



ANNUAL REPORT | 2023

# Comprehensive Physical Rehabilitation Program



**HELPING HAND**  
FOR RELIEF AND DEVELOPMENT

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# Executive Summary

The Comprehensive Physical Rehabilitation Program began in 2006 following the 2005 earthquake in Pakistan to provide emergency rehabilitation services. Due to ongoing need, HHRD extended its services beyond the initial earthquake phase. These emergency services transitioned into a permanent rehabilitation infrastructure, comprising of the following components:

Components / Projects	Beneficiaries
Physiotherapy (Male)	19,909
Physiotherapy (Female)	19,524
Physiotherapy (Children)	12,835
Occupational Therapy	6,090
Speech Therapy	9,344
Psychotherapy	6,836
Orthotics (Assistive Devices)	1,682
Prosthetics (Artificial Limbs)	143
Wheelchairs Distributed (Multiple countries)	1,696
Hearing Aids to Children (Jordan)	37
<b>Total</b>	<b>78,096</b>

With affordable costs and a no-refusal policy, HHRD ensure services for all. Because treatment is offered free of cost for those who can't afford it, donations to the CPRP and HHIRS are eligible for Zakat and Sadaqa.

This program is integrated with the Children with Disabilities Program and the Healthcare and Nutrition Program to provide comprehensive services to the beneficiaries of all three programs under one roof. Being in the same premises, the program also supports the Helping Hand Institute of Rehabilitation Sciences (HHIRS) in Mansehra. Through enhanced collaboration and close coordination, the organization has brought efficiency and minimized the overheads.

# Goals

The primary goal of this program is to rehabilitate the patients, physically, mentally, socially, economically and make them independent and productive members of society.

Additional goals include:

- Maximizing the potential of people living with impairments that make work difficult
- Minimizing the disabling effects of chronic health conditions
- Helping people in need avoid costly hospitalization
- Enabling individuals to engage in or return to work and to remain independent at home
- Improving quality of life for our beneficiaries by teaching life management skills
- Rebuilding social connectedness
- Enabling individuals to understand and self-manage physical and mental health conditions
- Teaching family members how to help once individual returns home

# Objectives

The primary objective is to provide quality rehabilitation services, advocacy with the stakeholders, and raise awareness for people with all kinds of acquired or congenital, musculoskeletal and neuromuscular conditions and deformities.

Additional objectives include:

- To introduce a new idea of sponsoring for persons with disabilities and/or their families
- To screen, diagnose, and manage physical dysfunction, impairments, and disabilities
- To screen, diagnose and manage cognitive functions
- To manage identified functional impairments and disabilities
- To use the latest scientific techniques of rehabilitation
- To provide rehabilitation services through all stages of life
- To advocate for integrating rehabilitation into all levels of health care
- To recommend physical activity during and after treatment
- To host objective-oriented seminars, workshops and training.

# Program Components

## CPRP Centers

There are four centers in Pakistan. The first two were in Mansehra and Chakwal. Now two new ones are operational in Shaheed Benazirabad and Lower Dir. Each CPRP Center has five major departments:

- Physiotherapy
- Pediatric Physiotherapy
- Occupational physiotherapy
- Speech Therapy
- Psychotherapy

