

Press release

For immediate release

31 July 2020

Physiotherapists' role in helping people recover from COVID-19 is the theme for World PT Day

The focus for this year's World PT Day on 8 September is rehabilitation after COVID-19 and the role of physiotherapists in the treatment and management of people affected by COVID-19.

Exercise can play an important part in a person's recovery after COVID-19

- As the experts in movement, physiotherapists can guide people in how exercise can help recovery
- People who have had severe cases of COVID-19 will need rehabilitation and physiotherapy to recover from the effects of treatment for the disease
- Using telehealth can enable people to access the help and support from a physiotherapist to help them manage the impact of COVID-19
- Telehealth can be as effective as conventional healthcare methods to improve physical function.

World Physiotherapy president Emma Stokes said: "COVID-19 has impacted many people's lives. Physiotherapists have played a key role during the acute response phase of the pandemic, and this will continue in many parts of the world. As the experts in functional movement, physiotherapists can help people recover from COVID-19.

"A physiotherapist can help people understand the long-term impact of COVID-19 and work with them to support their recovery."

World PT Day toolkit

The [World PT Day toolkit](#) includes a range of materials to share the campaign in your country/territory.

As part of the response to COVID-19, many countries/territories have introduced restrictions about holding large events and gatherings. Please consider this when making plans for World PT Day and make sure you follow any guidelines in your country/territory about social distancing.

You may want to consider developing campaigns and activities on social media, radio and TV.

Twitter [@WorldPhysio](#)

Facebook [@WorldPhysio](#)

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EDITOR'S NOTES

About physiotherapy

Physiotherapists are experts in developing and maintaining people's ability to move and function throughout their lives. With an advanced understanding of how the body moves and what keeps it from moving well, they promote wellness, mobility and independence. They treat and prevent many problems caused by pain, illness, disability and disease, sport and work related injuries, ageing and inactivity.

Physiotherapists are educated over several years, giving them a full knowledge of the body's systems and the skills to treat a wide range of problems. This education is usually university-based, at a level that allows physiotherapists to practise independently. Continuing education ensures that they keep up to date with the latest advances in research and practice. Many physiotherapists are engaged in research themselves.

About World Physiotherapy

World Physiotherapy is the profession's global body representing over 670,000 physiotherapists from member organisations in 122 countries. More information: www.world.physio

