



**Therapy  
Professionals Ltd**

Physio, Speech Language, Music,  
Occupational Therapists & Dietitians

# World Physiotherapy Day 8 September - Movement for Health Day

## PHYSICAL THERAPY AND MENTAL HEALTH



Barbados Physical Therapy Association | Senior citizens outreach | World Physical Therapy Day 2017

There are many reasons physical activity is good for your body – having a healthy heart and improving your joints and bones are two reasons – but did you know being physically active can also benefit your mental health and wellbeing.

As qualified experts in movement and exercise, physical therapists are best placed to give advice on how to improve your physical health, decrease your anxiety symptoms and improve your quality of life.



**Get active. Stay active. Talk to a physical therapist today**



**Movement for Health**  
World Physical Therapy Day



World Confederation  
for Physical Therapy

[www.wcpt.org](http://www.wcpt.org)

**#worldptday**

# PHYSICAL THERAPY AND MENTAL HEALTH



Long-lasting musculoskeletal disorders and mental health are the leading causes of sick leave worldwide. To meet the needs of the patient, physical therapists offer a wide range of approaches with a focus on human movement and function.

Exercise is an evidence-based treatment for depression. As qualified experts in movement and exercise, physical therapists are best placed to give advice on how to improve your physical health, decrease your anxiety symptoms and improve your quality of life.



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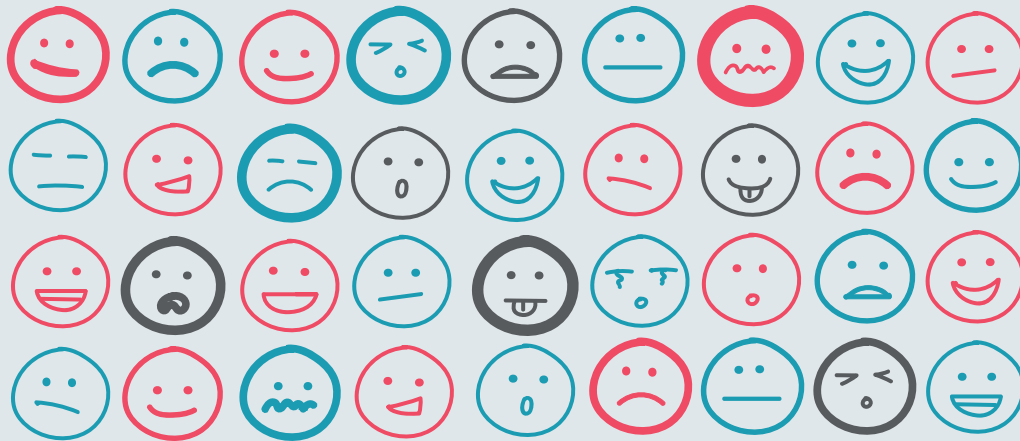


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**Here at Therapy Professionals we have  
Physiotherapists who can help you  
improve your physical and mental  
wellbeing through exercise.**

# PHYSICAL THERAPY AND MENTAL HEALTH



Long-lasting musculoskeletal disorders and mental health are the leading causes of sick leave worldwide. To meet the needs of the patient, physical therapists offer a wide range of approaches with a focus on human movement and function.

Exercise is an evidence-based treatment for people with depression, and physical therapists work with people who may have depression alongside long-term health issues. Getting and staying physically active will help improve your physical and mental health. Talk to a physical therapist and discover an exercise or activity you find enjoyable and have fun!



ESF&C Coimbra Health School | Portuguese Association of Physiotherapists

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**Just contact us – we can help**

**Phone: 377 5280**

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**Website: [therapyprofessionals.co.nz](http://therapyprofessionals.co.nz)**