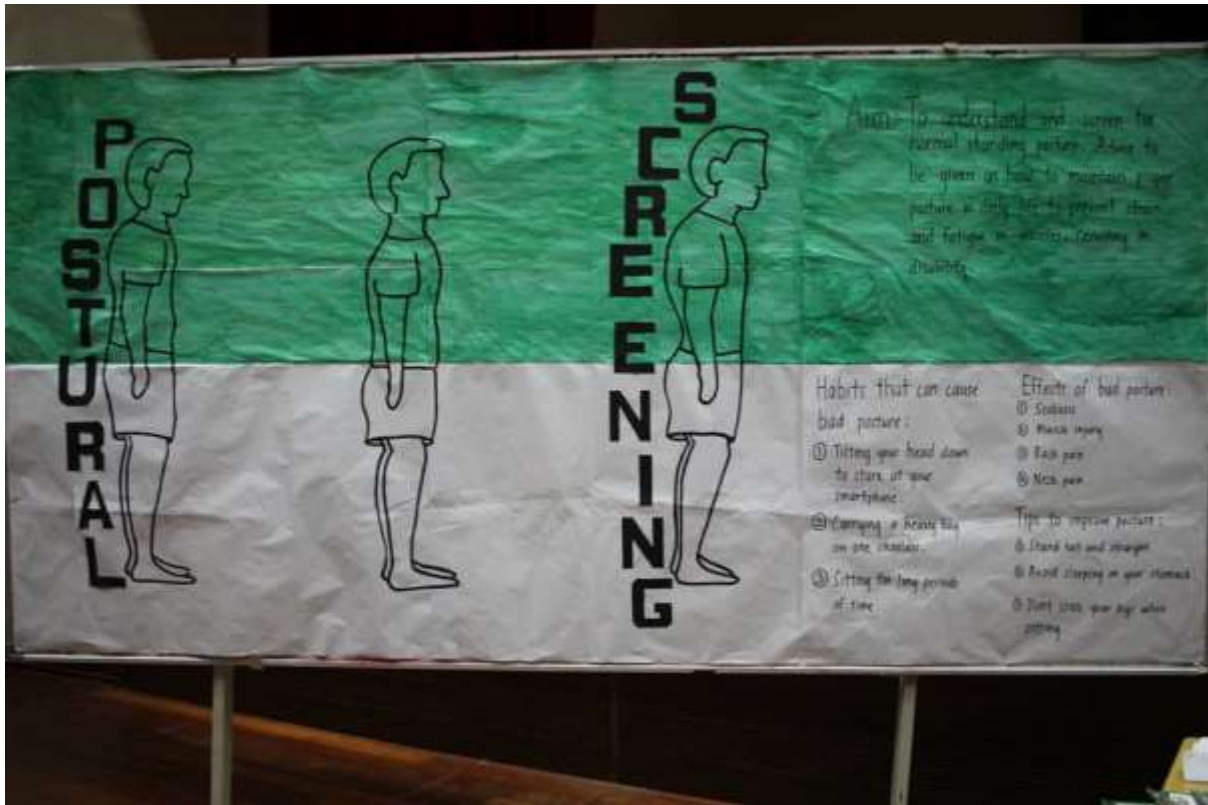
# BALANCING

**Aim:**  
To determine the individual's sense of balance, proprioception, sense and vision coordination.

**FACT ABOUT BALANCE**  
To stay upright, your body must send a continual stream of data about its position to your brain — and your brain must continually tell your body how to move to keep its balance.







Gallery softboards.

# BRANCHES

<p><b>muskuloskeletal</b></p> <p>Involves in the treatment of physical ailments concerned with structures surrounding the joint regions i.e. bones, muscle, ligaments</p>	<p><b>cardiorespiratory</b></p> <p>Deals with conditions related to the hearts and lungs</p>	<p><b>neurological</b></p> <p>Deals with patients that are recovering from neurologic conditions such as stroke and Parkinson's Disease</p>	<p><b>pediatrics</b></p> <p>Focuses on the unique needs of infants, babies, children and adolescents</p>
<p><b>geriatrics</b></p> <p>Major focus on the unique treatment needs of older adults</p>	<p><b>woman's health</b></p> <p>Specializes in treatment for women's unique problems or conditions including pelvic and birth control problems, menopause and related issues etc.</p>	<p><b>sports</b></p> <p>This branch is specifically specialized for athletes</p>	<p><b>occupational health</b></p> <p>Focuses on the prevention of work-related occupational injuries and health-related hazards</p>

