

## **Qatar Rehabilitation Institute - World PT day – 2019**

Physiotherapy department of Qatar Rehabilitation Institute celebrated World Physical Therapy Day under the guidance and support of Chief of Physiotherapy Department Ms. Noora Rashid Essa Al Mudehki. The day was marked with many activities to bring awareness about Physiotherapy for public and Staff visiting QRI. The opening of the event was done by cutting the cake in presence of all esteemed dignitaries of the hospital. The event was attended by staff from all sections of QRI as well from other Hospitals.

To mark the day many activities were conducted:

- **Educational stall at the main entrance for the staffs and public.**

An educational stall manned by Physiotherapy staff was stationed at the entrance of the institute. All the visitors to the stall were shown a running presentation on Physiotherapy constituting its scope of practice, Techniques used, recent equipment, various educational programs conducted in QRI and many other details.

The Team of therapists also held spot quiz on movements, exercises & human body by offering the visitors to choose a question by picking up questions from a bowl. The correct questions were given prizes on spot. This brought smiles on many people, as they found most of their answers being correct. Educational brochures were distributed with information on “Chronic pain” – the topic being the theme of World physiotherapy day of this year. The stalls were a huge success, as visitors had fun winning prizes & learning about physiotherapy in a unique way.

- **Display of Various Modalities used in Pain Management**

Display of various modalities used for pain management in Physiotherapy was kept near the entrance. The application of such equipment was explained to the visitors in a simple manner. Latest equipment was also on display and a demonstration was given to the interested staff & public.

- **Work stations to Evaluate Fitness & Balance for the staffs and public.**

The most interesting part of the day was the stations placed in the outpatient clinic of Physiotherapy that measured fitness level of visitors. This was a huge hit among the visitors as most of them wanted to know their status on fitness. Physiotherapists performed simple but effective tests to measure strength, endurance, flexibility, balance & posture were performed and the same was given to the visitors. This motivated them to keep moving and regain fitness. They went with determination to get their scores better.

- **Ai Chi – A Mind Body connection for pain management**

For the first time, a session on Ai Chi was conducted on land to give an essence of this technique which is performed in water. Out of the 19 katas/ moves 6 simple ones were chosen and taught to the interested staff and public. The moves were taught in a systemic manner concluding with moves being performed in rhythm with breathing, with eyes closed and with soft music. With the moves in synchronization with breathing, it brought about a Mind Body connection – essential to sustain a stable, physical and emotional state of wellbeing. The Participants enjoyed the session well and the session was in demand for the day.

The Physiotherapists of QRI, made wonderful use of the day to spread awareness, provide information, do fitness tests and make people experience some of the movements. The day was concluded with all physiotherapists having a gathering to celebrate their professional identity with a renewed vigor.