

Exactly one month back we, the physical therapists all over the world celebrated world physiotherapy day on 8<sup>th</sup> of September. The theme of world confederation for physical therapy (WCPT) for the year 2014 is "FIT TO TAKE PART", concretizing the role of physical therapists in helping the people with long term illness or disabilities, to become independent and fulfill their part in the race of life. In general, any disease that is persistent and manifests its effects over time can be called a chronic illness. Non Communicable Diseases like cardio-vascular diseases, cancer, hypertension, diabetes mellitus, and other conditions like autoimmune disorders, Alzheimer's disease, chronic pain syndromes and the list keeps going as we try to name the conditions that can be counted as a long-term disease.

It's a commonest thing being experienced by all of us the feelings of depression, anger and dependency as we fall sick for few weeks. On the contrary, how does it really feel to have a live- in relationship with a disease or its impairment for a lifetime? A long-term illness is something, which throws a monkey wrench in the lives of the sufferers making them vulnerable to physical and psychological impairments. What as a physical therapist me, you and we can do for this? Rather than commenting on the contemporary approaches and trends, we would like to remind you of the basic weapon in our arms that is exercise.

As mentioned earlier chronic illness deprives a person of his/her physical, functional independence besides emotional trauma. We should be proud enough we possess a magic wand, which swaps and swipes all the questions raised by long-term illness. Not many of us are unaware of the physical, physiological and psychological benefits of exercises. What else we need as professionals when our touch and treatment can transform the lives of people and make them "fit to take part". We would like to emphasize the best management option available for most of the conditions causing long-term illness, which is nothing but prevention, where exercises make a great deal in that dimension too.

Before closing, we request our professionals to apply the same theme for our profession too. There is a current need of extending our services in various fields of modern medicine, making us to be extra alert and responsible. This is the right moment to bridge theory with practice in the area of lifestyle diseases. As the crew of editorial board, we take this opportunity to appeal to the current and future researchers to produce authentic researches globally in an attempt to generalize the treatment approaches and preparing physical therapists to be "FIT - TO TAKE PART" as a team member of health care system.

***Rahul Shaik***

***Asst. Professor,  
SIMS College of Physiotherapy,  
Guntur, A.P, INDIA.***

***Christie Kiran Gotru***

***Asst. Professor,  
SIMS College of Physiotherapy,  
Guntur, A.P, INDIA.***