

World PT Day 2014 : Physiotherapists play a key role in helping people be 'Fit to take part' in Socio-economic development.

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World Physiotherapy Day falls on 8th September every year. It is an opportunity for physiotherapists (known in some countries as physical therapists) all over the world to raise awareness about the crucial role their profession plays in making and keeping people well, mobile and independent. The day was established in 1996, by the World Confederation for Physical Therapy – the profession's global body representing over 350,000 physical therapists in 106 countries.

Physiotherapists are experts in developing and maintaining people's ability to move and function throughout their lives. With an advanced understanding of how the body moves and what keeps it from moving well, they promote wellness, mobility and independence. They treat and prevent many problems caused by pain, illness, impairments and disease, sport and work related injuries, ageing and long periods of inactivity.

They work in a variety of settings, including hospitals, health centres, sports facilities, education and research centres, hospices and nursing homes, rural and community settings.

People with disabilities and long-term illnesses have the right to lead full and fulfilled lives as part of society. But many do not, because they have not received the right kind of support. This waste of human potential has a huge cost beyond personal hardship. Several studies indicate that lack of participation by people with disabilities costs some countries 7% of their gross domestic product reflecting both the loss of so many people not contributing economically and the cost of supporting them.

This is where contributions from physiotherapists matters, they play a key role in enabling persons with disabilities to fully enjoy all human rights and fundamental freedoms letting them contribute to the socio-economic development – and the message has to go out to politicians and other policy makers that they are worth the investment.

The president of the World Confederation for Physical Therapy (WCPT) Marilyn Moffat is quoted as saying "Rehabilitation is a good investment because it builds human capacity. It should be incorporated into general legislation on health, employment, education, and social services and into specific legislation for people with disabilities."

To know more about how physiotherapists contribute towards socio-economic development and enable persons with disabilities to fully enjoy all human rights and fundamental freedoms please download and read 'Why Physiotherapy Matters' booklet published and released by WCPT - [\[link\]](#)