

Bernardino General Hospital – World PT Day 2025

In celebration of the **World PT Day 2025**, with the theme “*Healthy Ageing*”, the **Rehabilitation Department** of **Bernardino General Hospital** promoted its theme through a live-seminar with the OPD Patients last September 08, 2025.

The seminar included (3) three main topics related to normal ageing. Namely; ***Knee Osteoarthritis, Low Back Pain, and Adhesive Capsulitis***. The 2-hour seminar included a brief background, risk factors, and exercises that may help in relieving the pain.

#WorldPTDay

#WorldPTDay2025

#NationalPTDay2025