Greening The Desert

Integrated Health Care Center
Faculty of physical therapy
Heliopolis University.
Our project in phase I aiming to cover and enhance three aspects:

• Physical.
• Psycho-social.
• Economic.
Vision:

Our vision is to start a new concept for those people in such community to think of their health as the most important assets. And by keeping healthy they will guarantee productivity and sustainability.
Mission:

To detect any physical and psychological disorders to come up with a solution for these disorders. And preventing work related injuries.
(1) Screening. 
A: Individual

- Musculoskeletal disorders.
- Work-related disorders.
- Cardiopulmonary disorders.
- Malnutrition disorders.
(1) Screening.
A: workplace
Screening via

History

Physical examinations
(2) Awareness campaigns:

- Healthy food and its importance for keeping healthy muscles, bones and nerves.
- The importance of daily routine exercises to avoid work-related injuries.
- The importance of keeping the body moisture.
- The role of exercises to avoid anxiety and shortness of breath.
- Maintaining health reduces your visit to the doctor.
- How the daily exercises improve the immune system.
(3) Instructions, advices and implementation:

- Training for some warming up exercises to apply before and working.
- Training for some therapeutic exercises according to the detected injuries.
- Training for breathing exercises.
- Instructions about the ergonomics.
- Advices about the first aid for work-related injuries.
Instructions, advices and implementation:

• Training for breathing exercises.
• Instructions about the ergonomics.
• Advices about the first aid for work-related injuries.
Instructions, advices and implementation:

• Instructions about the ergonomics (interaction of human capabilities and work place)
• Advices about the first aid for work-related injuries.
Instructions, advices and implementation:

- Advices about the first aid for work-related injuries.
(4) Facilities:

Providing some assistive tools in the clinic.
(4) Facilities:
(4) Facilities:

Medications:
Muscle relaxants.
Anti inflammatory.
Analgesics.