

Report on World Osteoporosis Day Celebration and Awareness

Organized by: Dr. Snehal Patel and Dr. Sneha Somarajan

In Collaboration With: Final Year MPT Students and Clinical Therapists

Venue: Sardar OPD

Theme: Raising Awareness About Osteoarthritis (OA) Among Patients

Objective

The OA Day celebration aimed to educate osteoarthritis patients on the nature of the condition, its management, and the role of physical therapy in improving their quality of life. The event focused on awareness, exercise guidance, and engaging patients with actionable knowledge to manage OA effectively.

Event Details

- **Date:** 20/10/2024
- **Venue:** Sardar OPD
- **Executed by:** Dr. Ravichand Rathava and other MPT Semester 3 Students.
- **Participation:** OA patients, final year students, and clinical therapists

Key Activities Conducted

1. Awareness Session

- **Topic Covered:**
 - Introduction to osteoarthritis: its causes, symptoms, and stages of progression.
 - Risk factors such as age, obesity, sedentary lifestyles, and improper posture.
- **Delivery:**
 - Dr. Ravichand Rathava MPT 3rd-semester students delivered an informative presentation with simplified language to ensure patient comprehension.
 - Clinical therapists provided real-life examples to make the session relatable and actionable.
- **Patient Takeaways:**
 - Understanding the importance of early diagnosis and intervention.
 - Lifestyle modifications to slow disease progression.

2. Exercise Demonstration

- **Objective:** To teach practical exercises aimed at managing osteoarthritis symptoms and improving joint mobility.

- **Key Exercises:**
 - Low-impact knee and hip strengthening exercises such as leg lifts, quadriceps sets, and gentle yoga stretches.
 - Range of motion exercises to maintain joint flexibility.
 - Relaxation and breathing exercises to reduce stress and promote overall well-being.
- **Involvement:**
 - Clinical therapists and final-year students supervised patients during hands-on demonstrations, ensuring proper technique and safety.
- **Outcome:**
 - Patients learned simple, safe exercises that they could incorporate into their daily routines to alleviate stiffness and pain.

3. Group Interaction

- A collaborative session was conducted where patients, students, and clinical therapists interacted freely.
- Patients were encouraged to share their experiences, and therapists addressed misconceptions about OA, emphasizing the importance of regular exercise and therapy.

4. Information Material Distribution

- Printed pamphlets and handouts containing:
 - Descriptions of osteoarthritis and its impact on mobility.
 - Step-by-step guides for home-based exercises.
 - Dietary recommendations for joint health.
 - Contact information for follow-up care and therapy sessions at the OPD.

Highlights of the Event

- **Participation:** A significant number of OA patients attended the session, engaging actively in the awareness programs and exercise demonstrations.
- **Comprehensive Guidance:** The combined efforts of MPT students, final-year students, and clinical therapists ensured all patients received personalized attention.
- **Real-World Application:** The event took place in the Sardar OPD, enabling patients to experience a clinical setting while participating in the activities.

Event Highlights in Pictures:



The Importance of Osteoarthritis Awareness in Modern Life

Awareness about osteoarthritis (OA) is crucial in today's world as it empowers individuals to prevent and manage this common degenerative joint condition effectively. With increasing sedentary lifestyles, obesity, and aging populations, the prevalence of OA is rising, making education about its symptoms, risk factors, and management strategies more important than ever. Early detection and timely intervention can slow disease progression, improve joint function, and enhance quality of life. Promoting healthy habits like regular exercise, proper posture, and balanced nutrition plays a vital role in prevention. Raising awareness not only helps individuals lead more active lives but also reduces the societal and economic burden of this debilitating condition.

The OA Day celebration at Sardar OPD was a meaningful initiative that successfully educated patients about osteoarthritis, its management, and the importance of physical therapy. Through interactive awareness sessions, exercise demonstrations, and the collective efforts of MPT students, final-year students, and clinical therapists, patients gained valuable insights into managing their condition effectively. The event emphasized early diagnosis, lifestyle modifications, and regular exercise as key to improving quality of life for OA patients. Guided by Snehal Patel and Sneha Somarajan, the program fostered a collaborative and supportive environment, leaving a lasting impact on participants and reinforcing the importance of such awareness campaigns in enhancing community health.