

# Healthy society with physical therapy for Asian Smart Cities

- Application of physical therapist's professional skills with  
IoT/ICT –

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# Japanese Physical Therapy Association (JPTA)

Japanese Physical Therapy Association(JPTA) established in 1966. Nationally and internationally, health and health care have become more diverse, so JPTA implements various activities for the people and meet the needs of society.

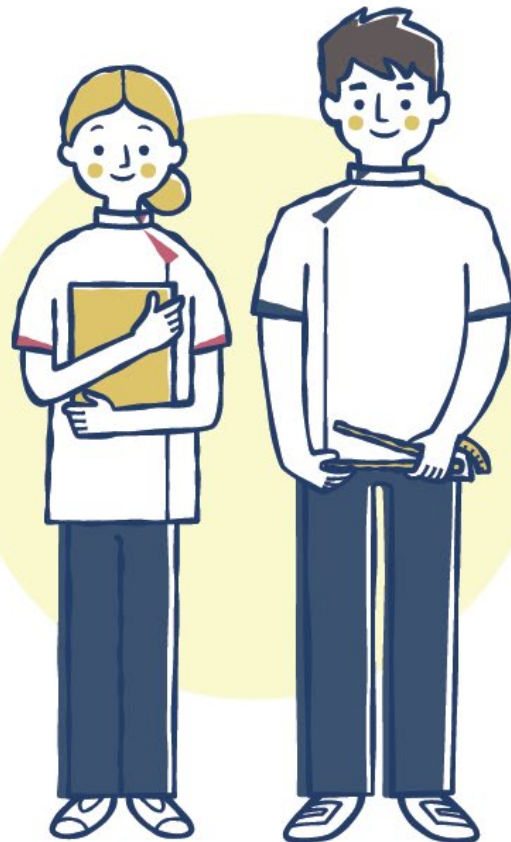
\*JPTA is Public Interest Corporation, authorized by Cabinet Office in Japan.

## Physical Therapists

Evaluate and analyze physical functions and pain.

Create an appropriate physical therapy program.

Give guidance about improving the basic action capability.

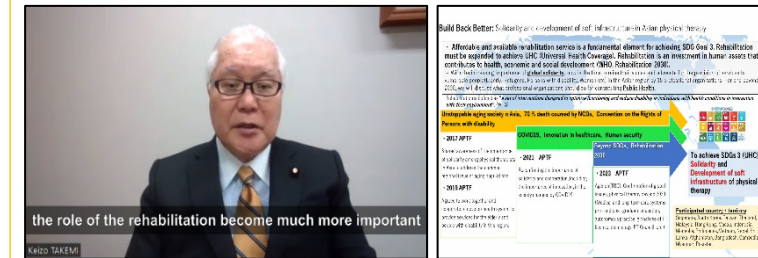


Give guidance on correct actions for the purpose of preventing recurrence and worsening of illness.

Conduct physical therapy to ease pain and improve physical function.

Provide support for independent living and improved quality of life.

## Example of an activity for Contributing global health



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日本理学療法士協会  
Japanese Physical Therapy Association



- **Asian Physical Therapy Forum** biannually from 2017.
- 18 countries and territories, **representatives of physical therapy** associations and **Government Officials** who in charge of rehabilitation / physical therapy participated.



2分でわかる!

## 日本理学療法士協会のSDGs

- Health & Well-being
- Quality Education
- Decent work & Economic growth
- Industry, Innovation & Infrastructure
- Reduced inequalities
- Partnerships

