

The theme of World PT Day 2025 focused on “Healthy Aging”. The [Kuwait Physical Therapy Association](#) (KPTA) decided to emphasize its activities on the declared theme by arranging an event in largest most luxurious mall in Kuwait “The Avenues” by organizing an event on the following weekend of World PT Day (Thursday through Saturday 11th, 12th & 14th of September, which is a weekend in Kuwait to ensure more crowd flow to the mall.

The KPTA committees (Scientific & Awareness Committee; & Social & Sports Committee) prepared many activities for the mall visitors as there was a proper announcement about the event in all media (TV & Radio) & social media as well in addition to on-spot coverage by the formal TV station of Kuwait. As to enhance the day activities in the mall, invited many guests who are physiotherapists specialized in areas related to the theme itself & they were:

- Dr. Rugaya Al-Shatti (PT. PhD. – specialized in Women Health)
- Dr. Latifah Alenezi (PT. PhD. – specialized in Orthopedics & Older Adults Health)
- Dr. Hadeel Al-Saleh (PT. PhD – specialized in Orthopedics & Geriatrics Health)
- Dr. Sharifa Al-Raqum (PT. PhD – specialized in Neurology & Older People Health)

We had the pleasure to form a team of PT volunteers, some of them are working in different sectors in Kuwait hospitals & privet clinics while some of them are recently graduated, to participate in public orientation.

The activities included:

1. The sit to stand test (for LL’s strength).
2. Postural evaluation through a mirror.
3. Single leg stance for 10 seconds/ single stance for longest period with eyes opened/single leg stance for longest period with eyes closed.
4. UL grip strength using the dynamometer.
5. Cycling with visual feedback for UL & LL (10 minutes trail as tolerated).
6. Buzo balls challenges for LL strength & balance (for advance stages).
7. Distribution of publications emphasizing on PT role with elederly & other related topics such as prevention of falling, group therapy, pressure sores, exercises for back, neck, shoulder, hip, knee & ankle.
8. Radio & TV interviews with Board members (in Arabic/English Languages) for raising awareness about the PT world day & arthritis PT management.

At the end, the estimated number of visitors reached around 3000 over 3 days period of celebrating World PT day at the Avenues Mall in which we consider it outstanding.