

Physiotherapy skills in home based care

Resource book for rural village health workers



Help for all - Physiotherapy for all

Content: what this booklet is about

Description of basic physiotherapy skills, for simple, safe and effective treatments by village health workers, family members and other carers in the community.

Audience: this booklet is for whom

For village health workers, traditional healers, family members caring for ill people and other carers, who work together and are involved in the local health system

Purpose: why this booklet

Rural and resource limited areas are usually connected to district hospitals that are far away. They are very rarely in health centres, where physiotherapy is offered. Most of the villagers don't have access to any physiotherapy. This may be because the patient can not be transported over long distances on bad roads or there is not sufficient funding to pay for the transport. Physiotherapy is often more effective if it is done more frequently – and this may add to the transport problems.

Impressum

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