



公益社団法人

日本理学療法士協会

Japanese Physical Therapy Association

29th OCT, 2024, High Level Meeting
The 6th ASEAN-Japan Smart Cities Network

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)

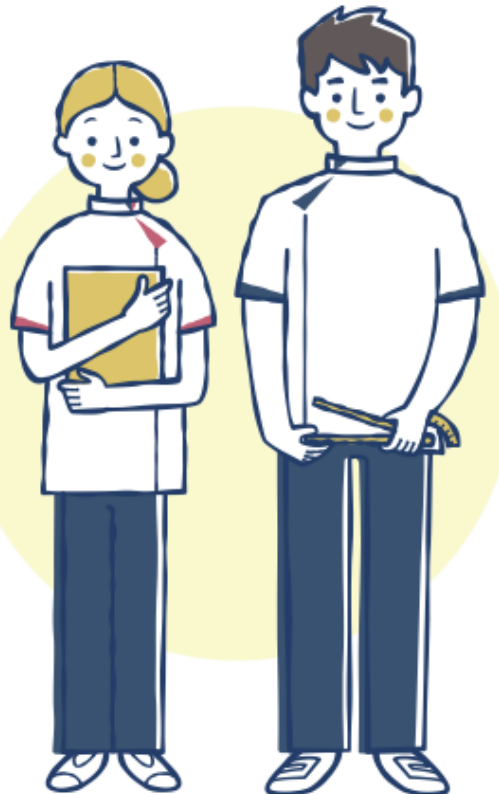
Japanese Physical Therapy Association (JPTA) established in 1966.

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.

What physical therapists can do.

Evaluate and analyze physical functions and pain.



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

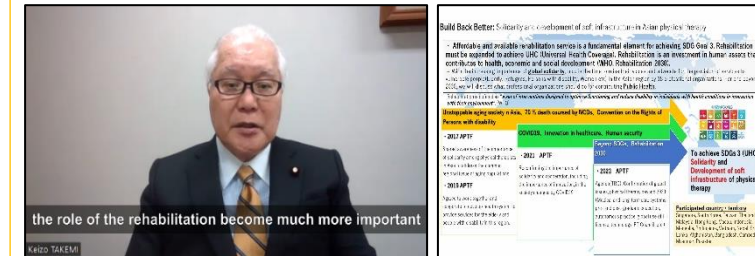
Create an appropriate physical therapy program.

Conduct physical therapy to ease pain and improve physical function.

Give guidance about improving the basic action capability.

Provide support for independent living and improved quality of life.

Example of an activity for Contributing global health



- **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.

Our projects connected to the SDGs



2分でわかる!

日本理学療法士協会のSDGs

SDGs コンセプト・5つのアクションプラン

- 1 健康と福祉の増進
- 2 学術・科学技術の振興
- 3 国際協力と国際貢献
- 4 質の向上と教育支援
- 5 健康情報の発信と研究



笑顔 つづく、すこやかな暮らしへ。

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

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 ~*

World Physiotherapy, Policy statement: Description of physiotherapy : <https://www.wcpt.org/policy/ps-descriptionPT>

Physical therapy

Direct physical therapy

Treatment, Exercise, Electro-therapy, and so on.
Hospital, other facilities and so on.

