

Physiotherapy Week 2019 at Jamaica Constabulary Force

- Physiotherapy Week 2019 (September 8-13) under the theme “Chronic Pain”. Activities included:
 - Daily publication of educational material on chronic pain to ‘*all staff*’ via email and a summary of the multidisciplinary management of chronic pain published in *Force Orders* (the organization’s weekly publication article) on 2019-09-12
 - **Monday, September 9, 2019:**
 - Due to high volume of clients from the organizations’ telecommunication unit headquarters (called Telecom HQ) being referred for Physiotherapy management a workshop on management of Chronic Pain was done @ Telecom HQ. This department is responsible for maintenance, servicing and installation of all equipment used for communication and also air conditioning units. Presentations done by Physiotherapists, Psychologist and Nutritionist reinforcing the multidisciplinary approach required for management of chronic pain.

Physiotherapists presenting on management of chronic pain and postural adjustment.



Telecom member demonstrating proper lifting technique.



Telecom HQ team being taught core strengthening and stretching exercises by Physiotherapists



- **Tuesday, September 10, 2019:**
 - Educational Seminar on Management of Chronic Pain targeted at clients with chronic pain and currently receiving Physiotherapy treatment. Presentations done by Physiotherapists, Medical Doctor, Psychologist and Nutritionist.

