

2019 WORLD PHYSIO THERAPY DAY REPORT FROM SLOVENIAN ASSOCIATION OF PHYSIOTHERAPISTS

In September and October 2019, 31 institutions organised 61 events in 20 places and 36 locations around Slovenia, including a press conference (54 events took place in September and seven in October).

In those two months, physiotherapists from Slovenia treated 1,677 participants of different ages as part of organized and health-friendly events (1,367 persons attended our events in September).

The highest numbers of participants were reached by the organizers from the Rogaška Health Resort – Zdravstvo d. o. o. (163 participants at four events), Murska Sobota General Hospital (154 participants at two events), Laško Spa Centers (150 participants at nine events), Institute for Education, Work and Care Dornava (123 people at six events), Novo mesto General Hospital (100 participants in one event), DFUS Trbovlje (96 participants in four events), National Institute of Public Health (94 people in four events) and Institute for Education, Work and Care Dobrna (80 people in one event).

On September 14th, the Section of Private Physiotherapists of the Slovenian Association of Physiotherapists organized a traditional hike to Velika Planina. Eight hikers took part in this event.

At local events, fellow physiotherapists organized and engaged in so-called "open days/weeks", lectures and/or training workshops (mostly related to the subject of "Physiotherapy and chronic pain"). They carried out measurements and testing, posture assessments, individual consultations, presentations of various preventive or therapeutic land and water exercises (mainly for a healthy spine, pelvic floor muscle training, shoulder training, osteoporosis, weight loss, balance and coordination exercises, strength, stretching exercises, breathing exercises). They also presented Nordic walking, Pilates and other recreational exercises, meditation, examinations and procedures in physiotherapy (kinesiology, manual therapy and supportive procedures in physiotherapy) in outpatient clinics and promoted physiotherapists' activities in health and education centres and centres for health improvement, active breaks in work organizations, hiking on a nearby hill, etc.

The target population were employees, visitors, guests or patients and relatives in public and private health care institutions, residents of social institutions and all interested passers-by and members of local community associations.

Representatives of the Slovenian Association of Physiotherapists promoted their profession and all local physiotherapy related events on a national level by distributing 2019 World Confederation for Physical Therapy posters and flyers and handing out leaflets of Slovenian Association of Physiotherapists ("Presentation of Physiotherapy as a Profession"). The representatives also engaged in distributing World Confederation for Physical Therapy "Movement for Health" stickers and carrying out a press conference at the Slovenian Association of Physiotherapists' head office. It was attended by many media reporters, such as STA, Nova 24 TV and Reciprocity. The promotion also succeeded through social media posts

such as Facebook and Instagram. Some articles appeared in print media as well - Polet (Delo newspaper supplement) and Nedeljski dnevnik, with contributions on radios (Radio Slovenia 1) and TV stations (TV Slovenia 1).

Physiotherapists promoted their events on a local level as well and invited participants by distributing 2019 World Confederation for Physical Therapy posters and flyers, as well as out leaflets of Slovenian Association of Physiotherapists. These were also placed in waiting rooms and/or pinned on message boards and in the local community. Events and physiotherapy in general were promoted by articles and/or audio or video contributions in their institutions and/or local media (radios Aktual Kum, Celje, Krka, TV Kanal, Murski Val, and newspapers Gorenjski glas, Dobrčan, Celje, Vestnik (Prekmurje Regional Journal)) or on internet and/or intranet pages, internal newsletters (e. g. newsletter URI Soča - GIBKO, newsletter of Murska Sobota General Hospital - Modri Dirkač) and various Facebook pages. Last but not least, participants were invited to the events via phone calls or e-mails, as well as orally.

link to photos and report in Slovenian language: <https://www.physio.si/porocilo-o-svetovnem-dnevu-fizioterapije-2019/>

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