



**Our Lady Of Fatima University
College of Physical Therapy
Physical Therapy Civic Action Group**



Narrative Report
World Physical Therapy Day 2025

Aging is inevitable, but growing weaker is optional—choose to age smarter, healthier, and aware. A powerful message that encompasses the festivity of World Physical Therapy Day. The Physical Therapy Civic Action Group - OLFU Pampanga hosted a momentous full-day event highlighting the essence of healthy aging, focusing on frailty and falls, bringing together practicing physical therapists and aspiring PTs to celebrate and advocate for an immersing problem in our community.

The morning activities centered on informative discussion and expert-led seminars. The highlight was a compelling talk by Doc. DANIEL DENNISON SL. FELICIANO, MD, FPARM, addressing the multifaceted challenges of aging. His presentation explored the causes and risk factors of frailty, falls, and dementia, offering practical strategies to age healthily. Sharing practical exercises in balance and strengthening, nutritional guidance, and understanding the overall well-being as a person ages. His insights also emphasize the role of physical therapy in supporting and maintaining healthy overall well-being, promoting independence, and how a PT can improve quality of life for aging individuals.

Adding to the mid-morning session, intermission performances added energy that showcased the talents of PT students and elevated the atmosphere with creativity and enthusiasm. A student-made video followed, offering accessible tips and demonstrations on healthy paying—an engaging resource for both attendees and the community.

The afternoon resumed with PT-Runungan, an annual quiz bee competition among students that fostered a competitive yet collaborative environment for learning. Students tested their knowledge in foundational subjects such as anatomy and physiology, biomechanics as well as research, interventions, assessments, and many more. This was followed by a series of interactive physical therapy-themed games, designed to challenge teamwork, clinical knowledge, and hands-on skills in a fun and imaginative way. The activities sparked laughter, built connections, and ignited fresh enthusiasm among participants.

World Physical Therapy Day 2025 was just more than a celebration—it was an ignition to a more powerful purpose, a call to action, and a platform for inspiration. Through a blend of education, entertainment, and engagement, the event created an environment where learning is seamlessly integrated into every moment. Empowering students to embrace their role with resilience, knowledge, and compassion for others.