

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

## **Workshop Physiotherapy Basics for Beginners**

From November 5 to 8, 2023

we offer an introductory course for beginners. Here the participants get first knowledge about the importance of physiotherapy in the hospital area and learn first standard practices. This course is suitable for Nursing Assistants in hospital or health center settings.

Where is this course held?

Paray Hospital, Physiocenter, Thaba- Tseka

Who are the teachers?

Wolfgang Fasser, certified physiotherapist, Switzerland and staff members

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: Sunday November 5 in the afternoon

Departure: Wednesday 8 November 12.00 noon

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	What is physiotherapy?
10.15	Tea break
10.45	How does physiotherapy treat? - An overview
11.45	Moving is living - an overview of movement therapies
12.15	Lunch break
14.00	Practical: Passive movements of the lower extremities
15.15	Tea break
15.30	Practical: First steps with medical massage - part 1
16.30	Closing words

#### 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: Passive movements of the upper extremities
15.15	Tea break
15.30	Practical course: First steps with medical massage - part 2
16.30	What's next? - Overview of the Distant Learning Program, Online Supervision and Support, Self-study with the Physio - Video and Audio Database 2023
17.00	Closing remarks

#### Program Day 3

08.00	Welcome and morning reflection
08.15	Gymnastics with patients
09.15	Examples of physiotherapy in everyday hospital life
10.15	Tea break
10.30	Practicing makes Physio perfect - How do I become safe with the practices I have learned?
11.30	Thanks and closing words
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 please do not hesitate to contact us by SMS or WhatsApp +41 79 512 78 21.

Yours sincerely

Wolfgang Fasser and team