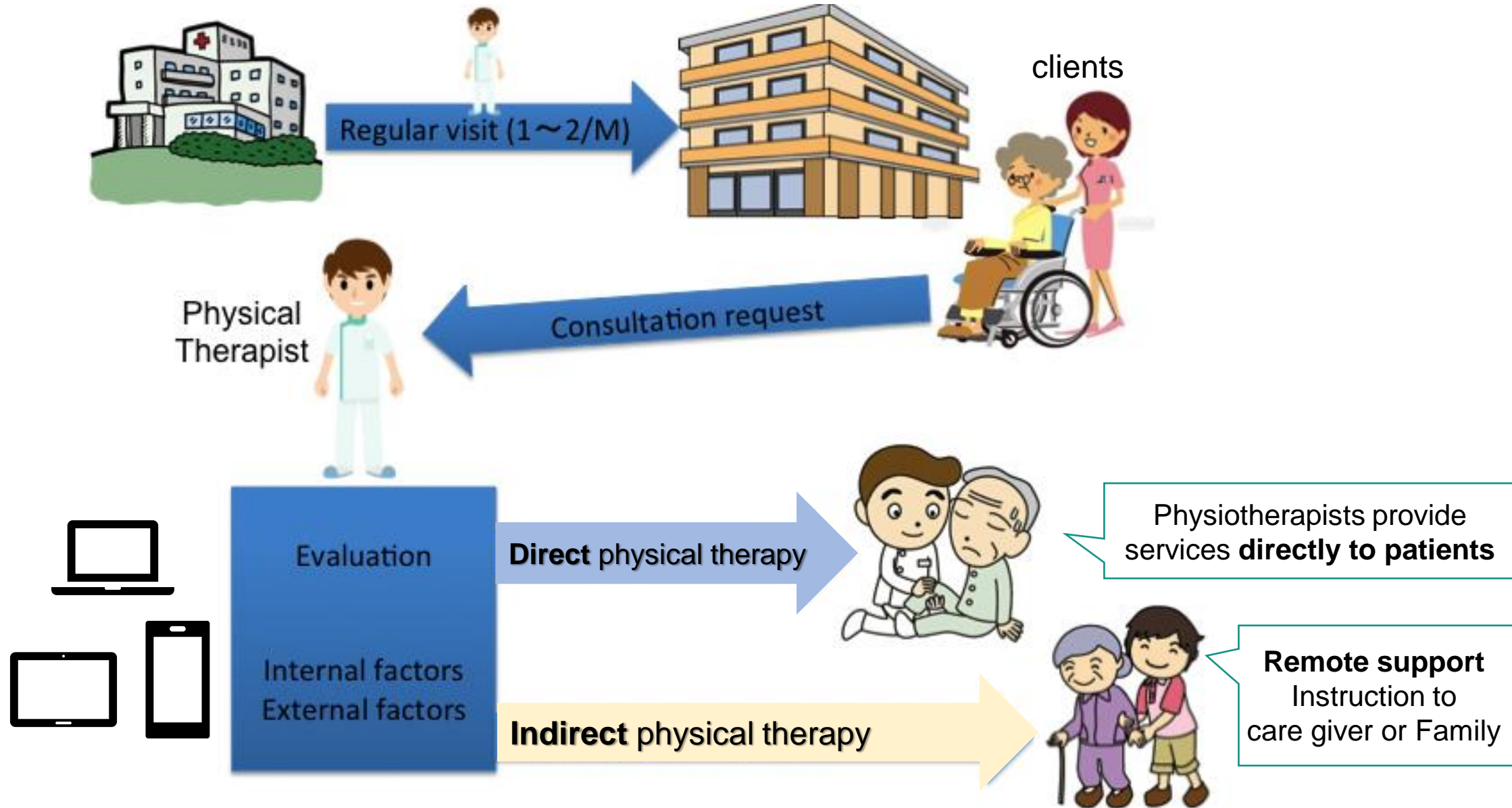
Indirect physical therapy

Instruction, **Advice**, **Education** for **Functional Improvement**,
Prevention, **Health promotion**, **Public health**.

To Clients, Care-giver, Community, Student, and so on.

By Videos, **Remote-support**, and another **Remote tool**.

Example of physical therapist's support within healthcare



Example of physical therapist's support within healthcare

Direct
physical therapy



Orphanage in Cambodian

Example of using technology for education, exchanging

Indirect physical therapy

Teaching exercise to groups



Exchanging, academic meeting,
And language system



Monitoring and remote support

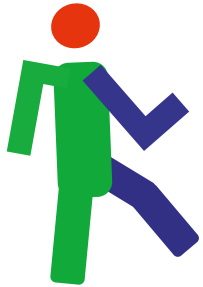


Distance learning at university,
both pre-recorded movie and interactive class



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



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

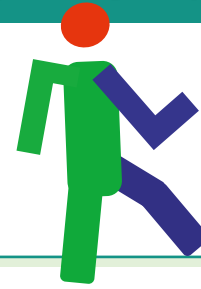


Language Exchange



Exchanging information by SNS

Extending possibility of use of IoT/ ICT with Physical Therapy



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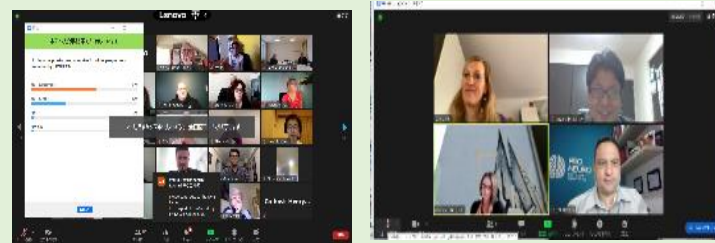


Language Exchange



Exchanging information by SNS

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



Online Conference/Meeting



E-learning system



YouTube

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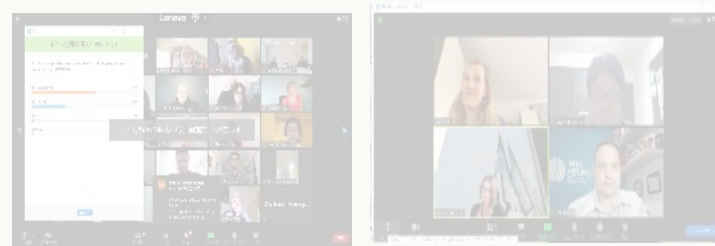


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Technology for enhance public health in the context of Smart City / Super City



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



The 4th Asian Physical Therapy Forum (30th May, 2023)

Smart City + Physical Therapy skills = Healthy Society