

Physiotherapy in Lesotho  
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## **Workshop Physiotherapy Basics for Beginners**

**From November 4 to 9, 2024**

we are offering an introductory course for beginners and for nurse assistants who have participated in a maximum of 2 beginner workshops. (After 3 beginners workshops the student can apply for the advanced physio workshop).  
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 centre settings.

Where is this course held?  
Paray Hospital, Physiocenter, Thaba-Tseka

Who are the teachers?  
Thuso Wolfgang Fasser, qualified 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: Monday November 4 in the afternoon  
Departure: Saturday November 9, after breakfast

What to bring?  
Gymnastic clothes, uniform for patient work, writing material for notes, warm clothes for cold days and a good rain protection.

### **Program Tuesday 5 November 2024**

08.00 Welcome and morning reflection.  
08.15 Exercise class: Helpful gymnastic exercises for each day.  
09.15 Understanding physiotherapy?  
10.15 Tea break  
10.45 How does physiotherapy treat? - An overview  
11.45 Movement is life - 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: Some more steps with medical massage - part 1  
16.30 Closing words

### **Program Wednesday 6 November 2024**

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: Some more 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 2024  
17.00 Closing remarks

### **Program Thursday 7 November 2024**

08.00 Welcome and morning reflection  
08.15 Exercise class: 10 golden rules for successful gymnastics with patients  
09.15 How to treat stiff joints - overview  
10.15 Tea break  
10.30 Practicing joint mobilisation - part 1  
12.15 lunch  
14.00 Practicing joint mobilisation - part 2  
15.15 Tea break  
15.30 How to treat the patient after PoP removal  
16.30 Closing remarks

### **Program Friday 8 November 2024**

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 Physiotherapy perfect - How do I become safe with the practices I have learnt?  
11.30 How to treat muscle shortening - overview  
12.15 Lunch break  
14.00 How to treat muscle shortening - part 2  
15.15 Tea break  
15.30 ABC on stroke patients  
16.30 Thanksgiving and closing remarks  
17.00 End of workshop

Departure: Saturday November 9, after breakfast

Registration:

Registration no later than October 1, 2024.

Application by mail: [info@physioinlesotho.ch](mailto:info@physioinlesotho.ch)

For further information please do not hesitate to contact us.

Yours sincerely

Thuso Wolfgang Fasser and team