



RIPHAH
FACULTY OF REHABILITATION
& ALLIED HEALTH SCIENCES

WORLD PT DAY 2024

Theme:
Low Back Pain

Venue:

***Faculty of Rehabilitation and Allied Health
Sciences (FRAHS)***

***Islamic International Medical College Trust
(IIMCT)***

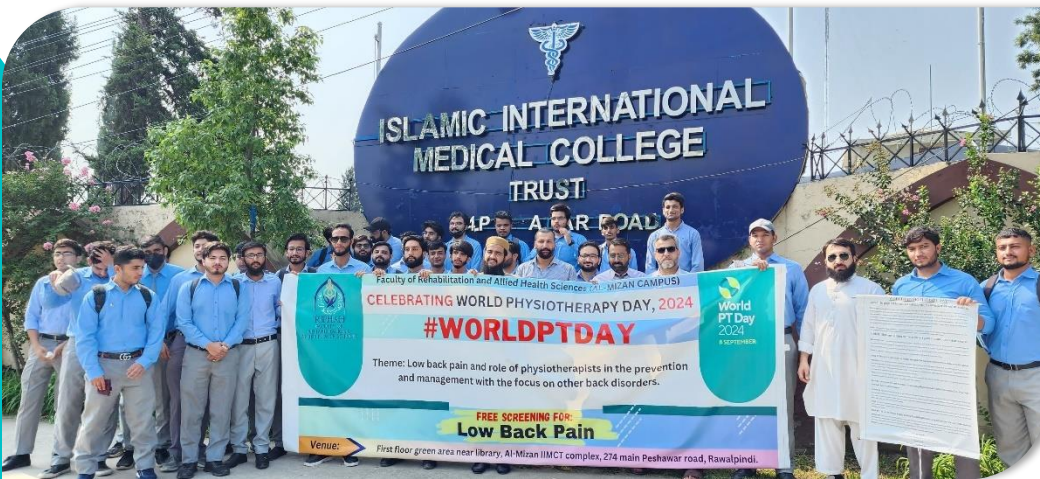
***Riphah International University
Rawalpindi, PAKISTAN.***

INTRODUCTION

World Physical Therapy Day serves as a sign of togetherness and solidarity within the global physiotherapy community. The Faculty of Rehabilitation and Allied Health Sciences (FRAHS), Islamic International Medical College Trust (Al-Mizan Campus), Riphah International University commemorated the World Physical Therapy Day with tremendous excitement.

The key objective of the event was to promote awareness about the critical role of physiotherapy in managing and preventing low back pain, which was aligned with the 2024 theme. Several activities highlighted the usefulness of physical therapy interventions, exercises, and preventive measures in treating low back pain.

The day's programs included a physiotherapy awareness walk, interactive seminars, expert discussions, and a Free Physical Therapy Camp for people with low back pain. These initiatives not only informed the public, but also highlighted physiotherapy's impact on quality of life.



World PT Day 2024
8 SEPTEMBER

**Free Physiotherapy Camp
LOW BACK PAIN**
Tuesday, 10 September 2024

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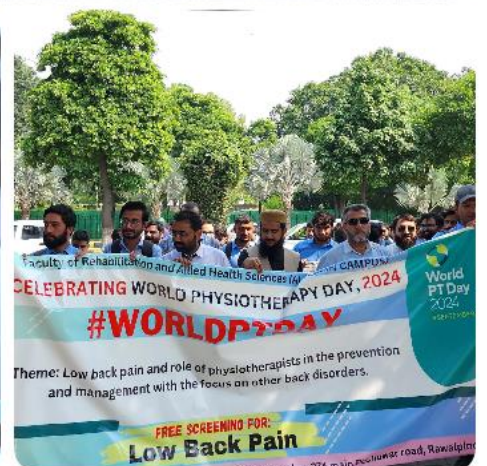
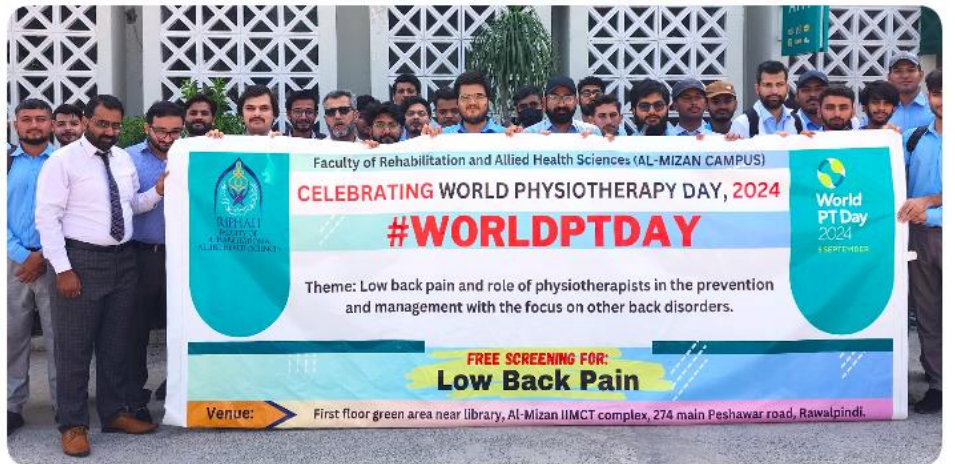


Faculty of Rehabilitation and Allied Health Sciences
RIPHAH INTERNATIONAL UNIVERSITY



Awareness Walk

The Faculty and students organized an Awareness Walk along Main Peshawar Road, Rawalpindi, aimed at raising awareness about the benefits of Physical Therapy and promoting healthy living. The walk garnered significant attention from the general public, who warmly welcomed and praised the students for their initiative and efforts.



Seminar on Low Back Pain Management

The core celebration took place in Al-Razi Hall, featuring an engaging seminar with esteemed guests, including the Chief Guest, Dean, Principal, HOD, and faculty members. They emphasized the importance of physiotherapy and its effectiveness in managing low back pain. Additionally, an indoor session was held where experts highlighted strategies for managing and preventing low back pain in both pediatric and adult populations.



Exposition on Low Back Pain Assessment & Management

An exposition was held focusing on the theme of low back pain, featuring interactive demonstrations, informative posters, and educational materials on prevention, management, risk factors, and the role of physical therapy. Students also presented practical ergonomic solutions for managing low back pain. The exhibition attracted keen interest from visitors, while professionals offered valuable feedback to the students.



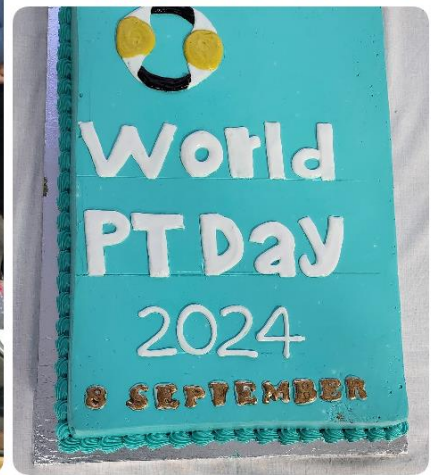
Free Physiotherapy Camp for Lower Back Pain

One of the key highlights of the day was the free consultation, assessment, and management camp for students, faculty, and community members of Islamic International Medical College Trust. These sessions were conducted by experienced physical therapists and personalized treatment plans were provided to each patient.



Cake Cutting Ceremony

To conclude the event, a commemorative cake-cutting ceremony was held, symbolizing the dedication and unity of the physical therapy community at Riphah International University.



Conclusion

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

The celebrations raised the interest level for learning and community engagement and left a positive mark on the attendees.