



World  
PT Day  
2024



# 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, University of Colombo

# World Physiotherapy Day Celebration – 2024

## Colombo Physiotherapy Week

The Physiotherapy Students' Welfare Society, Faculty of Medicine, University of Colombo organized the “**Colombo Physiotherapy Week – 2024**” to commemorate the World Physiotherapy Day-2024. This consisted of a series of webinars and on-site Physiotherapy awareness programs from 2nd of September 2024 to 8th of September 2024. All the awareness programs were mainly focusing on this year's theme of World Physiotherapy Day; “**Lower Back Pain**”.

The purpose of organizing this event,

- To mark the world Physiotherapy Day – 2024
- To enhance the social awareness on physiotherapy treatment in Sri Lanka.
- To improve awareness of the public about role of physiotherapy in preventing lower back pain and in the management of people with lower back pain.
- To make the undergraduates proud about their profession.

This celebration was held under the patronage of,

- Senior Professor H. D. Karunaratne, Vice Chancellor, University of Colombo.
- Professor Vidya Jyothi Vajira H. W. Dissanayake, Dean, Faculty of Medicine, University of Colombo.
- Dr. Subhashini Jayawardana, Head, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo.

## ❖ Event Series of the Colombo Physiotherapy Week 2024

- Inauguration Ceremony & Lower Back Pain Physiotherapy Management Workshop for Undergraduates.
- Physiotherapy Workshop on Occupational Injuries and Their Management for University Non-academic Staff.
- The International Webinar Based on Lower Back Pain.
- Physiotherapy Clinic Including Treatments for Lower Back Pain and Other Conditions.
- Lower Back Pain & Prevention Public Awareness Programme.
- Managing And Preventing Lower Back Pain Public Awareness Webinar & Closing Ceremony.

The graphic features a dark teal background with a faint architectural pattern. At the top left is the 'World PT Day 2024 8 SEPTEMBER' logo. The central theme is 'THEME : Lower back pain' in yellow and white. To the right is the 'COLOMBO PHYSIOTHERAPY WEEK SEP 02<sup>nd</sup>-08<sup>th</sup>' logo with a stylized human figure icon. The event schedule is presented as a series of horizontal bars, each with a date in a red circle and the event title in a light blue bar. The dates are: Sep. 2, Sep. 3, Sep. 4, Sep. 6, Sep. 7, and Sep. 8. At the bottom, the 'Physiotherapy Students' Welfare Society Faculty of Medicine, University of Colombo' logo and name are displayed.

**World PT Day 2024**  
8 SEPTEMBER

**THEME :**  
**Lower back pain**

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

**Sep. 2** Inauguration Ceremony & Lower Back Pain Physiotherapy Management Workshop For Undergraduates

**Sep. 3** Physiotherapy Workshop On Occupational Injuries And Their Management For University NonAcademic Staff

**Sep. 4** The International Webinar Based On Lower Back Pain

**Sep. 6** Physiotherapy Clinic Including Treatments For Lower Back Pain And Other Conditions

**Sep. 7** Lower back pain & Prevention Public Awareness programme

**Sep. 8** Managing And Preventing Lower Back Pain Public Awareness Webinar & Closing Ceremony

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



# Inauguration Ceremony

The Inauguration Ceremony was held on 2<sup>nd</sup> of September, at 9.00 am onwards in New Building Lecture Hall with the distinguished presence of the honorable chief guest, Dean of Faculty of Medicine, Professor Vajira H. W. Dissanayake, Head of the Department of Allied Health Sciences, Dr. Subhashini Jayawardana, Lecturers of the Department of Allied Health Sciences, Demonstrators, members of Colombo Physiotherapy Alumni Association and undergraduates.





# Lower Back Pain Physiotherapy Management Workshop for Undergraduates

The workshop was conducted by physiotherapy graduates of Colombo Physiotherapy Alumni Association specially for physiotherapy undergraduate students. It was held from 11.00 am to 1.00 pm at the Skills Lab ,11<sup>th</sup> floor of UCFM Tower, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo. The resource person was Mr. Pavithra Wickramasinghe, Chief Physiotherapist, Nawaloka Hospital, Negombo.



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**PHYSIOTHERAPY MANAGEMENT WORKSHOP ON LOWER BACK PAIN**

**SEP 02**

**RESOURCE PERSON**

**Mr. Pavithra Wickramasinghe**

Chief Physiotherapist,  
Nawaloka Hospital,  
Negombo

The banner features a teal and green color scheme with a background image of hands being held together. It includes the event logo, the title of the workshop, the date, and a portrait of the resource person with their name and title.