# MODALITIES

<p><b>tens</b></p> <ul style="list-style-type: none"> <li>• Transcutaneous Electrical Nerve Stimulation (tens or TENS)</li> <li>• method of electrical stimulation which provides pain relief by exciting sensory nerves</li> </ul>	<p><b>handgrip</b></p> <ul style="list-style-type: none"> <li>• The purpose of this test is to measure the isometric strength of the hand and forearm muscles</li> </ul>	<p><b>spirometer</b></p> <ul style="list-style-type: none"> <li>• Standard test to measure how well your lungs are functioning. The test works by measuring air flow into and out of your lungs</li> </ul>
<p><b>cryocuff</b></p> <ul style="list-style-type: none"> <li>• The cuff is filled with ice cold fluid. The cold compress helps decrease pain, swelling and muscle spasms</li> </ul>	<p><b>bioelectric electrical stimulation</b></p> <ul style="list-style-type: none"> <li>• always applied for less or patients to produce near normal tetanic force contraction and relaxation of the muscle</li> </ul>	<p><b>shockwave therapy</b></p> <ul style="list-style-type: none"> <li>• non-invasive method that uses acoustic waves to treat various musculoskeletal conditions</li> </ul>





Helpers gathered before the event for a final briefing.





Exercise demonstration station.



Postural screening station.



A participant trying out the cryo cuff knee cooler at the interactive part of the gallery.



## BEEP TEST COMPETITION (4TH SEPTEMBER 2017)



Participants of the beep test competition.



Committee members giving a briefing to the participants.



Participants stretching and warming up before the competition.



Participants start running from one end of the court to the opposite end.





Friends of the participants that came to show support.



The committee members stand at the edge of the two ends with 2 committee members allocated for each participant. They judge if the participant commits a foul and keep track of the level achieved by the participants.



Chong Li Chi, one of the vice organising chairperson, presenting the prize to the champion





Chong Li Chi presenting a prize to the first runner up.



Chong Li Chi presenting a prize to the second runner up.



A group photo with all the participants. All the participants receive a goodie bag from the committee as a token of our appreciation.



**INTI WORLD PHYSIO DAY 7.0 DAY 2 (5TH SEPTEMBER 2017)**

**Location: TAN YEW SING MULTIPURPOSE HALL, INTI INTERNATIONAL UNIVERSITY**

**Time: 10.00am – 4.00pm**



Some of our helpers for the day.



Balance station.



Sit & Reach station.



A helper measuring a participant's height at the Body Mass Index station.





Waist-to-Hip Ratio station.



Participants getting their blood pressure measured at the BP station.



Our lecturers giving consultation to the participants of the event.



Participants trying out the Transcutaneous Electrical Nerve Stimulation (TENS) at the gallery.





A helper using Faradic Electrical Stimulation to stimulate the muscles of a participant's hand flexor muscles.



A participant trying out the Spirometer at the gallery.



Cardiorespiratory station.



A helper measuring a participant's heart rate using an Oximeter.



**INTI WORLD PHYSIO DAY 7.0 DAY 3 (6TH SEPTEMBER 2017)**

**Location: SPORTS HALL, INTI INTERNATIONAL COLLEGE SUBANG**

**Time: 10.00am – 4.00pm**



Participants registering for the health screening.



Some of the lecturers and staff that visited the event in Subang.



BP station.





BMI station.



A lecturer and 2 upper semester students giving consultation to the participants.



Postural screening station.



A helper explaining how the hand-grip dynamometer is used.





We introduced a new mini game at INTI Subang called the Push-Up Challenge. Participants have to do as many push ups as they can within 1 minute, highest number of push ups wins.





Shaun Lee, the organizing chairperson, giving a prize to the champion of the Push-Up Challenge.



Group photo of the lecturers and the helpers who went to INTI Subang