



**World  
PT Day  
2026**



# HEART HEALTH



**Cardiovascular diseases  
are the leading cause of  
death globally**

**A physiotherapist can improve  
your heart health by:**



**spotting warning signs and  
promote early action**



**identifying people at higher  
risk**



**providing safe, individualised  
exercise programmes**

**Physiotherapy can help everyone  
stay active and enjoy a better  
quality of life**



**World  
Physiotherapy**

**#WorldPTDay**

**[www.world.physio/wptday](http://www.world.physio/wptday)**