

Taiwan Celebrated the World Physical Therapy Day 2020

Due to the COVID-19 pandemic, Taiwan celebrated the World PT Day 2020 through various online programs to avoid crowd gathering. With the theme “the role of physiotherapy in rehabilitation and COVID-19”, Taiwan Physical Therapy Association (TPTA) held a series of interactive social activities and events for the general public, whose life has been heavily influenced and impacted by the pandemic, to know more about physical therapy.



Physical therapists invited patients and individuals to participate in filming videos of exercises that could be done at home during quarantine period. These videos have been posted and shared on social media, including Facebook and YouTube, to promote health of individuals and public awareness of what physical therapists can do during the COVID-19 pandemic.



Breathing exercise



Exercise for sitting posture



Exercise for carpal tunnel syndrome due to heavy use of computers





In addition, TPTA also encouraged physical therapy students to design Instagram tabs and filters regarding physiotherapy and COVID-19 so that the younger generations could know more about physiotherapy profession and its role in the pandemic.



Links to some of the videos:

- (1) https://www.youtube.com/watch?v=cpS-hsQbJEE&feature=youtu.be&ab_channel=%E5%A4%A7%E7%86%8A
- (2) https://www.youtube.com/watch?v=PkmRHQEOahI&feature=youtu.be&fbclid=IwAR2LaF8RfL_qkHSFjSvaJeJr_-QgvIvhcXjXIQKvJjatiQ4AyyLkEIHStHQ&ab_channel=%E6%9B%BE%E6%AF%93%E4%BF%BD
- (3) https://www.youtube.com/watch?v=zWjld837bc&feature=youtu.be&ab_channel=%E5%85%89%E5%90%88%E7%89%A9%E7%90%86%E6%B2%BB%E7%99%82%E6%89%80

Videos of the Instagram filters and tabs:

- (1) https://www.youtube.com/watch?v=iyZKaTaQiAo&ab_channel=%E6%9D%8E%E4%BF%8A%E8%BC%9D
- (2) https://www.youtube.com/watch?v=xwnVqrb8YTE&feature=youtu.be&ab_channel=%E6%AD%90%E5%90%89%E5%A8%9C



Authors of the videos and Instagram designs were publicly praised at the TPTA Autumn Scientific Conference.

With collaboration with World Physiotherapy, TPTA will continue to promote Physical Therapy profession in Taiwan and to celebrate World PT Day on September 8th every year!

For more details of the World PT Day activities in Taiwan, please contact tpta@tpta.org.tw.