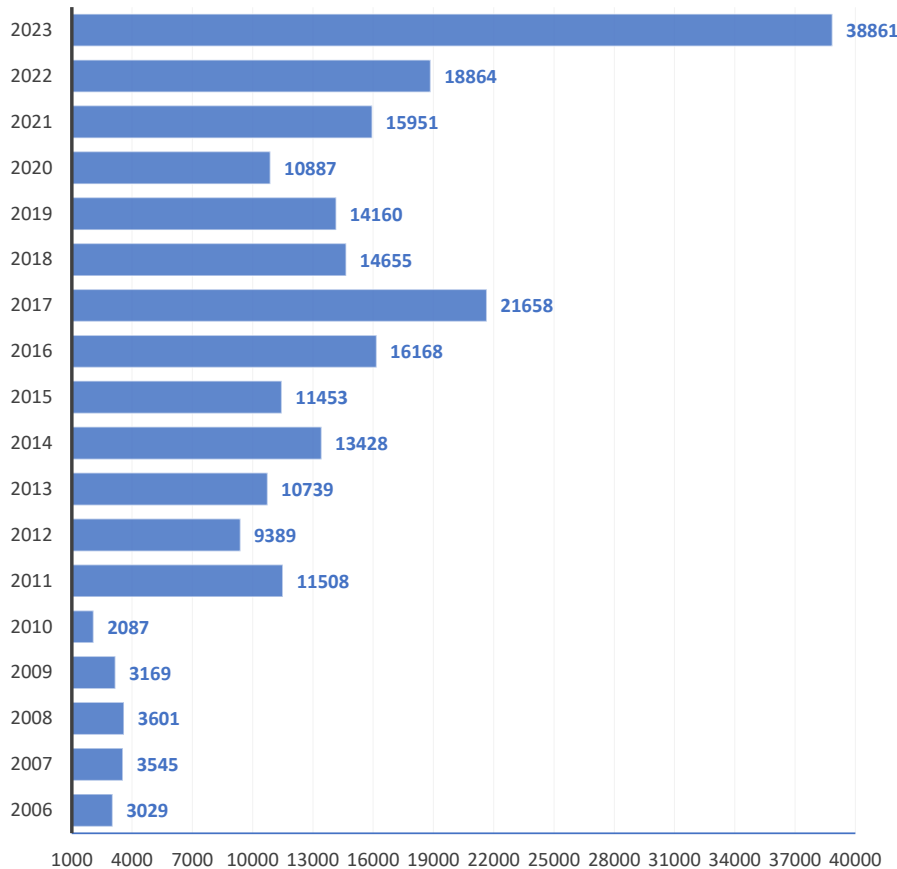
Additionally, the prosthetics & orthotics units are also established in Mansehra and Chakwal centers.

### Mansehra

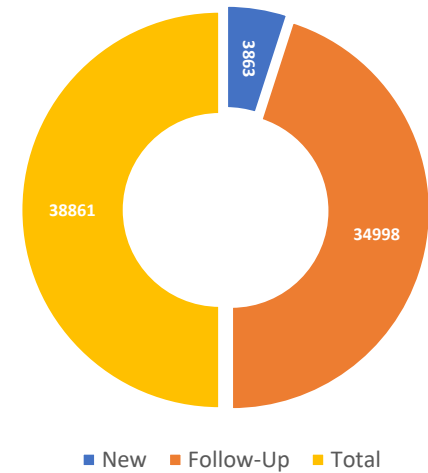
The Comprehensive Physical Rehabilitation Center (CPRC) Mansehra offers consolidated rehabilitation services under one roof, including physiotherapy for males, females and pediatrics, occupational therapy, prosthetics and orthotics, speech and language therapy, and psychotherapy.



## NUMBER OF PATIENTS 2006-2023



## NEW & FOLLOW-UP BENEFICIARIES



- The physiotherapy department provides musculoskeletal, orthopedic, neurological and sports injury rehabilitation, pain management and women’s health services.
- The pediatric physiotherapy section focuses on addressing physical impairments in children up to 18 years old related to orthopedic issues, congenital malformations, neurological conditions and developmental delays.
- The speech and language pathology department prevents, assesses, diagnoses and treats speech, language, cognitive communication, oral, feeding and swallowing disorders across all ages.
- The psychotherapy department offers psychological assessment and treatment for various mental health conditions through psychoeducation, cognitive-behavioral therapy and other modalities.
- The occupational therapy department promotes independence and wellbeing through purposeful activities of daily living.
- The prosthetics and orthotics department provides mobility aids and assistive devices using the latest technologies to enable the disabled population’s human rights, access to education/jobs, and societal participation.