# Physiotherapy Workshop on Occupational Injuries and Their Management for University Non-academic Staff

The Physiotherapy Workshop on Occupational Injuries and their Management" was held on 3<sup>rd</sup> of September 2024 from 10.00 am to 12.00 pm in College House Auditorium with the participation of non-academic staff of University of Colombo. The resource persons were Dr.K.R.M. Chandrathilaka, Senior Lecturer, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo and Mr. Kaveera Senanayake, Lecturer, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo. That workshop provided practical insights into injury prevention, effective physiotherapy techniques, and strategies for managing common workplace ailments.



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## OCCUPATIONAL INJURIES AND THEIR MANAGEMENT WORKSHOP

**RESOURCE PERSONS**

**SEP 03**

**Dr. KRM Chandrathilaka**  
Senior Lecturer,  
Department of Allied Health Sciences,  
Faculty of Medicine,  
University of Colombo

**Mr. Kaveera Senanayake**  
Lecturer,  
Department of Allied Health Sciences,  
Faculty of Medicine,  
University of Colombo





# The International Webinar Based on Lower Back Pain

The International Webinar based on "Advancing care for Lower back pain; insights from clinical trials and standard guidelines" was conducted on 4<sup>th</sup> of September 2024 from 9.30 am to 12.00 pm via Zoom platform. That zoom webinar was specially for healthcare professionals, researches in geriatric care and pain management, medical and physiotherapy undergraduates and anyone who is interested in the management of back pain or the provision of geriatric care. The resource persons were Dr. Crystian de Oliveira, Research Fellow, Institute for Musculoskeletal Health, University of Sydney, Australia, Dr. Chathurani Sigera, Phd scholar, Institute for musculoskeletal Health, University of Sydney, Australia and Dr. Asha Wettasinghe, Senior Lecturer, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo, Sri Lanka.

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**SEP 04**

**ADVANCING CARE FOR BACK PAIN ; INSIGHT FROM CLINICAL TRIALS AND STANDARD GUIDELINES INTERNATIONAL WEBINAR**

**Dr. Crystian de Oliveira**  
Research Fellow, Institute for Musculoskeletal Health, University of Sydney, Australia

**Dr. Chathurani Sigera**  
PhD scholar, Institute for Musculoskeletal Health, University of Sydney, Australia

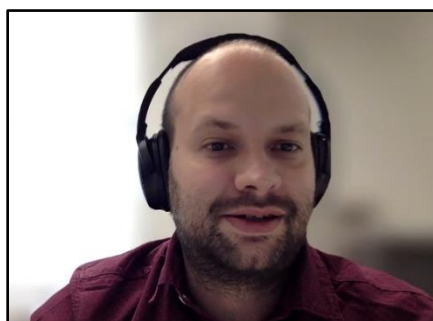
**Dr. Asha Wettasinghe**  
Senior lecturer, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo, Sri Lanka

**Unoeste** Institute for Musculoskeletal Health

**Evidence-based recommendations for low back pain**

Dr Crystian Bitencourt Oliveira

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Institute for Musculoskeletal Health

**Transforming Back Pain Care: Key Findings from Leading Clinical Trials**

Dr Chathurani Sigera  
Ph.D. Scholar (Aus) , PhD (SL), M.Sc. in Applied Statistics, BSc. (Hons) in Physiotherapy, CTHE (SL), SEDA (UK)

NSW Health Sydney Local Health District THE UNIVERSITY OF SYDNEY



**Back pain Care pathway for Older adults- Sri Lankan Approach**

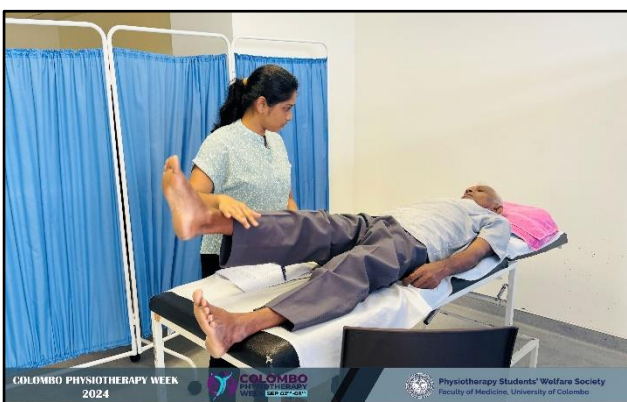
Dr Asha Wettasinghe  
Senior lecturer in Physiotherapy, In-Charge of Elderly Care Physiotherapy Centre  
Department of Allied Health Sciences  
Faculty of Medicine  
University of Colombo  
Council Member- Sri Lanka Association of Geriatric Medicine  
Sri Lanka  
ashawettasinghe@uoc.ac.lk