## SUSTAINABLE DEVELOPMENT GOALS

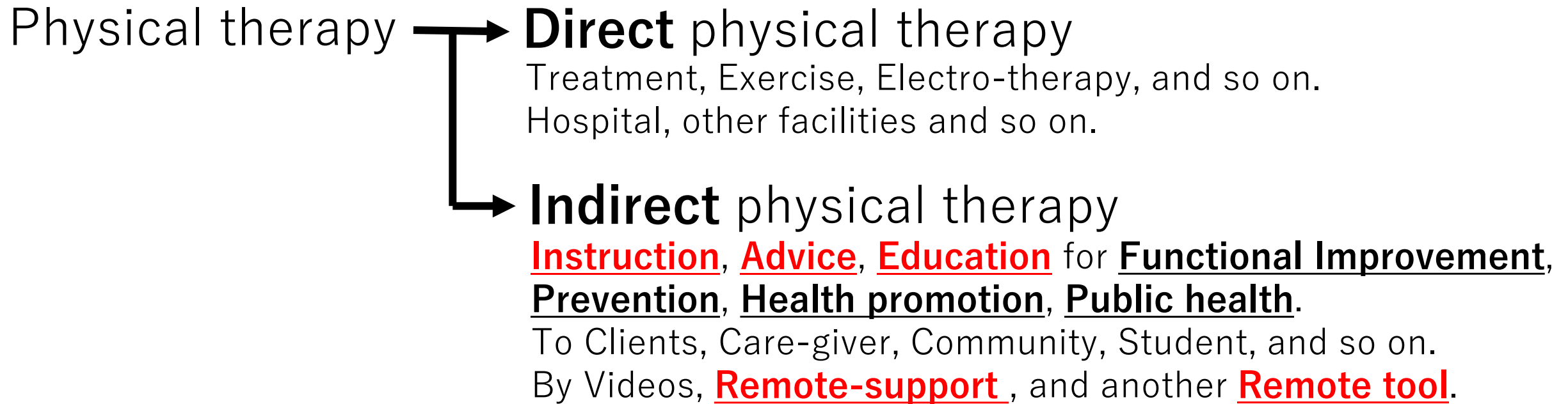


笑顔 つづく、すこやかな暮らしへ。

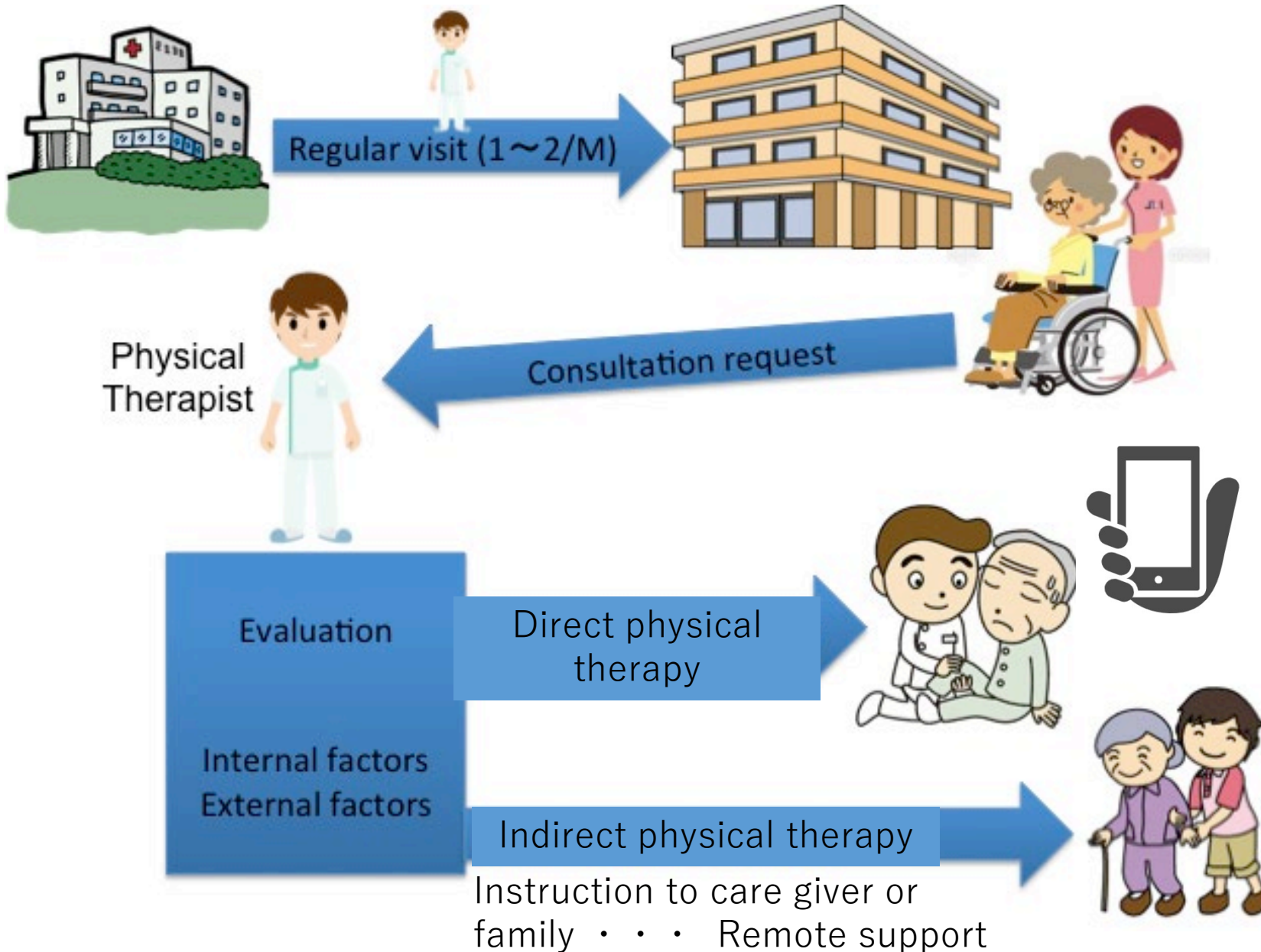


# Physical therapy, Direct and Indirect

- ~ *Individuals and populations to develop, maintain and restore maximum movement and functional ability throughout the lifespan ~, ~ In circumstances where movement and function are threatened by ageing, injury, pain, diseases, disorders, conditions or environmental factors and with the understanding that functional movement ~* (WCPT: <https://www.wcpt.org/policy/ps-descriptionPT> )



# Example of physical therapist's support within healthcare



In Cambodian orphanage  
(direct physical therapy)

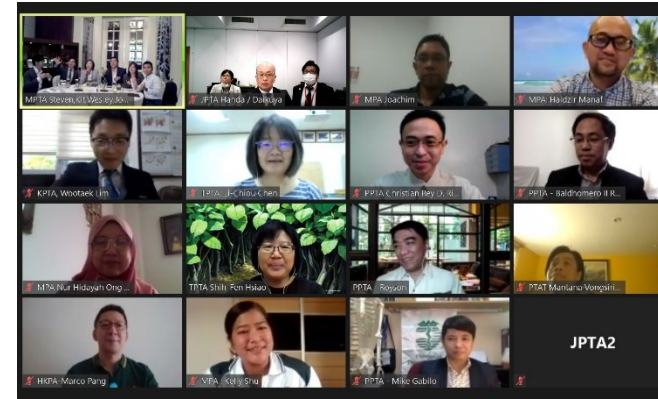


# Indirect physical therapy, education, exchanging

Teaching exercise to groups



Exchanging, academic meeting,  
And language system



Monitoring and remote support



Distance learning at university, both pre-  
recorded movie and interactive class



This program was funded by “Projects for global growth of medical technologies, systems and services through human resource development” conducted by the National Center for Global Health and Medicine under the Ministry of Health, Labour and Welfare, Japan.