## Chakwal

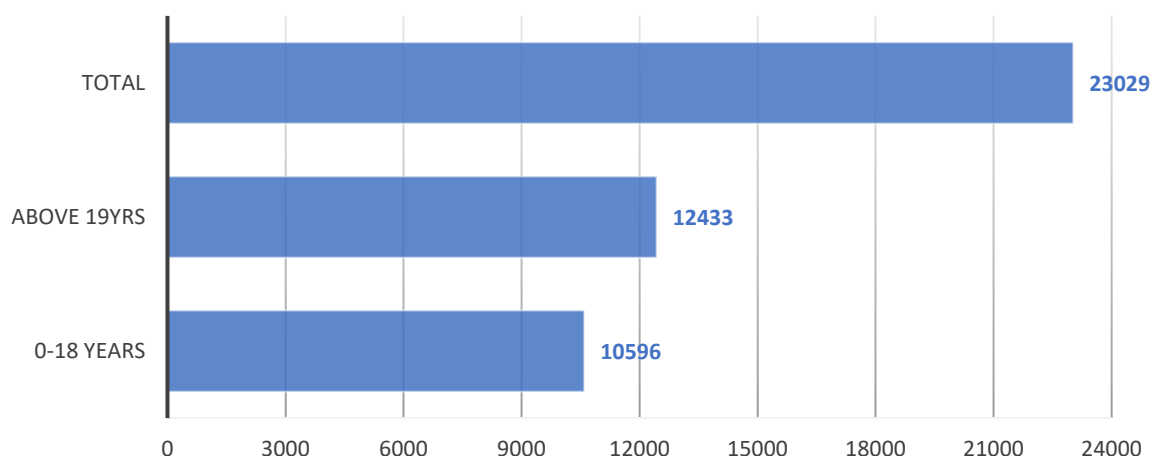
The Comprehensive Physical Rehabilitation Center (CPRC) in Chakwal was established in December 2011 as a joint initiative between Helping Hand for Relief & Development and a vetted local partner.

CPRC Chakwal is dedicated to the rehabilitation of individuals suffering from neuromuscular, musculoskeletal, or neurological disorders. It stands as a unique center offering a comprehensive array of services all under one roof, including physiotherapy, occupational therapy, psychotherapy, speech therapy, orthotics, and prosthetics.

- The physiotherapy department provides services for musculoskeletal, orthopedic, neurological, and sports injuries, pain management and women’s health issues.
- The pediatric physiotherapy section focuses on physical impairments in children up to age 18 related to orthopedic conditions, congenital malformations, neurological disorders, and developmental delays.
- The speech and language pathology department diagnoses and treats communication and swallowing disorders across all ages.
- The psychotherapy department offers psychological assessments and treatments for various mental health conditions.
- The occupational therapy department promotes independence and wellbeing through activities of daily living.
- The prosthetics and orthotics department provides assistive devices to enable mobility and societal participation for the disabled population.



