

Greening The Desert

Integrated Health Care Center

Faculty of physical therapy

Heliopolis University.

Introduction:

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

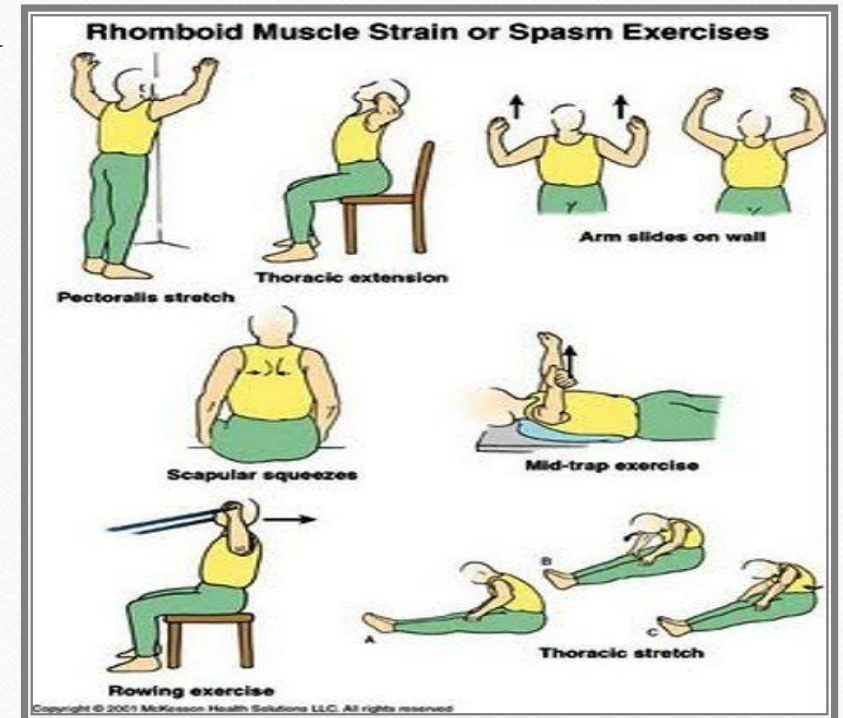


(2) Awareness campaigns:

- 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

**Best Breathing
Exercises for COPD**



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.