# Extending possibility of use of IoT/ ICT with Physical Therapy

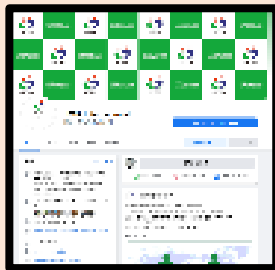


## Japanese Physical Therapy Association

Online exchange program with Professions in Asia (Language, Scientific experience etc)



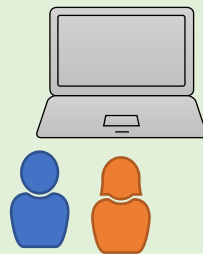
Language exchange



Exchanging information by SNS



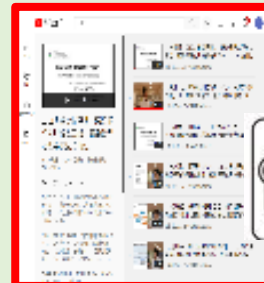
Contactless Human Resource Development for Healthcare Profession (Academic conference, Online Training, etc)



On-line meeting system



E-learning system



Youtube

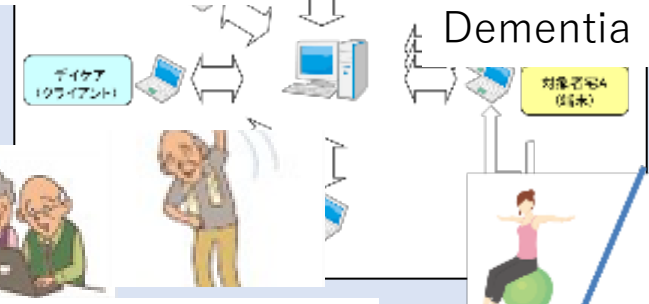
Technology for enhance public health in the context of Smart City / Super City



Preventing fall down injury



Abnormal behavior with Dementia



Distance /Telehealth for conditioning



Work place exercise

- Wearable Device, Monitoring sensor
- Personal health record • Robotics
- Preventive activity • Fitness
- Health Instruction and consultation,

# Let's achieve Healthy Society together



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Japanese Physical Therapy Association



The 4<sup>th</sup> Asian Physical Therapy Forum (30<sup>th</sup> May, 2023)



## Smart City + Physical Therapy skills = Healthy Society