### AGE WISE DISTRIBUTION OF BENEFICIARIES

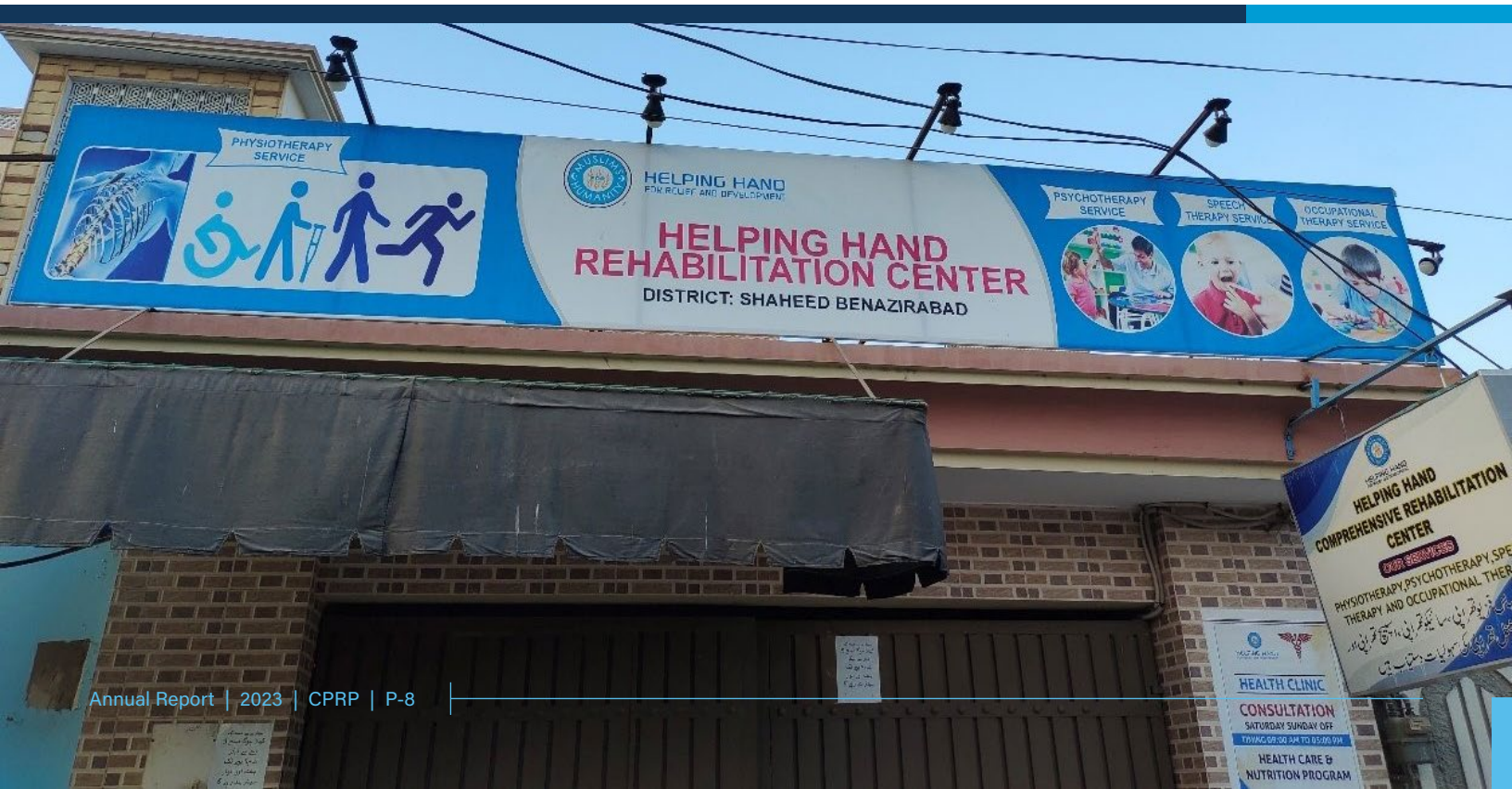
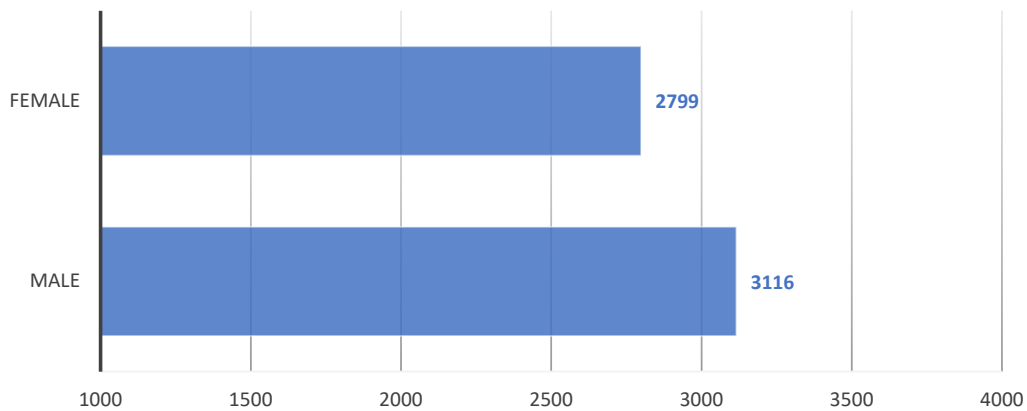


## Shaheed Benazirabad

In 2023, 29,575 patients were proudly served, among them 5,915 were direct beneficiaries who received personalized care.

Furthermore, as part of the commitment to education, the center has established a partnership with People’s Medical University for Women, offering internship opportunities for students pursuing careers in healthcare. This initiative not only supports the academic growth of aspiring professionals but also contributes to the overall development of the community’s healthcare infrastructure.

### DIRECT BENEFICIARIES

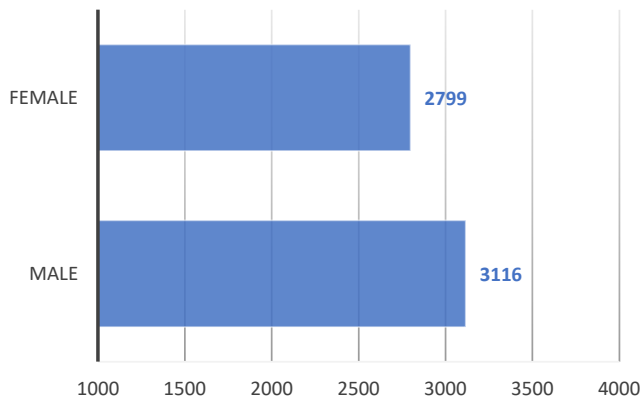




## Lower Dir

Since its establishment in 2023, this center has been devoted to offering holistic rehabilitation services to individuals in need. Nestled in the heart of the community, the center has emerged as a crucial resource for those in search of physiotherapy, occupational therapy, psychotherapy, and speech therapy. In 2023, 29,255 patients were proudly served, among them 5,851 were direct beneficiaries who received personalized care.

