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Fit to take part

Having a long-term illness or disability shouldn't mean you can't lead a fulfilled life. But research shows that people with a disability are less likely to be employed or to be playing an active part in society.

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This waste of human potential has a huge economic cost. Lack of participation by people with disabilities costs some economies 7% of their gross domestic product.

It needn't be like that. According to the United Nations, "full participation by persons with disabilities will result in their enhanced sense of belonging and in significant advances in the human, social and economic development of society". Physical therapists have a key role in making that happen. They help people be fit to take part.

If you have problems that affect your mobility, ask a physical therapist, the qualified experts in movement and exercise.

www.wcpt.org/wptday

Movement for Health
World Physical Therapy Day

World Confederation for Physical Therapy