



World
PT Day
2026

NYAKAZA KAKHULU, KUZO ZONKE IZIGABA ZEMPILO

Abantu abadala abangu **31%** kanye nabantu abasha abangu - **80%** abafinyeleli emazingeni aphakamisiwe okunyakazisa umzimba.



Kungani kubalulekile ukuzivocavoca?

Ukuzivocavoca njalo:



kusiza ukuvikela isifo senhliziyo, isifo sohlangothi, isifo sikashukela, kanye nezinye izinhlobo zomdlavuza



kwehlisa ubungozi bokukhuluphala ngokweqile



kuthuthukisa isimo somqondo, esomoya kanye nokulala



kusiza izingane zikhule ziqine futhi zikhule kahle



kusiza abantu asebekhulile bahlale bezimele futhi bagweme ukuwa



kusiza ukugcina ubuchopho buphilile futhi kunganciphisa ingozi yokuba nesifo sokukhohlwa (dementia) nesifo i-Alzheimer's



kuthuthukisa ikhono lakho lokukhumbula, ukunaka, namakhono okucabanga kubantu bayo yonke iminyaka

Qala **kusenesikhathi.**

Hlala **uzivocavoca.**

Qhubeka nokunyakaza **impilo yakho yonke**

Ukuzivocavoca kunoma imiphi iminyaka kuthuthukisa impilo, ukuzimela, kanye nesimo sempilo yakho.

Udokotela wezokwelashwa kwamalunga omzimba/ umeluli wamathambo nemisipha (Physiotherapist) angakuyala ngokuthi uzivocavoca kanjani ngokuphepha futhi ufinyelele emazingeni anconyiwe okuzivocavoca.



Ngingakulandelela kanjani ukuzivocavoca kwami?

Ingabe unomakhalekhukhwini ohlakaniphile (smartphone), iwashi elihlakaniphile (smart watch), noma ezinye izinsiza ezigqokekayo?

Qala ukusebenzisa izinsiza zakho ukubeka izimpokophelo, ulandelele ukuzivocavoca kwakho, futhi uzikhuthaze ukuthi unyakaze kakhulu ukuze ufinyelele emazingeni anconyiwe okuzivocavoca.

Yimiphi imihlahlandlela yokuzivocavoca?

BONKE ABAKWAZI
UKUZIVOCAVOCA

ABANTU ABADALA

IZINGANE KANYE
NENTSHA

ABANTU
ABADALA

ABANTU
ASEBEKHULILE

BONKE ABAKWAZI
UKUZIVOCAVOCA



Nciphisa isikhathi sokuhlala ungenzi lutho, esikhundleni salokho yenza noma yiluphi uhlobo lokuzivocavoca



Imizuzu engama-150 kuya kuma-300 ngesonto yokuzivocavoca okunyusa ukusebenza kwenhliziyo namaphaphu



Imizuzu engama-60 ngosuku



Izinsuku ezimbili ngesonto zokuzivocavoca okuqinisa imisipha



Izinsuku ezintathu ngesonto zokuzivocavoca ngokuqinisa umzimba nokuthuthukisa ukuzimelela



Imizuzu engaphezu kuka-300 ngesonto - okuningi kungcono!



Ingabe kufanele ngihlale phansi isikhathi esincane?

Ukuhlala isikhathi eside noma ukuchitha isikhathi esiningi phambi kwezinto ezifana nomabonakude kwandisa ingozi yezifo ezingathelelani, okuhlanganisa umdlavuza, izifo zenhliziyo nemithambo yegazi, izifo ezingamahlalakhona zamaphaphu, nesifo sikashukela.

Zonke izinhlobo zokuzivocavoca zibalulekile, okuhlanganisa ukuyaluzwa, imisebenzi yasekhaya, ukudlala, kanye nemidlalo.



World
Physiotherapy

#WorldPTDay

8 kuMandulo

www.world.physio/wptday