### DIRECT BENEFICIARIES



# Success Stories

## Patient Name: Shareef Ullah

**Department:** Pediatric Physiotherapy Department, Mansehra

**Age:** 10 years old

**Diagnosis:** Gullian Barrie syndrome

The patient arrived at the pediatric physio department of HHCPRC Mansehra in 2020, diagnosed with Guillain-Barré syndrome. Initially, the patient faced significant challenges, including an inability to stand or sit independently, leading to total bedridden status. However, after receiving treatment, remarkable progress has been observed. The patient can now walk and sit without assistance, demonstrating newfound abilities such as rolling from side to side and grasping objects. While undergoing treatment for continued improvement, the patient's parents express satisfaction with the services provided and extend heartfelt gratitude to HHCPRP for their support.



Before treatment 2020



After treatment 2021

**Patient Name: Bibi Zaitoon****Department:** Female Physiotherapy, Mansehra**Age:** 60 years old**Diagnosis:** Left Side Hemiplegia

The patient presented with left-side paralysis affecting both upper and lower limbs, attributed to hypertension. This condition rendered the patient bedridden, resulting in loss of balance, coordination, and inability to stand or walk without assistance. Following physiotherapy intervention, significant progress has been achieved. The patient now demonstrates the ability to stand and walk independently, marking a substantial improvement in mobility. Additionally, newfound social engagement and the ability to cycle on the ergometer signify enhanced functionality and overall well-being.



During and After physiotherapy sessions, she can now perform activities

**Patient Name:** Abdul Khaliq**Department:** Physical Therapy Department Chakwal**Age:** 62 years**Diagnosis:** Right side Hemiplegia / Stroke

The patient initially presented with a history of right-side weakness in his back attributed to hypertension. Consequently, he struggled to stand and walk unaided, requiring support for daily activities. Following one month of treatment, significant progress was observed as the patient regained the ability to walk and stand independently. This improvement has notably enhanced his daily life, providing him with a newfound sense of freedom and autonomy. Expressing deep appreciation, the patient commends the quality of services provided and extends heartfelt gratitude to HHRD for their invaluable support.



Before, during and after treatment

# Prosthetics & Orthotics

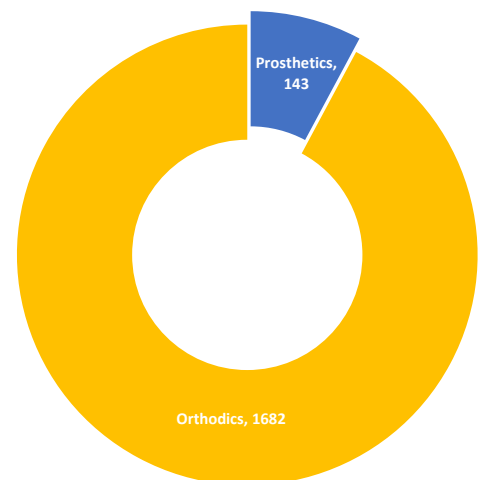


CPRP provides accessible and affordable prosthetics and orthotics (artificial limbs) for people with structural or functional limitations. Amputee rehabilitation is a comprehensive and individualized process that aims to maximize function, independence, and quality of life for individuals adapting to life with limb loss. Prosthetics and orthotics services allow beneficiaries to access education and jobs, escape poverty and hunger, and participate in society equally.

Most users have long-term chronic health conditions, such as limb amputation, limb paralysis, spinal cord injury or structural deformities, and require lifelong medical care, including prosthetics and orthotics. Others may require medium-term provisions, such as in the management of adolescent scoliosis until bone maturity, or short-term provision, for example to support healing after a traumatic injury or fracture.

Prosthetics & Orthotics are available in Mansehra and Chakwal.

