

Kotlollo ea masapo le mesifa tsebeletsong tsa metseng

**Buka e ka sebelisoa ho thusa metseng eo hoseng
bobebe ho fihlela litsing tsa kokelo**



**Thuso ho bohle – kotlollo ea masapo
le mesifa ho bohle**

Lenaneo la litaba: se kahare ho buka ena

Tlhaloso ea litsebo tsa mantlha tsa kotlollo ea masapo le mesifa, ka tlhokomelo le polokeho e atlehileng ka baoki metseng.

Basebelisi ba buka: buka ena e sebelisoa

Ke baoki metseng, lingaka tsa setso, bahlokomeli ba bakuli ka malapeng le bakeng sa sechaba ka kakaretso.

Lebaka la buka ena: hobaneng buka ena

Ke ho thusa kahare ho metse joaloka ha ho tsebisahala hore metse e mengata kahare ho litereke e hole le litsi le metebo ea kokelo ea bakuli, joale haba atlehe ho fumana kotlollo e ntlafetseng ea masapo le mesifa ka ha e fumaneha litsing tsa kokelo. Ele tlhokohalo ea chelete ea ho ba romella teng kapa mabaka a mang a itseng.

Impressum

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Re isa liteboho:

Ibra, ele eena ea re kuketseng liphoto

Vivian, ele eena ea ileng a balisisa, a hlahloba le ho lokisa moo ho hlokahalan

www.anamed.org ho re lumella ho sebelisa tse ling tsa li tthaloso le mekhoha ea ho etsa meriana tseo eleng tsa bona

John, ka ho beha litaba tsa Wolfgang pampiring, a li lokisa a ba hlophisa buka ena hore e be teng.

Bafani bohle ba www.physioinlesotho.ch ka ho thusa hore buka e pataloe.

Hape re isa litebohoho Drs. Rainer le Kurt Mosetter le Werner Mosetter foundation, ka ho thusa hore project ene e tsoelepele www.physioinlesotho.ch.

Mamello, ka ho re thusa ho fetolela buka ena ho Sesotho Joseph ka ho thusa ho ruta

Re isa liteboho ho batho bohle ba Lesotho le hohle ka lilemo tsena tse mashome a mararo ba ileng ba thusetsa hore mosebetsi o phethahale:

**„kotlello ea masapo le mesifa moo ho senang
mothusi“**

**Thuso ho bohle – kotlollo ea
masapo le mesifa ho bohle**



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