

# COLUMBIA ASIA

Columbia Asia Hospital – Tebrau

## WORLD PHYSIOTHERAPY DAY 2020



### THE PHYSIOTHERAPY TEAM

#### COLUMBIA ASIA HOSPITAL TEBRAU JOHOR, MALAYSIA

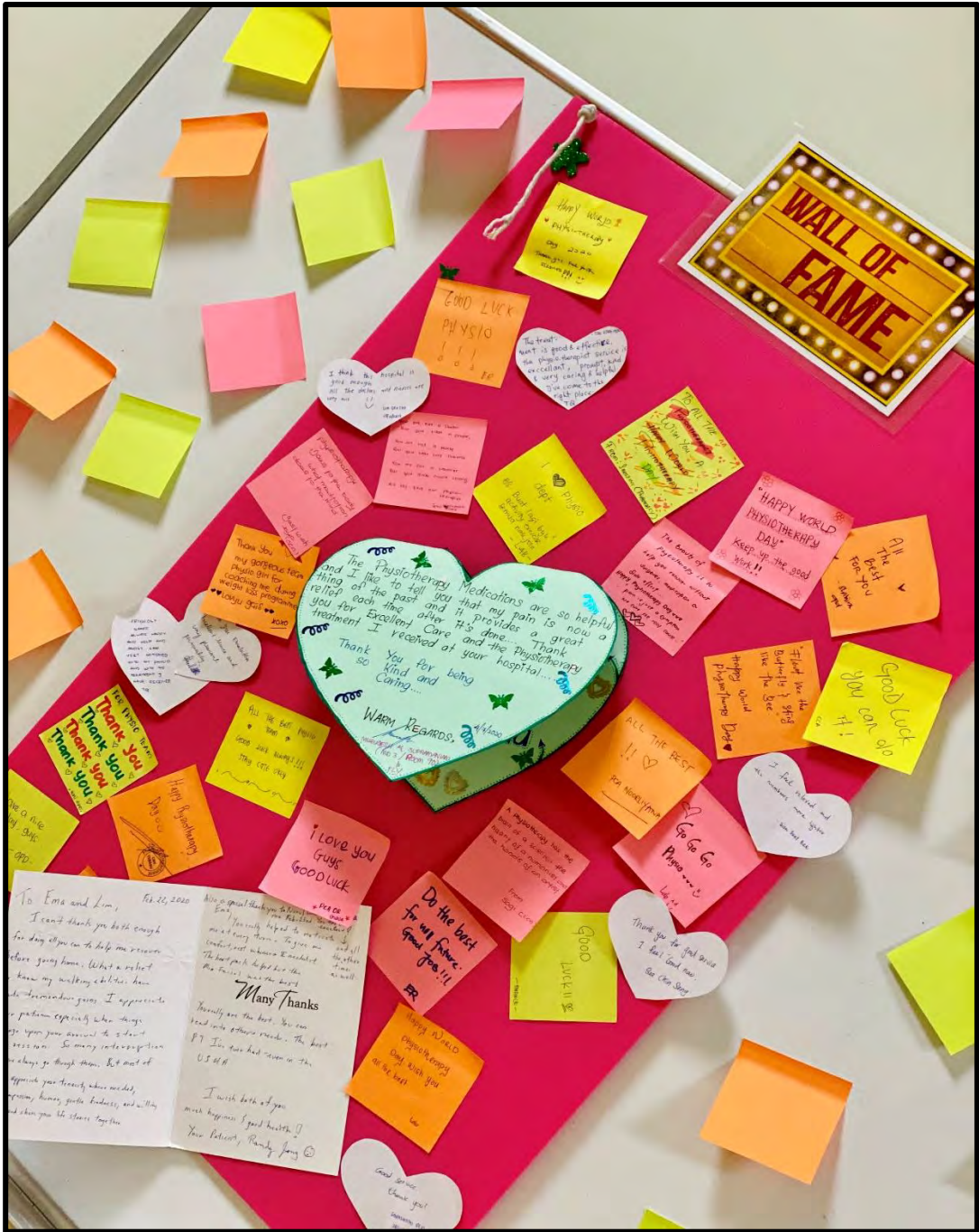
*World PT Day is held every year on 8 September for the past 69 years and this day marks the unity and solidarity of the global physiotherapy community. It is an opportunity to raise awareness about the crucial contribution of a Physiotherapist, and recognize the efforts taken to thrive for their patients and community all over the world. On the 8th September 2020, our Physiotherapy Team at Columbia Asia Hospital Tebrau, Malaysia organized a fun filled day with programmes in conjunction of the theme this year (Rehabilitation and Covid-19).*

