



World  
PT Day  
2021



# COLOMBO PHYSIOTHERAPY WEEK **SEP 02<sup>nd</sup>-08<sup>th</sup>**



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கொழும்புப் பல்கலைக்கழகம்  
UNIVERSITY OF COLOMBO



**Physiotherapy Students' Welfare Society**

Faculty of Medicine, Colombo

# **World Physiotherapy Day Celebration – 2021**

## **Colombo Physiotherapy Week**

The Physiotherapy Students' Welfare Society, Faculty of Medicine, University of Colombo, organized the "Colombo Physiotherapy Week – 2021" to commemorate the World Physiotherapy Day-2021. This consisted a series of physiotherapy awareness programs in a virtual platform from 2<sup>nd</sup> of September 2021 to 8<sup>th</sup> of September 2021.

The purposes of organizing this event were,

- To mark the World Physiotherapy Day – 2021
- To enhance the social awareness on physiotherapy profession in Sri Lanka.
- To enhance the knowledge on World Physiotherapy and World Physiotherapy Future Network among Physiotherapy undergraduates.
- To make the undergraduates proud on their profession.

This celebration was held under the patronage of,

- Professor Vidya Jyothi Vajira H. W. Dissanayake, Dean, Faculty of Medicine, University of Colombo.
- Dr. Subashini Jayawardana, Head, Department of Allied Health Science, Faculty of Medicine, University of Colombo.

### **❖ Events –**

A webinar series was conducted on following topics for the audience of general public, physiotherapy professionals and physiotherapy undergraduates from 2<sup>nd</sup> September 2021 to 8<sup>th</sup> September 2021.

- Paediatric Physiotherapy - Sinhala Medium
- Paediatric Physiotherapy - English Medium
- Physiotherapy for Pregnancy – Sinhala Medium
- World Physiotherapy & World Physiotherapy Future Network Awareness Webinar

- Workshop on Posture
- Sports Physiotherapy – Sinhala Medium
- Long Covid & Rehabilitation Webinar – Sinhala Medium
- Acute Rehabilitation of COVID-19 Patients – English Medium

## ***Welcome Ceremony***

<https://youtu.be/nt9A dyrXSQg>

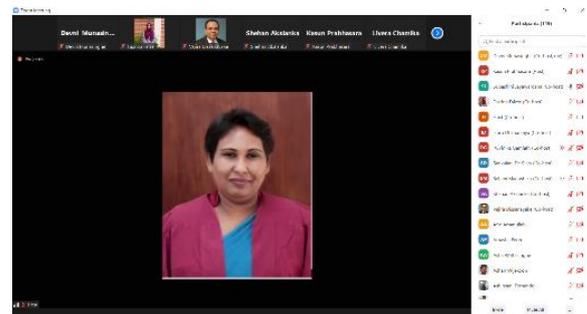


An inaugural ceremony was held on 2<sup>nd</sup> of September 2021 to officially commence the webinar series with the participation of Professor Vidya Jyothi. Vajira Dissanayake, the Dean of Faculty of Medicine, University of Colombo, Dr. Subashini Jayawardana, Head of Department of Allied Health Sciences, Faculty of Medicine, University of Colombo, the Physiotherapy Alumni and undergraduates of University of Colombo and University of Peradeniya.

### ❖ Speeches of the guests:-



Professor Vidya Jyothi Vajira H. W.  
Dissanayake, Dean, Faculty of Medicine,  
University of Colombo.



Dr. Subhashini Jayawardana, Head, Department  
of Allied Health Science, Faculty of Medicine,  
University of Colombo.



# Paediatric Physiotherapy Sinhala Webinar

[https://youtu.be/q\\_e3ZJoQnqE](https://youtu.be/q_e3ZJoQnqE)

We had our second session on the paediatric physiotherapy in Sinhala medium on the same day at 7.00 pm. It was conducted by Mr. Nuwan C. Rodrigo, a renowned physiotherapist from Lady Ridgeway Hospital for children, Colombo, Sri Lanka. The target audience were parents from general public and we could attain a participant count over 220.

