

Paray Physiotherapy Workshop 2026

Basic Physiotherapy in Everyday Hospital Practice Introductory course for physiotherapy assistants

Date: 8–13 November 2026

Venue: Paray Mission Hospital, Thaba-Tseka

Course times: Monday to Thursday inclusive: 8.15 am – 4.30 pm

Arrival: Sunday afternoon, 8 November

Departure: Friday morning, 13 November

Organised by: Swiss Association 'Physio in Lesotho' in collaboration with Paray Mission Hospital, Physiotherapy Department

Tutors

Thuso W. Fasser, qualified physiotherapist, specialist tutor and supervisor, Switzerland
Khaliso Clarke, Senior Physiotherapy Assistant, Thaba-Tseka

Content

- Basic treatments for common clinical conditions encountered in everyday hospital practice
- Principles of physiotherapy, assessment and drawing up a treatment plan, monitoring treatment outcomes
- Indications and contraindications for routine physiotherapy treatments
- Routine programmes for individual and group therapy sessions for in-patient and out-patient patients
- Documentation of physiotherapy processes, quarterly and annual reports.
- Minimum standards for a physiotherapy room and its equipment

Physiotherapy exercises as a form of treatment

The concept: exercise for all

Why exercise is beneficial and plays a central role in prevention and therapy

Practical exercises for common clinical conditions, suitable for everyday use.

Where there is no physiotherapist

Self-help lessons and exercise guidance

Practical literature and instructional videos, information material for patients and family members

Physiotherapy skills in home-based care

Extending simple and routine physiotherapy services to patients in remote villages.

Collaboration with village health workers and their further training

The practical guide: Physio Skills in Home-Based Care

Staying in touch with the world of physiotherapy

Tele-supervision, online training, a WhatsApp group for exchanging ideas with other physiotherapy assistants, the resource website: www.physioinlesotho.ch, and other online resources for continuing professional development

Problem-solving for everyday challenges

Group discussion on developing problem-solving strategies and activities to tackle common obstacles encountered in day-to-day physiotherapy practice

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