2023 BENEFICIARIES



# Wheelchair Distribution



For people with disabilities living below the poverty line, a wheelchair can make all the difference in the world. Wheelchairs provide mobility, and mobility changes everything. Mobility means independence- the ability to participate in society and earn a living. Mobility renews dignity, lifting people off the ground and into a new life.

In 2023, HHRD added 11 countries to the list of locations for distribution activities for a total of 16 countries.

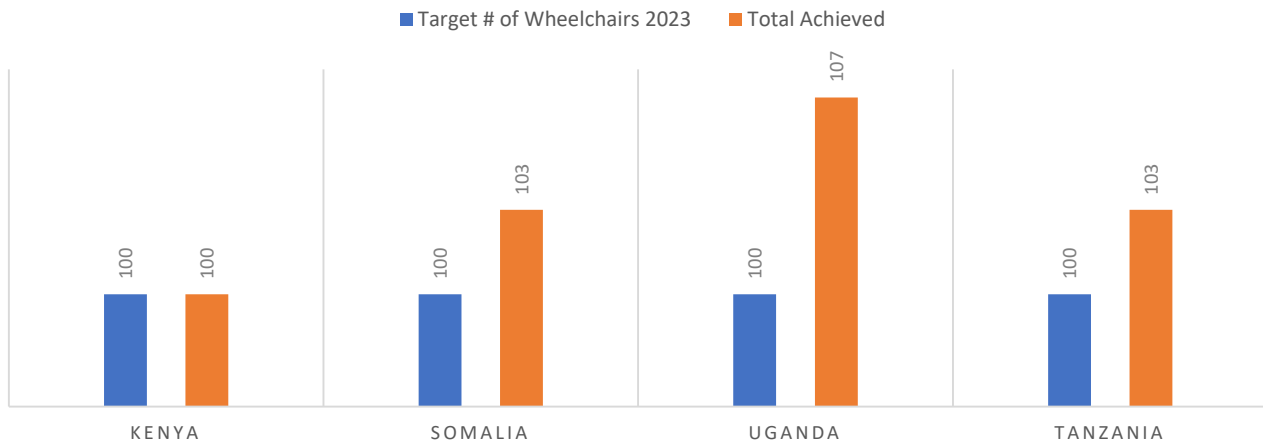
Kenya .....	100
Somalia .....	103
Indonesia .....	100
Jordan .....	91
Afghanistan.....	370
Bangladesh .....	287
Cambodia .....	100
Tanzania.....	103
Uganda.....	107
Laos .....	105
Malaysia.....	100
Philippines.....	50
Thailand.....	20
Nepal.....	50
Vietnam.....	10
<b>Total.....</b>	<b>1,696</b>

# Africa

In Africa, we exceeded the targeted number of donations.



