

In alignment with this year's World Physiotherapy Day theme, "The Role of Physiotherapy and Physical Activity in the Prevention, Management, and Rehabilitation of Cardiovascular Disease and Stroke," the Kuwait Physical Therapy Association (KPTA) organized a series of public and professional activities during September 2026. These initiatives aimed to increase public awareness, promote healthy and active lifestyles, highlight the role of physiotherapy in prevention and rehabilitation, and support professional development and multidisciplinary collaboration.

1. World Physiotherapy Day Public Awareness Event

KPTA organized a public awareness event in cooperation with Dar Al Shifa Hospital on 15th September 2026, offering a range of educational, screening, and interactive activities for hospital visitors, patients, and members of the public. The event was promoted through various media channels, including radio, television, and KPTA's social media platforms. It also received on-site coverage by the local official television station.

The stroke section focused on increasing public awareness of the early signs of stroke, emphasizing the importance of rapid recognition and timely medical intervention. Activities included:

Running alongside the stroke activities, a dedicated **cardiovascular health and cardiac rehabilitation section** highlighted the importance of physical activity, exercise, and physiotherapy in the prevention and management of cardiovascular conditions. Activities included:

- Blood-pressure monitoring and cardiovascular risk awareness.
- Fitness and endurance testing to provide participants with an indication of their functional capacity and physical fitness.
- Education on the importance of regular physical activity in maintaining cardiovascular health.
- Guidance on safe and appropriate exercise according to individual abilities.
- Public education about the role of physiotherapy and therapeutic exercise in cardiac rehabilitation, prevention, improving endurance, and restoring functional capacity.
- Individual discussions and Q&A with physiotherapists, encouraging participants to adopt healthier and more active lifestyles.

The event successfully brought together health screening, public education, physical assessment, and direct interaction with physiotherapists within one community-based initiative. By addressing both stroke and cardiovascular health, the event demonstrated the broader role of physiotherapy—not only in rehabilitation following illness, but also in prevention, early identification of risk factors, promotion of physical activity, and maintenance of functional health. The strong public participation, with approximately 200 attendees, further demonstrated the value of community-based physiotherapy initiatives in increasing health awareness and encouraging healthier lifestyles.

2. Scientific Forum on Stroke Management

As part of its professional development activities, on 19 September 2026 KPTA organized a Scientific Forum on Stroke Management, focusing on stroke care from both medical and rehabilitation perspectives. The forum brought together physicians, physiotherapists, occupational therapists, speech therapists, and students to exchange knowledge and discuss contemporary approaches to stroke management. The scientific program emphasized:

- Evidence-based approaches to stroke care.
- Medical and rehabilitation perspectives in stroke management.
- Multidisciplinary collaboration.
- Patient-centered outcomes.
- The importance of coordinated care across different healthcare disciplines.

Approximately 120 participants, including physiotherapy and medical students, attended the forum, creating an opportunity for knowledge exchange between experienced healthcare professionals and future practitioners. In addition to the two main events, KPTA Board members participated in radio and television interviews highlighting World Physiotherapy Day activities and the Scientific Forum. This media engagement further expanded the reach of the campaign and helped raise public awareness of the important role of physiotherapy in prevention, physical activity, rehabilitation, and functional recovery.

The Kuwait Physical Therapy Association appreciates World Physiotherapy's continued support and remains committed to advancing physiotherapy practice, strengthening public awareness, supporting evidence-based care, and promoting the profession in Kuwait and beyond.