

Report on Activities Conducted by the Federal University of the Triângulo Mineiro, Brazil, in Celebration of World PT Day 2026

In 2026, the celebration of **World Physiotherapy Day** brought together several Brazilian states and two Portuguese-speaking countries, Angola and Mozambique. The event was coordinated by Professor Suraya Shimano and the Academic/Student Association of the Physiotherapy Course of Federal University of Triângulo Mineiro.

As part of the programme, whose main theme was “**Stroke and cardiovascular disease**”, outdoor exercise sessions were held with 60 older adults from the community who take part in the LongeVIDAde (Longevity) university extension group. This activity was led by postgraduate students from the Older Adult Health Residency Programme.

Following the exercise session, two online lectures were delivered. The first, entitled “**Accessible, evidence-based strategies for stroke prevention**”, was presented by Professor Gustavo Luvizutto, professor at the Federal University of the Triângulo Mineiro. The second lecture, entitled “**Exercise prescription for cardiovascular prevention: how can it be optimised?**”, was delivered by Dr Juliana Prata Milani, a Brazilian researcher at Hasselt University.

More than 250 people attended the event, including healthcare professionals, students and community members from 12 Brazilian universities, two Angolan universities and one Mozambican university.

It was a very enriching and joyful day and, above all, encouraged a change in attitudes towards the healthy lifestyle choices we make every day. The event concluded with the message: “**Exercise prevents disease, and exercise is medicine.**”

Images



Post-invitation for the event featuring an image of Sister Amália, an older adult who attends the LongeVIDAde group.



Post-invitation for the lectures



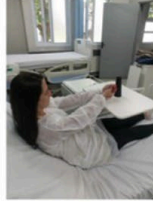
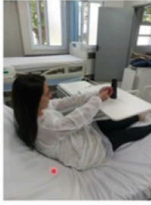


Oração final

Check-list da análise do movimento

Tabela 2. Análise do Movimento

Tarefa	Instrução para a tarefa	Execução	Componentes utilizados	Estratégias compensatórias
Supino para sentar na lateral da cama	Sente-se na lateral da cama	☐ Realiza ☐ Não realiza	☐ Retração e flexão do pescoço ☐ Extensão e flexão do tronco ☐ Inclinação lateral da cabeça ☐ Inclinação lateral do tronco ☐ Flexão de quadril e joelho ☐ Abdução do quadril	



Componentes essenciais

Cecilia Sarto Ferr...

Emelly Natali

Gustavo Luvizutto

Vitória Mauad

Diana Lara Castro

Ana Laura Pereira ...

Maria Vitória Ruiv...

Laura Mendes Tar...

Eliana Cordeiro

P.PORTO



Estratégias acessíveis e baseadas em evidências na prevenção e reabilitação do AVC

Dr. Gustavo José Luvizutto

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Center of Rehabilitation Research – Universidade Politécnica do Porto



EDUARDO ELIAS ...

LUCIANA DE CAS...

DANIEL FERREIRA ...

Vitória Mauad

Diana Lara Castro

Ana Laura Pereira ...

Gustavo Luvizutto

Larissa Costa Bo...

Gabriel Wesley Pe...

Cristina Rezende ...

Maria Vitória Ruiv...

Julie Badoco

Mais 103 pessoas

SURAYA GOMES ...

D
Diana Lara Castro

 Diana Lara Castro