



**RIPHAH**  
FACULTY OF REHABILITATION  
& ALLIED HEALTH SCIENCES



**World  
PT Day  
2024**



**World Physical  
Therapy Day**  
**2024**  
**Celebration**

**Venue:** Riphah International  
University, Gulberg Greens Campus,  
Islamabad, Pakistan

**Theme:** Lower Back Pain

World Physical Therapy Day 2024 was celebrated with great enthusiasm at Riphah International University's Gulberg Greens Campus, Islamabad. The event aimed to raise awareness about physical therapy, with a specific focus on the management and prevention of lower back pain, aligning with this year's global theme. Organized by the **Faculty of Rehabilitation and Allied Health Sciences (FRAHS) Riphah International University Islamabad Pakistan**, the day was marked with a series of activities including stalls, seminars, interactive sessions, expert discussions and Free Physical Therapy services for low back pain patients.

### WPT Day Seminar on Low Back Pain Management

The heart of the celebration took place in the university auditorium, where an engaging seminar was held featuring esteemed Dean, Principal, HOD and faculty members who emphasized the importance of physiotherapy and its effectiveness in managing low back pain.





## Exhibition according to the theme of Low Back Pain

The event kicked off with a vibrant visit to various informational and activity stalls set up by students of Doctor of Physical Therapy. The exhibition featured interactive demonstrations, informative posters, and educational material on lower back pain prevention, management, awareness about risk factor analysis and the role of physical therapy. The students also displayed practical ergonomic solutions for low back pain, engaging in activities and other musculoskeletal conditions.

Visitors actively engaged with the exhibits, learning about preventive measures and treatment options for lower back pain, while students received feedback from professionals on their presentations.





## Skit and Interactive Session

Following the seminar, students presented a lively and engaging **skit** that creatively depicted the importance of physical therapy in everyday life, focusing on lower back pain.



After the skit, three short **interactive activities** were conducted by students, aimed at engaging the audience by having a friendly competition of questions and answers, translation of medical terms in Urdu and guess the disease game.



## Cake Cutting Ceremony

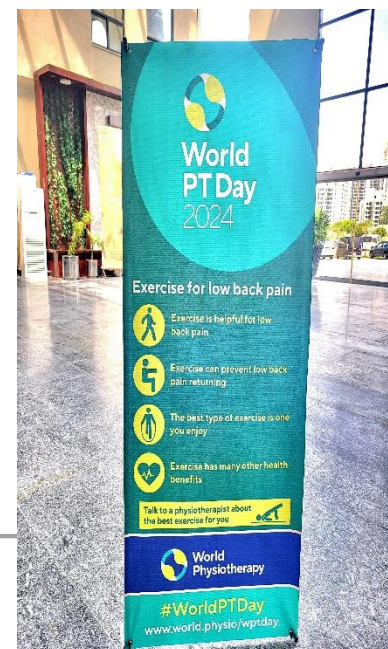
In a celebratory gesture, the event concluded with a **cake-cutting ceremony**, symbolizing the unity and dedication of the physical therapy community at Riphah International University.



## Free Consultation, Assessment, and Management of Lower Back Pain

One of the key highlights of the day was the free consultation, assessment, and management sessions for individuals suffering from lower back pain. These sessions were conducted by experienced physical therapists at the university clinic.

Participants, including students, faculty, and community members, were given the opportunity to receive professional assessments and personalized management plans for their lower back pain. The therapists used a combination of manual therapy techniques, postural advice, and therapeutic exercises tailored to each individual's needs. This initiative provided valuable, hands-on care and raised awareness of the benefits of early intervention in preventing and managing lower back pain.



## Conclusion

The World Physical Therapy Day 2024 celebrations at Riphah International University were a resounding success. The event not only raised awareness about the vital role of physical therapy in managing lower back pain but also fostered a sense of community and collaboration among students, faculty, and healthcare professionals.

The celebrations left a lasting impression on attendees and set the tone for continued learning and community engagement throughout WPT Month.