



INTI  
International University

**"BACK" IN ACTION**

# INTI WORLD PHYSIO DAY 13.0

**Join  
Now!**



**24 SEPT  
2024** | 9:00 AM  
UNTIL  
6:00 PM | INTI IU PHYSIO  
CLINIC (BESIDE  
TCM CLINIC)

**25 SEPT  
2024** | 9:00 AM  
UNTIL  
6:00 PM | INTI IU PHYSIO  
CLINIC (BESIDE  
TCM CLINIC)

**26 SEPT  
2024** | 10:00 AM  
UNTIL  
5:00 PM | INTI SUBANG  
SPORTS HALL

Join us for an amazing day of:

**Professional  
Consultations**

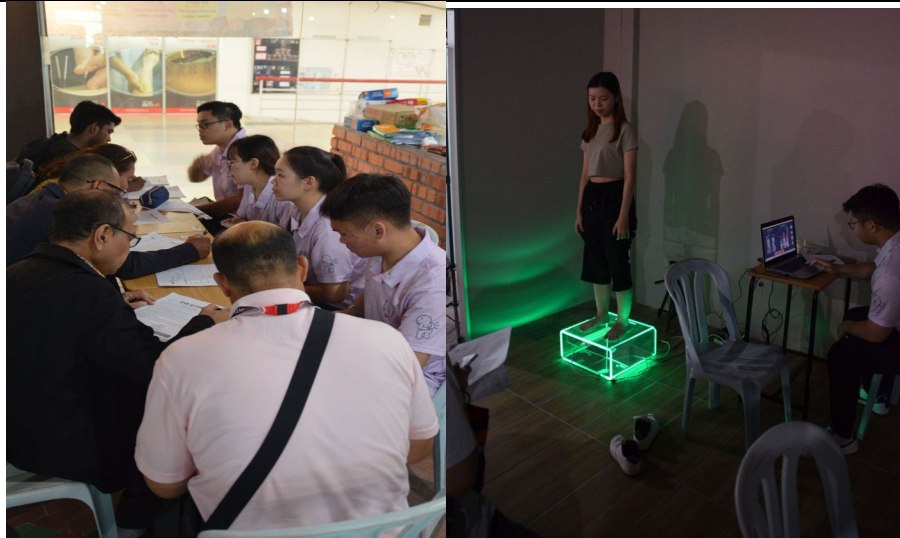
**Free health  
screenings**

**Workshops**

**Talks**

 **INTIMA**  
The International University Student Association

<b>Event name</b>	<b>INTI World Physio Day 13.0 (24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> Sep 2024)</b> <b>INTI INTERNATIONAL UNIVERSITY</b> <b>MALAYSIA</b>
<b>Content write-up</b> <i>(350 – 400 words)</i>	<p>INTI World Physio Day 13.0 was an annual event celebrating the importance of physiotherapy in improving quality of life. This year’s event featured the grand reopening of the INTI Physiotherapy Centre after an extensive renovation aimed at enhancing the treatment environment and services. The upgraded clinic now offers modernized facilities, creating a more conducive space for patient care, with improved equipment and amenities designed to provide higher quality treatment and a more comfortable experience for clients.</p> <p>Over three days, health screening assessments were conducted by skilled physiotherapy students, with consultations provided by experienced lecturers and senior students. The event not only served as a platform for practical learning but also as an opportunity for physiotherapy students to gain exposure and for the public to experience top-tier physiotherapy services in a newly enhanced facility.</p> <p>The event aimed to promote the benefits of physiotherapy, provide exposure for INTI IU’s Bachelor of Physiotherapy (BPHTI) students, enhance the visibility of the INTI Physio Club, and attract more students to pursue physiotherapy at INTI IU.</p> <p>The theme, “Back in Action,” focused on addressing back pain and empowering individuals to lead pain-free, active lives. Health screenings and workshops explored the management and rehabilitation of back pain, offering personalized assessments in areas such as Manual Muscle Release and Modalities, which helped participants identify muscle tension, postural imbalances, and alignment issues. The newly renovated clinic played a crucial role in facilitating these assessments with its improved setup.</p> <p>Workshops were held over two days. On September 24th, Ming from Precise Rehab Clinic led “A Holistic Approach to Low Back Pain,” sharing expertise in Vestibular Rehabilitation and physiotherapy. On September 25th, Mr. Dasa from INTI IU presented “Decompressing Low Back Pain One Joint at a Time,” drawing on his extensive experience in musculoskeletal and sports injuries, as well as his contribution to a book on low back pain exercises. The improved clinic environment provided an ideal space for these in-depth workshops and assessments.</p>
<b>Author</b>	<b>Tan Hui Xuan</b> Organizing Chairperson, IWPD 13.0, INTI Physio Club
<b>Photo caption</b> <i>(if applicable)</i>  <b>Format:</b> <i>[file_name]_caption</i>	Health Screening Stations



1. Workshops - Ms Ming talking on A Holistic Approach to Low Back Pain



2. Workshops - Mr Dasa talking on Decompressing Low Back Pain One Joint at a Time