**COLOMBO PHYSIOTHERAPY WEEK SEP 02<sup>nd</sup>-08<sup>th</sup>**

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**zoom WEBINAR**

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BSc. (Hons) Physiotherapy (Col)  
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**LIVE**

**LIVE**

**සැප්තැම්බර් 02**  
ප.ව. 7.00 - 8.00

**zoom Data Free**  
Link will be provided

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**Physiotherapy Students' Welfare Society**  
Faculty of Medicine, Colombo



# Physiotherapy for Pregnancy Webinar

<https://youtu.be/Ah5VuWj7>

We conducted a webinar on physiotherapy in pregnancy, in Sinhala medium on 03<sup>rd</sup> of September at 7.00 p.m as the third step of our webinar series with a maximum of 216 participants. It was conducted by Mrs. Hashini Nimesha, a physiotherapist attached to Joseph Fraser Memorial Hospital, Colombo. Prenatal and postnatal mothers from general public were the targeted audience.



**COLOMBO PHYSIOTHERAPY WEEK SEP 02<sup>nd</sup>-08<sup>th</sup>**

## සෞඛ්‍ය චරිත සකවීමේ ක්‍රමයන්

zoom WEBINAR

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BSc. (Hons) Physiotherapy (Col)  
Joseph Fraser Memorial Hospital

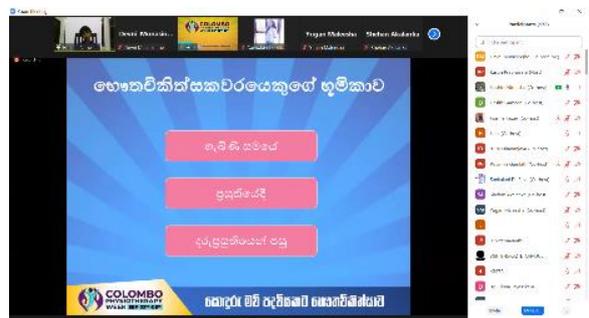
**LIVE**

**LIVE**

**සැප්තැම්බර් 03**  
**ප.ව. 7.00 - 8.00**

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Physiotherapy Students' Welfare Society  
Faculty of Medicine, Colombo



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The "Do's & Don't's OF EXERCISE During Pregnancy

Squats during Pregnancy Which ones are best?

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- ක්‍රියාකාරී වීම
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SAFE AB EXERCISES YOU CAN DO IN PREGNANCY

# World Physiotherapy & World Physiotherapy Future Network Awareness Webinar

As the fourth step of our webinar series, we conducted a webinar on “Introducing World Physiotherapy & World Physiotherapy Future Network” in English medium on 04<sup>th</sup> of September at 4.30 p.m. The guest speakers of that webinar were Mr. Jerome De Leon, a physiotherapist in Philippines, president of the World Physiotherapy(WPT) Future Network, Dr. Jonathan Foo, a physiotherapist in Australia, a facilitator for the WPT Future Network, Asia Western Pacific(AWP) region and Mr. Henry Guo, a facilitator for the WPT Future Network, Asia Western Pacific(AWP) region. and Mr. Ashan Wijekoon, Lecturer at Department of Allied Health Sciences, Faculty of Medicine, University of Colombo moderated the webinar. A participation count over 200 could be gained.

**COLOMBO PHYSIOTHERAPY WEEK SEP 02<sup>nd</sup>-08<sup>th</sup>**

## World Physiotherapy Future Network

### Awareness Webinar

*World Physiotherapy Future Network is the International network for physiotherapy undergraduates and early career professionals which is an initiative of World Physiotherapy Organization. It fosters the development of the profession to help shape the future of physiotherapy as a global profession, and continue to realize our full collective potential for the communities we serve.*

 <b>Mr. Jerome De Leon</b> President WPT Future Network Philippines	 <b>Dr. Jonathan Foo</b> WPT Future Network, AWP Region Facilitator, Australia	 <b>Mr. Henry Guo</b> WPT Future Network, AWP Region Facilitator, Hong Kong
<b>Moderator</b>  <b>Mr. Ashan Wijekoon</b> Lecturer in Physiotherapy Faculty of Medicine, University of Colombo		
<b>04<sup>th</sup> of September</b> <b>SL Time - 4.30 p.m</b> <b>Via ZOOM</b>		

Physiotherapy Students' Welfare Society  
Faculty of Medicine, Colombo

Students' Society of Physiotherapy  
University of Peradenya



# Posture Workshop Webinar

<https://youtu.be/SgEv-8eqtJI>

As the fifth step of our webinar series, we conducted a webinar on “Correct postures for a healthy life” in Sinhala medium. It was conducted on 06<sup>th</sup> of September at 6 p.m. It was conducted by Dr.K.R.M. Chandrathilake, a Lecturer at Department of Allied Health Sciences, Faculty of Medicine, University of Colombo. The targeted audience was office workers and students from general public as that is the population who have many issues specific to the topic. We could obtain a participation over 160 for this webinar.

