

In celebration of the World PT Day 2025, with the theme “The Role of Physiotherapy and Physical Activity in Healthy Aging, with A Focus on Preventing Frailty and Falls,” the Physical Medicine and Rehabilitation Department of Westlake Medical Center promoted its theme through a live-seminar with the Westlake’s employees from different department and unit last September 12, 2025. The seminar included the discussion of importance of physical activity in risk reduction of various potential diseases, and frailty in work setting. The 2-hour seminar included a brief background, risk factors, self-assessment of fall risk, computer workstation ergonomics, proper lifting techniques, and exercises that may help in pain prevention, and productivity improvement at workplace.

-Physical Medicine and Rehabilitation Department

Westlake Medical Center

City of San Pedro, Laguna, Philippines