



SOUTHERN REGIONAL HEALTH AUTHORITY

3 BRUMALIA ROAD, MANDEVILLE, MANCHESTER, JAMAICA WI

TEL.: (876) 625-0612-3, 962-9491 or 962-8232 | FAX: (876) 962-8233 | WWW.SRHA.GOV.JM



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PRESS RELEASE

September 14, 2017
FOR IMMEDIATE RELEASE:

Use Physical Activity as a Prescription-Hospital Physiotherapists

The team of physiotherapists at the Mandeville Regional Hospital (MRH) in Manchester is encouraging the general public to use physical activity as a prescription for healthier lifestyles.

Manager and Head of Department for Physiotherapy Services at the MRH, Mr. Denzil Williams explained that part of the objective of the commemoration of World Physiotherapy Week is "for patients and prospective patients to understand that exercise is a prescription and we want it to be prescribed by physical therapists who are the specialists in this area. We also want the public to understand that physical activity is for everyone."

Mr. Williams was speaking on Friday, September 8 at a health fair and exposition, which culminated a week of activities to mark World Physiotherapy Week, September 4-8 under the theme, "Physical Activity for Life". The health fair featured several activities including free blood pressure, blood sugar and cholesterol checks; free fitness testing and consultations.

The week's activities also included several educational sessions regarding physiotherapy for orthopaedic and paediatric patients; pre-operative and post operative care in gynaecology and surgical patients; exercise during pregnancy and exercise for renal, diabetic and hypertensive patients.

Mr. Williams explained that the physiotherapy team also used the week's celebration to sensitize patients about the importance of physical activity in various aspects of one's life including the impact on non-communicable diseases.

"Sedentary lifestyle has little or no physical activity and this is what we want to minimize among the population. We want to keep our workforce and the populace healthy and moving and at less risk for non-communicable diseases" Mr. Williams added.

(more)

Chairman: Wayne Chen; Vice Chairman: Michael Stern **Board Members:** Marcus Greenwood, Krishan James, Stafford Haughton, Lorraine Green Mason, Lennox Powell, Dr Lloyd Reynolds, Winston Maragh, Dr St Aubyn Bartlett, Dr Lundie Richards, **Directors: Regional Director and Secretary:** Michael Bent; **Regional Technical Director:** Dr Michael Coombs; **CEO Mandeville Regional Hospital:** Alwyn Miller; **SMO, Mandeville Regional Hospital:** Dr Everton McIntosh



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Meanwhile, Mr. Williams explained that a Physiotherapist is a trained professional who is a rehabilitation and movement specialist, adding that "we bring a person back to functionality, we bring them back to the workforce to add meaning and value to work. "

Picture 1



Nurse at the MRH, Mr. Sewell Lewis performs a blood sugar test on a customer at the health fair and expo.

(more)

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Picture 2



The team of physiotherapists at the Mandeville Regional Hospital.

(more)

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Picture 3



Intern at the MRH Physiotherapy Department Ms. Shanique Stewart performs the height and weight measurements of a customer at the health fair and expo on Friday, September 8.

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For more information contact:
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