

Faculty of Physical Therapy plan to develop the 13 villages

Awareness and health activity

1) Raising Up the Maternal awareness during Pregnancy and Post labour:

Conducting Education Classes about:

- Pelvic floor exercises
- Good body Alignment
- Weak abdominal and back muscles
- Cardiovascular and respiratory and GIT problems occurred to the mother
- Urinary Incontinence
- Uterine Prolapse
- Maternal nutrition

2) Students at School and at Home:

- Instructing them through the following:
- Body Awareness during activity daily living
- Good alignment during carrying school bag
- Proper mechanics and ergonomics during studying

* To avoid:

- Habitual segmental malalignment
- Deformities
- Functional Disabilities

3) Medical Caravan or Campaign:

Conducting Consultancy about:

- Raising the awareness of farmers and workers about the role of physical therapy
- Early detection of musculoskeletal disorders
- Invention of the number of handicapped children and giving care to them and to their families
- Referring these cases to Sekem clinic or the center which is affiliated to faculty of physical therapy HU
- Early detection of Congenital anomalies

4) Nutritional Health:

- Detection of the malnutrition diseases
- Detection of the prevalence of obesity

* Through conducting the following:

- Medical Evaluation
- BMI (Body Mass Index)
- Girth Measurement

* And in turn we can provide them:

- Diet Regimen
- Herbal products
- Exercise Program

5) Senility and Elderly Care:

Through providing the awareness about the following:

- Osteoporosis
- Recurrent Falling
- Fractures
- Dementia
- Cardiovascular disorders
- Malnutritional disorders