



# World PT Day 2020

# Rehabilitation and COVID-19

## How to take part

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



# This year's campaign: Rehabilitation and COVID-19



The focus for this year's World PT Day is rehabilitation after COVID-19 and the role of physiotherapists in the treatment and management of people affected by COVID-19.

The campaign is focused around the following key messages:

- exercise can play an important part in a person's recovery from COVID-19
- as the experts in movement, physiotherapists can guide people in how exercise can help recovery
- people who have had severe cases of COVID-19 will need rehabilitation and physiotherapy to recover from the effects of treatment for the disease
- using telehealth can help people access support from a physiotherapist to help them manage the impact of COVID-19
- telehealth can be as effective as conventional healthcare methods to improve physical function

World Physiotherapy encourages member organisations and physiotherapists around the world to use World Physiotherapy's toolkit to convey these messages to the public and policy makers.

## About World PT Day

World PT Day is held every year on 8 September, the day the World Confederation for Physical Therapy was founded in 1951. In 2020, World Confederation for Physical Therapy became World Physiotherapy. World PT Day is a day when physiotherapists can promote the profession to:

- showcase the significant role the profession makes to the health and wellbeing of the global population
- raise the profile of the profession
- campaign on behalf of the profession and its patients to governments and policy makers

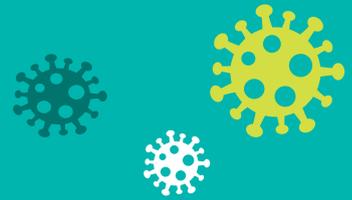
The day marks the unity and solidarity of the physiotherapy community around the world. It is an opportunity to recognise the work that physiotherapists do for their patients and community.

World Physiotherapy aims to support its member organisations and individual physiotherapists in their efforts to promote the profession and advance global health, using World PT Day as the focus.

**Physiotherapists are crucial in early and ongoing rehabilitation for people recovering from severe COVID-19**

#worldptday

# Get involved



World Physiotherapy has produced a toolkit of materials for member organisations to support physiotherapists in their World PT Day activities. It includes:

- posters: to display in public places
- infographics: to display and distribute to patients and the public
- translations: copies of the infographics and posters are available in more than 18 languages
- social media graphics: a selection of graphics will be produced for you to use on social media platforms to promote the day and this year's message
- information sources and additional reading: references for information within the materials and additional resources and web links about this year's campaign
- advocacy toolkit includes resources available on the World Physiotherapy website which may be useful for this year's World PT Day campaign
- roller banner artwork: to download and be supplied to local manufacturers
- a t-shirt design and logo: to download and get printed locally

Download the above resources for free at:  
[www.world.physio/wptday](http://www.world.physio/wptday)

## #worldptday

**An exercise plan from a physiotherapist can help your COVID-19 recovery** World PT Day 2020

Exercise is an important part of your recovery from COVID-19, paced to match your needs. As experts in movement and exercise, physiotherapists can guide you in how exercise can help:

- improve **fitness**
- reduce **breathlessness**
- increase muscle **strength**
- improve **balance and coordination**
- improve your **thinking**
- reduce **stress** and improve **mood**
- increase **confidence**
- improve your **energy**

**Try to be as active as you can to help you regain strength and help your lungs recover and remember to keep track of your progress**

Although it is important to rest, physiotherapists recommend that you undertake regular short bursts of exercise rather than fewer longer sessions. Exercises to try:

- sit to stand
- marching on the spot
- step ups or stairs
- walking
- heel raises
- toe raises
- one leg stand
- wall push off

**Physiotherapy is key to your recovery from COVID-19**  
If you feel unwell, experience extreme fatigue or severe shortness of breath, stop exercising and speak to your physiotherapist

**Post-viral fatigue syndrome**  
Up to 10% of people recovering from COVID-19 may develop post viral fatigue syndrome (PVFS). If you feel you are not improving, or if activity is making you feel much worse, speak to your physiotherapist or healthcare practitioner and ask them to assess you for PVFS. The rehabilitation of people with PVFS requires different management strategies.

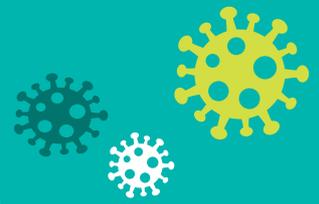
World Physiotherapy  
[www.world.physio/wptday](http://www.world.physio/wptday)

If you are an individual physiotherapist or planning an activity with your colleagues at your workplace, remember to contact the World Physiotherapy member organisation in your country/territory to link up with any activities they may be planning.

World Physiotherapy member organisations:  
[www.world.physio/our-members](http://www.world.physio/our-members).

The materials produced promote the idea of a global physiotherapy community. The day will be widely publicised on social media, using the #worldptday hashtag.

# Ideas on how to take part



Whether you work for a physiotherapy association, in a hospital department, a small clinical setting, or are studying physiotherapy, you can find different ways to mark the day.

Here are some suggestions to help you make sure you choose something that is right for you, and fits in with what you want to achieve for the day.

As part of the response to COVID-19, many countries have introduced restrictions about holding large events and gatherings. Please consider this when making plans for World PT Day and make sure you follow any guidelines in your country/territory about social distancing.

You can use your website or social media platforms to adapt many of the ideas listed here. Try a Facebook live Q&A or share advice and tips on your website.

We will be producing a series of graphics to promote the day via social media.

## Public events

- A free exercise demonstration session in a public place (or online) – showing, for example, the difference between moderate and vigorous activity
- Talks and seminars in workplaces or online, suggesting exercises to integrate into daily life and providing literature to employers
- Talks or events at community centres
- A roaming information booth, visiting different locations in the day, or over a week
- A “health challenge” for the public, politicians or celebrities – for example, challenge them to walk a certain number of steps during the day. You could lend out pedometers for the challenge, or give them away free
- Public exercise classes, say in a large city park

## Events for people of all ages

- Arrange a talk at community events or online using social media to highlight the value of physical activity and how it can help people recover from COVID-19 and manage the impact of treatment
- Arrange exercise classes aimed particularly at people of different age groups
- Work with care givers or people in the community caring for people affected by COVID-19 to assess how physiotherapy can improve people’s recovery

## In clinical settings

- Set up an information booth or exhibition in a reception area with information about what physiotherapists do
- Share World Physiotherapy’s infographics and posters with colleagues and visitors

## Added extras

- Find out if there is a local celebrity who could support your activities, and participate in any events. This is likely to increase public and media interest
- Offer to be a guest on a local radio or TV show, or to answer questions online
- Have something to give people which will help them stay healthy, and show what physiotherapists do to help: flyers, information sheets and stickers like those available from the World Physiotherapy website are a good place to start

## Get inspired!

See how World PT Day has been celebrated in the past

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