



# World Orthoptic Day

## June 6, 2022

La Journée mondiale de l'orthoptique 2022 arrive à grand pas!  
Le thème de cette année représente notre sortie de l'isolement et ...  
de la pandémie :

**"Orthoptists in the Wild"**

# World Orthoptic Day Selfie Contest 2022



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It is time for our annual selfie contest! To celebrate World Orthoptic Day, take your best selfie that relates to this year's theme. For example, wearing an eye patch, using an occluder, using prisms or using anything that is essential to your work as an orthoptist!

***This year's theme: "Orthoptists in the Wild!"***

Post your selfie on Twitter on World Orthoptic Day!

**Monday, June 6<sup>th</sup>, 2022**

## **It is time for orthoptists to do the Orthoptic Workout Challenge!**

The theme for World Orthoptic Day 2022 is “**Orthoptists in the Wild**”. You can become an “Orthoptist Influencer” by creating a TikTok video or Instagram Reel, with or without the music of your choice. Celebrate and showcase the dynamic, challenging, and fun work of orthoptists “in the wild”!

## What to do?

Post your Orthoptic Workout Challenge video or reel on social media and tag the IOA social media channels via Twitter, Instagram, Facebook or LinkedIn, any time before Friday, June 10. Be sure to tag your colleagues, family, friends, and patients and ask them to share your reel on their social medial channels.

Hashtag: **#orthopticdayworkout**

This is how we (finally!) celebrate together again for World Orthoptic Day on June 6<sup>th</sup>!



Be sure to tag the IOA Twitter account and your colleagues using the hashtag: **#ortho selfie**

Don't forget to ask your colleagues, family, friends and patients to share your selfie photo on their social media channels.

This is how we celebrate an *online* World Orthoptic Day on June 6<sup>th</sup>!

<https://twitter.com/followIOA>



# The TikTok Workout Challenge: Orthoptist-Style!

We challenge colleagues all over the world to the “Orthoptic Workout Challenge” for our annual World Orthoptic Day celebration on Monday, June 6<sup>th</sup>, 2022.

## What is the Workout Challenge?

TikTok fitness challenges have gone viral! These short videos set to music have inspired viewers to complete a series of body weight exercises as demonstrated by fitness influencers. For example, in December 2021, everyone was doing the plank challenge to the Cupid Shuffle!

Sars-CoV-2 also went “viral” in 2020 and has kept us indoors and isolated. Now that the world is emerging from



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