

The National Project for the development Gelvena Village



PRESENTED BY
THE COMMITTEE OF ENVIROMENTAL
SERVICE AND SOCIETY
DEVELOPMENT
FACULTY OF PHYSICAL THERAPY
HELIOPOLIS UNIVERSITY

Gelvena: A Poor Village at Al Sharkya Governate



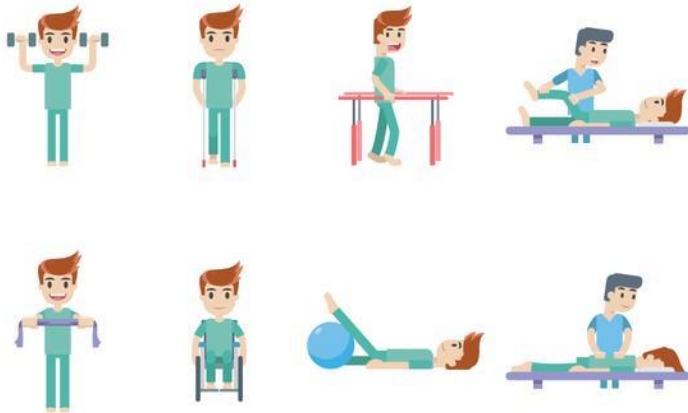
The Main domain of Physical Therapy



{The Physician or The Surgeon saves Patient's Life ,, The Physical Therapist maintains the quality of this life}

and

{Physical Therapy is the science of healing ,, the art of caring}

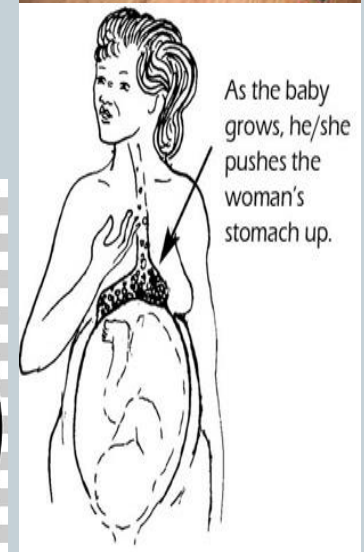
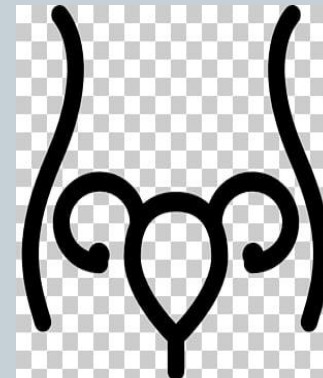
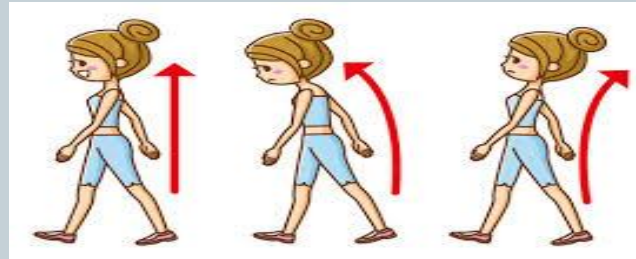


Raising Up the Maternal awareness during Pregnancy and Post labour



• Conducting Education Classes about:

1. Pelvic floor exercises
2. Good body Alignment
3. Weak abdominal and back muscles
4. Cardiovascular and respiratory and GIT problems occurred to the mother
5. Urinary Incontinence
6. Uterine Prolapse
5. Maternal nutrition



Students @ School and @ Home

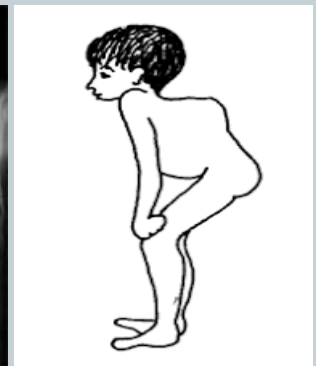
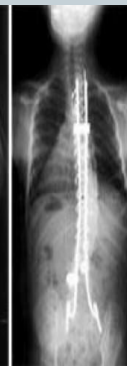


- **Instructing them through the following:**

- 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

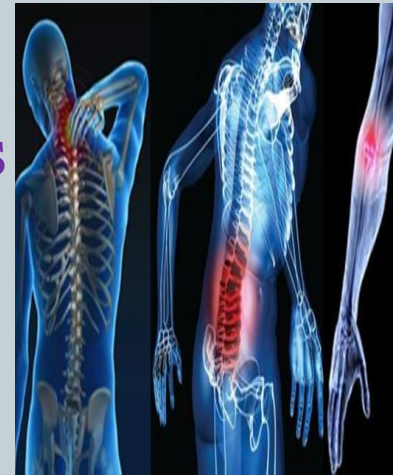


Medical Caravan or Campaign



- **Conducting Consultancy about:**

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



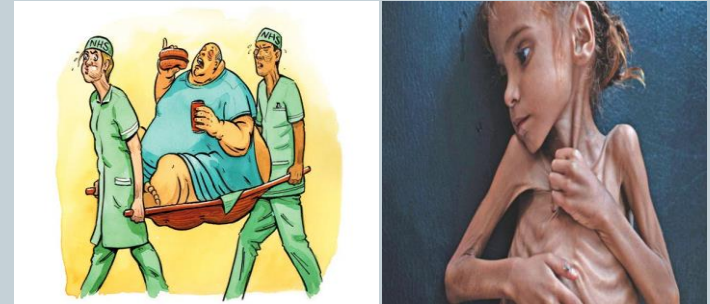
Nutritional Health



- 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

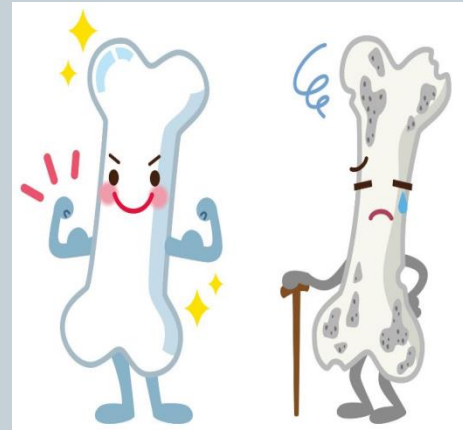


Senility and Elderly Care



- **Through providing the awareness about the following:**

1. Osteoporosis
2. Recurrent Falling
3. Fractures
4. Dementia
5. Cardiovascular disorders
6. Malnutritional disorders





Thank
You