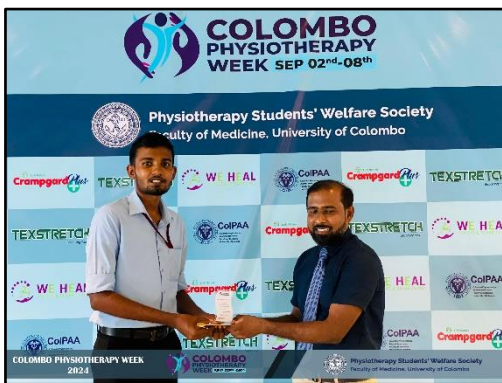
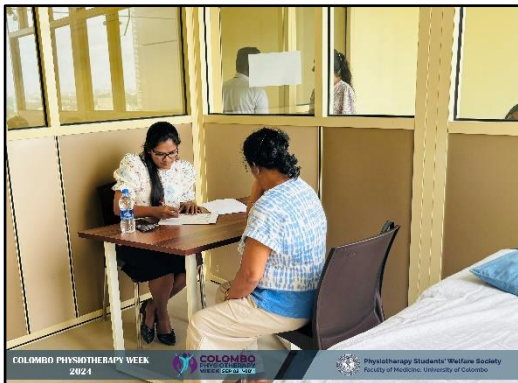


# Physiotherapy Clinic Including Treatments for Lower Back Pain and Other Conditions

The Physiotherapy Clinic was held on 6<sup>th</sup> of September 2024 free of charge from 9.00 am to 4.00 pm at the 11<sup>th</sup> floor of UCFM Tower, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo where the treatments were offered not only for lower back pain but also for other conditions. It was able to be successfully held with the participation not less than two hundred patients under the guidance of highly qualified expert physiotherapists.









# Lower Back Pain & Prevention Public Awareness Programme

The Public Awareness Programme on lower back pain and its prevention was held on 7<sup>th</sup> of September 2024 from 9.00 am to 12.00 pm for officers in Prison Headquarters, Colombo 09. The event was graced by Mr.Thushara Upuldeniya, Commissioner General of Prison Headquarters, Colombo 09, Mr.Nuwan C.Rodrigo, Physiotherapist, Lady Ridgeway Hospital for Children and Mr.Kaveera Senanayake, Lecturer, Department of Allied Health Sciences, Faculty of Medicine, University of Colombo and other resource persons along with undergraduates of Department of Allied Health Sciences, Faculty of Medicine, University of Colombo.



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## PUBLIC AWARENESS PROGRAMME ON LOWER BACK PAIN & ITS PREVENTION

**RESOURCE PERSONS**

**SEP 07**



**Mr. Nuwan C. Rodrigo**  
Physiotherapist  
Lady Ridgeway Hospital for Children (LRH)



**Mr. Kaveera Senanayake**  
Lecturer,  
Department of Allied Health Sciences,  
Faculty of Medicine,  
University of Colombo





# Managing And Preventing Lower Back Pain Public Awareness Webinar & Closing Ceremony

The public awareness webinar for managing and preventing of lower back pain was held on 8<sup>th</sup> of September 2024 via Zoom platform from 10.00 am to 11.00 am. The resource person was Ms. Tanya Wijesinghe, Musculoskeletal and Neurohab Specialist, Manager Physiotherapy, Durdans Hospital, Colombo 03. Finally the closing ceremony of "Colombo Physiotherapy Week 2024" was held from 11.00 am onwards with the honorable participation of the Dean, Faculty of Medicine, University of Colombo.

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**PUBLIC AWARENESS WEBINAR**

**MANAGING AND PREVENTING LOWER BACK PAIN**

**SEP 08**

**RESOURCE PERSON**

**Ms. Tanya Wijesinghe**  
Musculoskeletal & Neurorehab Specialist  
Manager Physiotherapy,  
Durdans Hospital,  
Colombo 03

### Common Symptoms of LBP

- Dull, aching type or stabbing type pain in the lower back
- Pain or numbness that runs down the leg (Sciatica)
- Numbness/pins & needles/tingling on feet or toes
- Pain in the lower back during prolonged walking, standing or sitting
- Difficulty in assuming postures (upright sitting)

### Management of Acute LBP

1. Stop activity & Rest
2. Use a hot pack or a cold pack
3. Meet your physiotherapist and obtain advise
4. Meet your physician and obtain pain medication

### Management of Chronic LBP

1. Keep to your medical consultations
2. Take your medication on time as prescribed
3. Be consistent and disciplined with your exercises

### Preventing LBP

WHO Guidelines on Physical Activity

Adhering to Ergonomics

Being mindful about Postures

Weight Management