

Physiotherapy in Lesotho  
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[www.physioinlesotho.ch](http://www.physioinlesotho.ch)

## **Physiotherapy Advanced Training**

From November 8 to 11, 2023 we offer a continuing education course for advanced physiotherapy assistants.

Here participants will gain advanced knowledge of the importance of physiotherapy in the hospital setting and learn specific standard practices.

This course is suitable for physio-assistants in the hospital or health center area.

Where will this course be held?  
Paray Hospital, Physiocenter, Thaba- Tseka

Who are the teachers?  
Wolfgang Fasser, certified physiotherapist, Switzerland and co-workers

The costs?  
Accommodation and meals will be covered by the Swiss initiative: Physio in Lesotho.

How many participants are planned?  
A maximum of 14 people. In order to give all interested institutions the opportunity to participate, please register one person each. The number of participants is limited to 14 and will be noted after registration.

Where will the participants be accommodated?  
All participants will be accommodated for room and board in BnB's close to the hospital.

Arrival: Wednesday November 8 before lunch

Departure: Saturday 11 November before lunch

What to bring?  
Gymnastic clothes, uniform for patient work, writing material for notes, warm clothes for cold days and a good rain protection.

Program Day 1:

08.00	Welcome and morning reflection.
08.15	Exercise class: Helpful gymnastics exercises for each day.
09.15	Neurological physiotherapy for stroke patients
10.15	Tea break
10.45	Practice of neurological physiotherapy with stroke patients

11.45 Movement is life - overview of movement practices for stroke patients  
12.15 Lunch break  
14.00 Practical course: Manual mobilisation of peripheral joints part 1  
15.15 Tea break  
15.30 Practical: Manual mobilisation of peripheral joints part 2  
16.30 Closing reflections

Program Day 2:

08.00 Welcome and morning reflection.  
08.15 Exercise class: 10 golden rules for successful gymnastics with patients  
09.15 Respiratory physiotherapy in theory and practice part 1  
10.15 Tea break  
11.45 Respiratory physiotherapy in theory and practice part 2  
12.15 Lunch  
14.00 Practical course: Pediatric physiotherapy part 1  
15.15 Tea break  
15.30 Practical course: Pediatric physiotherapy part 2  
16.30 What's next? - Distant Learning Program overview, online supervision and support, self-study with Physio Video and Audio Database 2023.  
17.00 Closing reflections

Program Day 3:

08.00 Welcome and morning reflection.  
08.15 Exercise class gymnastics with patients  
09.15 Examples of physiotherapy in daily hospital routine  
10.15 Tea break  
10.30 Continuing makes you perfect - How do I become confident with the practices I learn?  
11.30 Thanks and closing ceremony  
12.00 Departure for home

Registration:

Registration no later than October 10, 2023.

Preferably by mail:

[info@physioinlesotho.ch](mailto:info@physioinlesotho.ch)

For further information about definite application please do not hesitate to contact us by SMS or WhatsApp +41 79 512 78 21.

Yours sincerely Wolfgang Fasser and team