



**World
PT Day
2024**



CIWON BAYA KASA: ANNOBAR DUNIYA



Ciwo baya kasa shi ne babbar sanadin rashin lafiya a duniya.



A cikin shekara ta 2020, mutum daya (1) cikin goma sha uku(13) ya fuskanci ciwon baya kasa.

Mai physiotherapy zai jagorance ka kan yadda za ka samu kwarin gwiwa a bayan ka, kara motsa jiki, kuma ka zama mai aiki.



Sarrafa kai da motsa jiki sune mafi yawan hanyoyin da ake ba da shawarar don sarrafa ciwon baya kasa.



**World
Physiotherapy**

#WorldPTDay

8 September

www.world.physio/wptday