

Press release

For immediate release

30 June 2022

World PT Day will focus on osteoarthritis

The focus for this year's World PT Day on 8 September is osteoarthritis and the role of physiotherapists in its prevention and in the management of people affected by osteoarthritis. In 2023 the focus will be on other rheumatological conditions.

[Access the campaign materials.](#)

The campaign is focused around the following key messages.

- Osteoarthritis (OA) is the most common joint condition: 520 million people around the world have OA, and 60% of OA cases are for knee OA.
- In a global study of 291 conditions, hip and knee OA was ranked as the 11th highest contributor to disability.
- The exact cause of OA is unclear. Risk factors that increase the risk of OA include: having overweight or obesity; having a previous joint injury or joint surgery or history of joint overuse; genetics.
- Exercise is a first-line treatment for OA. A physiotherapist can provide advice and education about pain relief and ways to manage OA. They can teach people living with OA how to improve joint movement and strengthen muscles.
- It is important for people living with OA to keep as active as possible. This can help improve pain, reduce other symptoms of OA, and help people stay independent.
- Only about a third of people living with OA will get worse over time, and some see an improvement in pain and disability. A physiotherapist will be able to guide you on how to keep active.

World PT Day toolkit

The [World PT Day toolkit](#) includes a range of materials to share the campaign in your country/territory, including information sheets, posters, banners and a booklet on how to take part.

The information sheets and posters are available in [English](#) and [Spanish](#), and will be available shortly in French. Volunteer translators are working on versions of the materials in other languages, which will be uploaded to our website as they become available.

Please note: the materials may not be amended without the permission of World Physiotherapy.

World Physiotherapy would like to express its sincere thanks to the following physiotherapists for their input and assistance in the production of the materials for World PT Day 2022: Marisa Coetzee, Rana Hinman and Jackie L. Whittaker.

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#WorldPTDay

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EDITOR'S NOTES

About physiotherapy

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, disability and disease, sport and work related injuries, ageing and inactivity.

Physiotherapists are educated over several years, giving them a full knowledge of the body's systems and the skills to treat a wide range of problems. This education is usually university-based, at a level that allows physiotherapists to practise independently. Continuing education ensures that they keep up to date with the latest advances in research and practice. Many physiotherapists are engaged in research themselves.

About World Physiotherapy

World Physiotherapy is the profession's global body representing over 685,000 physiotherapists from member organisations in 125 countries/territories. More information: www.world.physio