## WHEELCHAIR DISTRIBUTION - AFRICA 2023



### Success Story

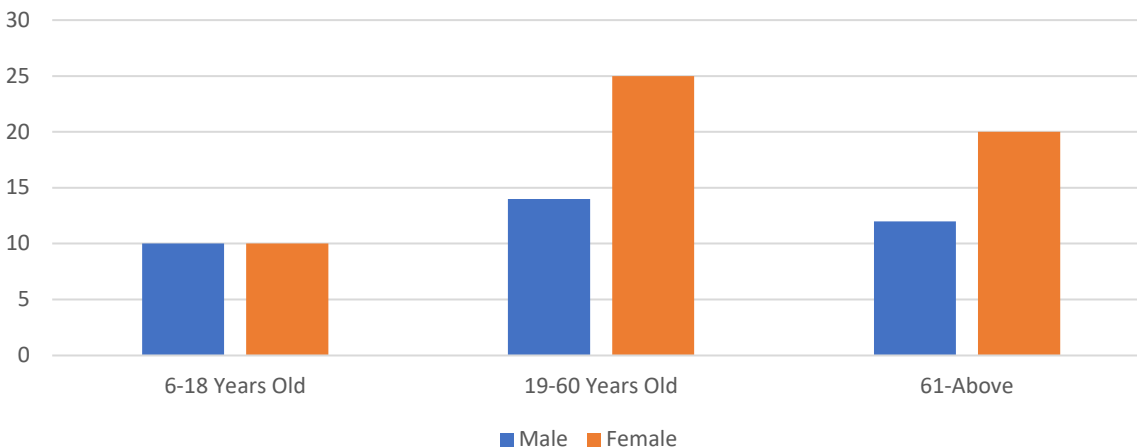


Meet Ssewandagi Musa, a resilient 38-year-old father of two residing in Nakawa village, Uganda. Ssewandagi has faced the challenge of immobility for 23 years following a diagnosis of arthritis. This condition not only presented physical obstacles but also placed significant strain on his wife, who tirelessly worked to support the family. However, with the timely assistance of a wheelchair from HHRD, Ssewandagi's life has been transformed. Now equipped with mobility, he can navigate his surroundings independently, enabling him to actively participate in child-rearing activities and daily chores. This newfound freedom has brought immeasurable joy to his family, prompting daily prayers for the continued prosperity of HHRD. Ssewandagi fervently hopes that HHRD's reach extends to as many vulnerable individuals as possible, illuminating their lives with hope and support.

## Middle East and North Africa

In Jordan, we assisted many different refugee populations and many different age groups. 91 wheelchairs were distributed including 86 manual wheelchairs and 5 electric chairs.

Age Wise Wheelchair Distribution 2023



### Success Story



I am Bashar Al-Zaghoul, hailing from Irbid, and at 19 years old, I've endured a journey marked by challenges and resilience. At the tender age of 5, a severe infection with a soaring fever ravaged my spine, robbing me of my mobility. Struggling with excruciating pain in my hand muscles, maneuvering a manual wheelchair proved daunting, leaving me reliant on others for even the simplest tasks like shopping or attending school. Yet, fueled by unwavering support from my dedicated parents, I defied the odds, persevering through high school despite the obstacles.

Alhamdulillah, my perseverance led me to university, albeit accompanied by the constant presence of a caregiver. Despite residing near campus, financial and emotional hardships persisted. Yearning for independence, I prayed fervently for relief, particularly an electric wheelchair to alleviate

the burden on my loved ones. Answering my prayers, Allah brought solace through the intervention of Helping Hand. With immense gratitude, joy enveloped our humble abode as HHRD bestowed upon me an electric wheelchair.

The day I received my chair heralded a new chapter of freedom and empowerment. No longer shackled by reliance on others, I ventured to the barbershop and seamlessly navigated university life, traversing between classes unaided. To Helping Hand, I extend heartfelt gratitude, from the depths of my soul. May Allah shower abundant blessings upon your benevolent donors, whose generosity has transformed my life, illuminating my path with newfound independence and hope.

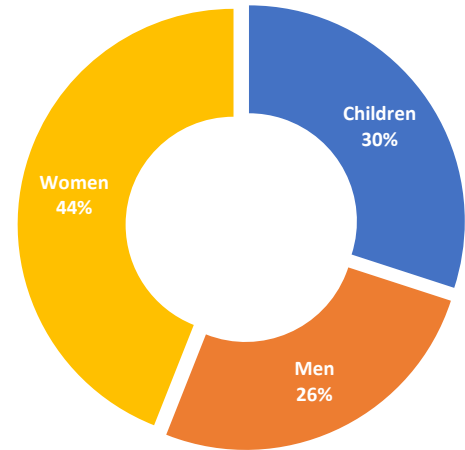


## Bangladesh

Despite concerted efforts by the United Nations, humanitarian organizations, and the refugees themselves to construct handrails, numerous walkways remain impassable for individuals with mobility challenges. Basic amenities such as adequate lighting, accessible toilets, and properly equipped walkways with handrails, vital for those with disabilities, have been slow to materialize. Unfortunately, amidst the widespread suffering and evident needs of Rohingya refugees, the plight of refugees with disabilities has been largely overlooked.

However, HHRD has emerged as a beacon of hope in this challenging landscape. Successfully achieving its goal of distributing 287 wheelchairs, the organization has made remarkable strides in improving the lives of disabled individuals. Through the provision of custom-fitted wheelchairs, HHRD not only enhances mobility but also promotes community integration, raises awareness, and advocates for disability rights. In doing so, it addresses a critical gap in humanitarian aid, ensuring that the most vulnerable among the Rohingya refugee population receive the support they urgently require.