*Below are some highlights from the event:*



## **REGISTRATION BEFORE THE EVENT**

*Badges for our participants*



## THE WALL OF FAME

Appreciation notes written by participants, patients, and consultants.



**WORLD PT DAY 2020 BUNTING**



## ***OPENING SPEECH***

***BY OUR RGM PUAN RAHANI YAACOB,  
COLUMBIA ASIA HOSPITAL TEBRAU JOHOR MALAYSIA***



## **WEIGHT LOSS WINNERS**

*The weight loss program was conducted for 3 months among staff, it was a collaboration between physiotherapists and dietetics team.*

*Total of 40 staffs participated in this journey. During the event, the winners shared their journey on how they thrived to lose weight.*





**ZUMBA PEFORMANCE**



*Physio team conducted a Zumba performance in conjunction with the theme titled "Break the Chain". Participants were asked to join in and perform the "SEVEN STEPS OF HAND HYGINE", as frontlines*



*and citizens it is our duty to help break the chain and stop the spread of Covid-19.*



***PARTICIPANTS DOING HAND WASH***

*It was a very engaging session with staff and also public.*



## **TALK ON “MANAGE YOUR PAIN”**

*An educational talk was given by our physiotherapist on ways of managing pain.*

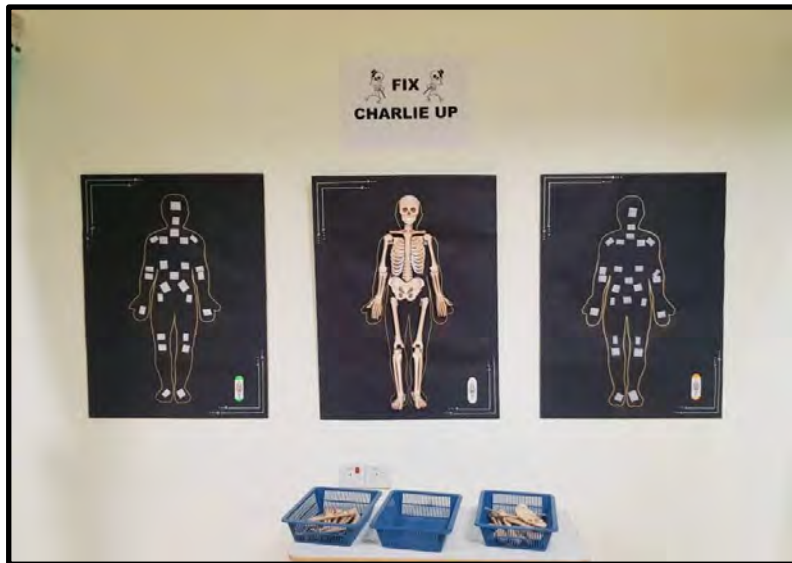


## ***PHYSIOTHERAPY CONSULTATION BOOTH***

*A Physiotherapy Consultation booth was set up for patients at lobby for free assessment and consultation.*

## ***FUN FITNESS CHALLENGE BOOTHS***

***Challenging games and puzzles were conducted by the physio team***



***FIX CHARLIE UP BOOTH***



**BRAIN POWER BOOTH**



**HEARTBEAT BOOTH**



**TOSS THE DICE**



**WINNERS OF THE FUN FITNESS CHALLENGE**





**A CAKE**  
**TO END A WELL CELEBRATED DAY WITH THE TEAM**



**WORLD PT DAY 2020**  
**CAKE**



**LIGHT REFRESHMENT SERVED FOR OUR PARTICIPANTS**



**THANK YOU!!!**