**COLOMBO PHYSIOTHERAPY WEEK SEP 02<sup>nd</sup>-08<sup>th</sup>**

**සුවැනි දිවියකට නිවැරදි ඉරියව්**

**zoom WEBINAR**

**Dr. KRM Chandrathilaka**  
Lecturer,  
Faculty of Medicine,  
University of Colombo

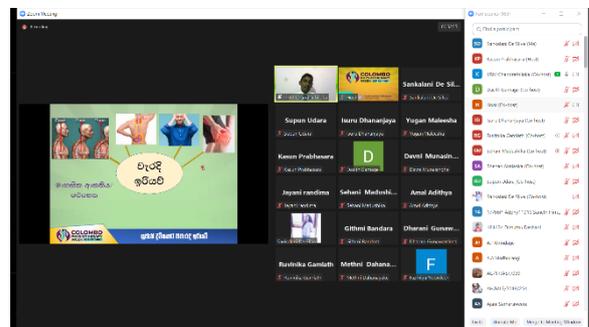
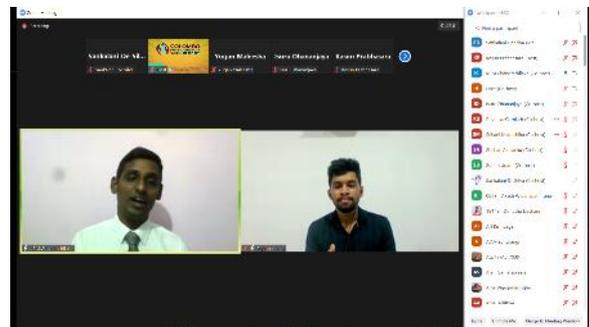
**LIVE**

**LIVE**

**සැප්තැම්බර් 06**  
**ප.ව. 6.00 - 7.00**

මේ සමඟ දක්වා ඇති Whatsapp සබැඳිය ඔස්සේ මෙම අවස්ථාව සඳහා සම්බන්ධ වන්න.

**Physiotherapy Students' Welfare Society**  
Faculty of Medicine, Colombo



## Sports Physiotherapy Webinar

<https://youtu.be/Xt8IIeKBVrU>

As the sixth step of our webinar series, we conducted a webinar on Sports physiotherapy in Sinhala medium which was held on 07<sup>th</sup> of September at 6 p.m. This webinar had the maximum number of participants via zoom platform (300 participants). It was conducted by Mr. Chamara Ravimal Gamage, a chief physiotherapist at C Physio - Physiotherapy and Sports injury clinic.

Our targeted audience were university sports teams, school sports teams, national players, club players, coaches and general public.

**COLOMBO PHYSIOTHERAPY WEEK SEP 02<sup>nd</sup>-08<sup>th</sup>**

**කොළඹ ජ්‍යෙෂ්ඨ චිකිත්සා සතියා**

**කොළඹ ජ්‍යෙෂ්ඨ චිකිත්සා සතියා**

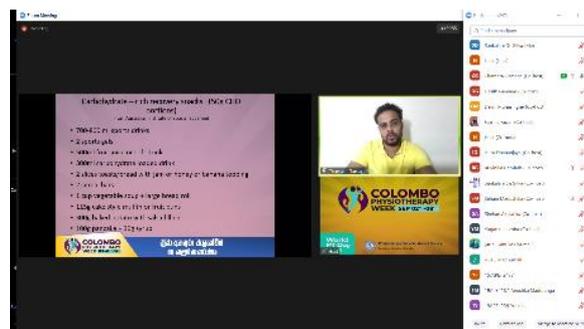
**zoom WEBINAR**

**චාමර රවුමල් ගාමගේ**  
BSc. (Hons) Physiotherapy (Col)  
C Physio - Physiotherapy & Sport Injury Clinic

**සැප්තැම්බර් 07**  
**ප.ව. 6.00 - 7.00**

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**Physiotherapy Students' Welfare Society**  
Faculty of Medicine, Colombo



## Long Covid and Rehabilitation Webinar

<https://youtu.be/f5mX2dDeFho>

A webinar on Long Covid & Rehabilitation was conducted on 08<sup>th</sup> September 2021 in both Sinhala and English mediums as the seventh step of the webinar series. The first session (Sinhala medium) was conducted by Mr.Suresh Chathurantha, Chief physiotherapist at the Central Chest Clinic, Borella, Sri Lanka. A participation over 160 could be obtained whereas the targeted audience was general public.



