

Event Name	INTI World Physio Day 14.0 (IWPD 14.0)
Content write-up	The INTI Physio Club proudly hosted the INTI World Physio Day 14.0 from 26th September at MPH INTI Subang and 29th September to 30th September at MPH INTI Nilai. This year theme was “Healthy Ageing” The three-day event consists of health screening assessments carried out by our very own highly trained Physiotherapy students, along with consultations provided by our own lecturers. It was a great gathering of those working and aspiring to work in the field of physiotherapy. There were 7 stations of healthy screening provided by us. Station 1 General Health Station where we will record participants’ BMI and blood pressure. Next, is Balance Test where we test participants’ single leg balance. Station 3 is the Flexibility Test where we test participants’ upper limb and lower limb flexibility. Other than that, Station 4 is the Endurance Test where participants must do 3 minutes step up and step down and we will measure their heart rate. Where else for Station 5 is the Strength Test for upper limb and lower limb. At Station 6 we have Postural Assessment. Lastly, we have our Consultation Station carried out by our own lecturers. We also provide Sports Massage to the one’s who are willing to try out.
	







