

Physiocenter Paray Hospital in Thaba-Tseka

The Paray hospital, located in the highlands, has a long tradition of physiotherapy. Training for physiotherapy assistants began in the early 1980s at the initiative of the Friends of Lesotho association. Wolfgang Fasser started the work in 1981, and by 1987 it had become a seven-year project supported by Solidarmed Switzerland. Three qualified physiotherapists from Switzerland trained nurses in physiotherapy and treated patients in the hospital and outpatient clinic. From 1995 onwards, they continued to work independently and were able to attend several advanced training courses in Leribe. From 2007, Wolfgang Fasser returned annually at the request of the hospital and began to organise regular National training courses and spent weeks sharing the work of the therapists at the Paray Physiocenter. The number of patients grew, making it necessary to build a new building specifically designed for the needs of the work. Thanks to the cooperation of the hospital management, the congregation of nuns who ran the hospital and Fasser's private initiative, Physio in Lesotho, the necessary funds were raised and the centre was built. Below is Fasser's speech at the opening of the Paray Physiocenter:

Dear guests

It's a day of joy. With the opening of the new physiotherapy center Paray Hospital responds to the emerging need of a constant sufficient quality physiotherapy service to the people in the highlands. 30 years of experience growing from the grassroots level to the modern physiotherapy standard of today is the result of a wonderful hand to hand cooperation between management, the doctors, staff and the health personnel upgraded in physiotherapy. Today we can be proud, our physiotherapy department helped thousands and thousands of patients, prevented disability, helped the already disabled to cope better, treated successfully 100s of children with major health issues like cerebral palsy, clubfeet, fractures and so on. Pregnant mothers received throughout all the years regular physio exercises and TB patients benefited from a special physiotherapy approach developed at Paray. Paray Hospital has become a skill center for physiotherapy. Staff members of more than 20 institutions from all over Lesotho were trained in annual workshops and learned from our experience. Two books had been written about basic physiotherapy and are used far over the boundaries of Lesotho. With the new building we will be able to cope better with the challenges of our patients. Even more we will be able to teach village healthworkers and traditional healers to apply physio skills in home based care. We want and we need to reach out for the community to serve as well those patients who can not reach the hospital. Physio for all!!!!

Let us be happy today, celebrate, sing and dance.

Let us be aware that our physiocenter at Paray is a milestone for the physiotherapy in Lesotho.

I am thankful to all of you, to Me Sophia Thai and Me Kahliso Clarke, ambassadors for physiotherapy at Paray. To the management, sisters of Charity of Ottawa and the Switzerland based group of friends "physioinlesotho" for their commitment and positive actions.

From my heart I wish you a happy day and a prosperous life for all of you in the future.

Ntate Thuso W. Fasser