**COLOMBO PHYSIOTHERAPY WEEK SEP 02<sup>nd</sup>-08<sup>th</sup>**

**දීර්ඝ කාලීන COVID 19 සහ පුනරුත්ථාපනය**

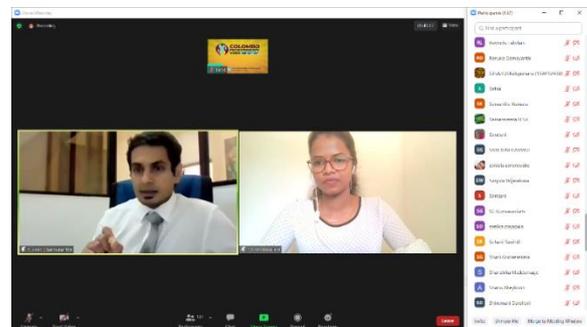
**zoom WEBINAR**

**ප්‍රධාන සෞඛ්‍යවිකිත්සක නිලධාරී, සුරේෂ් චතුරන්ත**  
BSc. (Hons) Physiotherapy (Col)  
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**සැප්තැම්බර් 08 පෙ.ව. 10.00**

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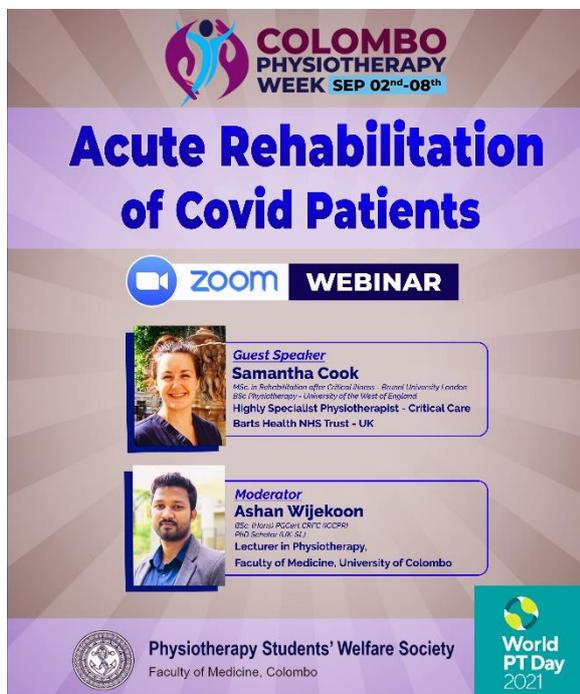
**Physiotherapy Students' Welfare Society**  
Faculty of Medicine, Colombo



## *Acute Rehabilitation of COVID Patients Webinar*

[https://youtu.be/--VZfHxv\\_rc](https://youtu.be/--VZfHxv_rc)

The final webinar of the series titled “Acute Rehabilitation of COVID Patients” was conducted on the same day at 4.30 p.m in English medium. It was conducted by Ms. Samantha Cook, a highly specialized physiotherapist in critical care who is currently working at The Bart’s Health NHS Trust. Mr. Ashan Wijekoon, Lecturer at Department of Allied Health Sciences, Faculty of Medicine, University of Colombo moderated the webinar and we got over 190 participants from all over the world.



The poster features the following text and graphics:

- COLOMBO PHYSIOTHERAPY WEEK SEP 02<sup>nd</sup>-08<sup>th</sup>** (with logo)
- Acute Rehabilitation of Covid Patients**
- zoom WEBINAR**
- Guest Speaker**  
**Samantha Cook**  
MSc in Rehabilitation upon Critical Illness - Brunel University London  
BSc (Physiotherapy) - University of the West of England  
Highly Specialist Physiotherapist - Critical Care  
Barts Health NHS Trust - UK
- Moderator**  
**Ashan Wijekoon**  
BSc (Hons) PG Cert CRP/CCRP/1  
PhD Scholar (UK 21)  
Lecturer in Physiotherapy,  
Faculty of Medicine, University of Colombo
- Physiotherapy Students' Welfare Society  
Faculty of Medicine, Colombo
- World PT Day 2021



Physiotherapy Students' Welfare Society,  
Faculty of Medicine,  
University of Colombo.