

Press release

For immediate release

17 June 2021

World PT Day will focus on rehabilitation and Long COVID

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

Long COVID is:

- common – 1 in 10 of people living with Long COVID will exhibit symptoms for a period of 12 weeks or longer
- a multi-system disease – there are over 200 listed symptoms which occur in variable combinations and can fluctuate in both predictable and unpredictable patterns
- the presence of signs and symptoms that develop during or following an infection consistent with COVID-19, which continue for 12 weeks or more.

Emma Stokes, World Physiotherapy president, said: “The most common symptoms of Long COVID, after six months, include extreme exhaustion, post-exertional symptom exacerbation, and problems with memory and concentration.

“A physiotherapist can help people living with Long COVID as part of a rehabilitation programme and make sure exercise prescription is approached with care to minimise risk and to ensure exercise programmes are restorative and do not make an individual's symptoms worse.

“Long COVID is different for everyone. A physiotherapist can help people manage their symptoms 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. Please note: the materials may not be amended without the permission of World Physiotherapy.

The information sheets and posters will be available shortly in French and Spanish. We have also had offers from volunteers to translate the materials into more than 50 languages, these will be added to the World Physiotherapy website as and when they become available.

As part of the response to COVID-19, many countries/territories have 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.

World Physiotherapy would like to express its sincere thanks to the following physiotherapists (from our member organisations: American Physical Therapy Association, Canadian Physiotherapy Association, Chartered Society of Physiotherapy) for their input and assistance in the production of the materials for World PT Day 2021: Simon Décary, Ted DeChane, Jessica DeMars, Rebecca Martin, and Catherine Thomson.

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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 660,000 physiotherapists from member organisations in 125 countries/territories. More information: www.world.physio