Beneficiary Ratio

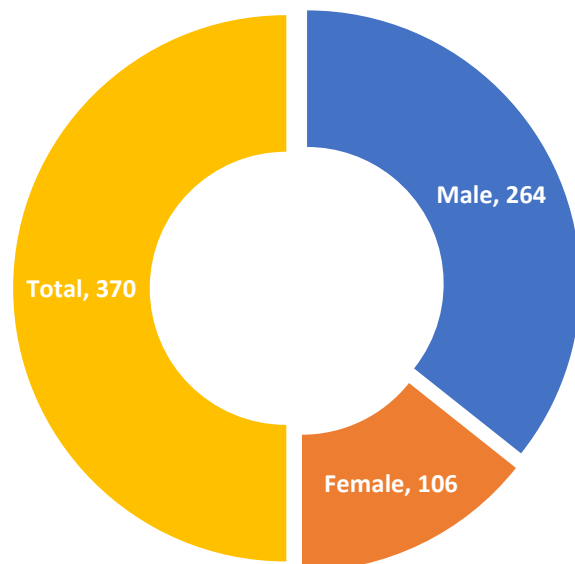




## Afghanistan

In Afghanistan, HHRD delivered 370 wheelchairs in four provinces during our first year of operation.

## Number of Beneficiaries



## Nepal

In Nepal, where approximately 15% of the population grapples with disabilities, access to adequate wheelchair support is crucial for fostering mobility and inclusion. Recognizing this pressing need, HHRD Nepal launched a wheelchair distribution initiative in 2023. Through this program, 50 individuals were provided with wheelchairs, marking a significant milestone in enhancing their quality of life. This initiative not only empowers individuals with disabilities to navigate their surroundings independently but also promotes their active participation in society, fostering a more inclusive and equitable community for all.

### Success Story

Himal Neupane, a 23-year-old resident of Haripur, has faced physical challenges with both his legs and hands since childhood, impacting his mobility and daily activities. Despite his determination, he had to halt his education at grade 5 due to increasing difficulty in walking and limited hand functionality. His family has been his primary support, aiding him in essential tasks, yet providing constant assistance has been a struggle for them.

Fortunately, HHRD became aware of Himal's situation and generously provided him with a wheelchair, bringing immense joy to Himal and his parents. With this invaluable gift, Himal can now navigate his home independently and venture outside for short distances to meet his needs. Himal's father expresses profound gratitude, acknowledging HHRD Nepal as a blessing for their family during challenging times. He extends heartfelt thanks to HHRD for enabling his son's mobility, expressing sincere appreciation from the depths of his heart.



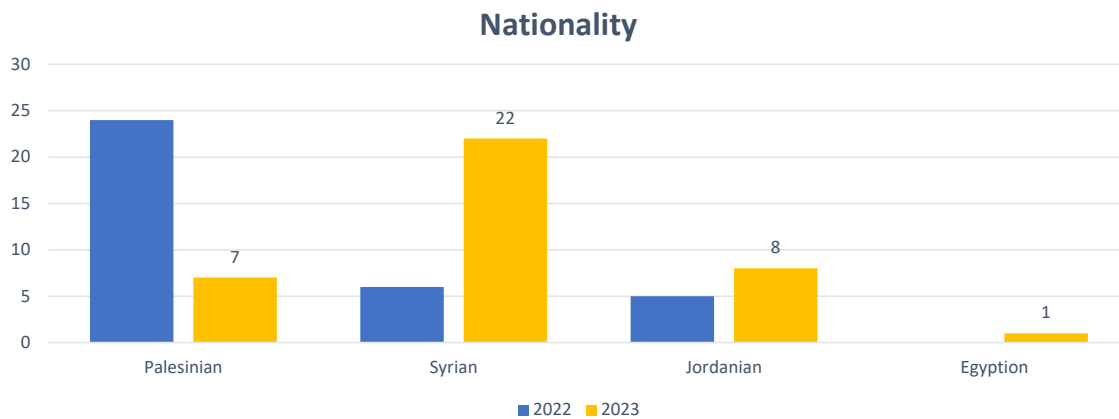
## Association of South East Asian Nations

In ASEAN countries, we expanded operations to include six additional locations: Cambodia, Laos, Thailand, Vietnam, the Philippines and Malaysia. Distribution efforts in Indonesia began in 2022.



# Hearing Aids for Children in Jordan

Hearing loss emerged as a significant concern among Syrian and Palestinian refugees residing in Jordan. In response, HHRD initiated a program in 2022 to distribute hearing aids to children at no cost. Medical professionals introduced the children to the technology, offering guidance on its usage and maintenance. By 2023, 37 beneficiaries had received 68 hearing aids. Among them, 31 children were fitted with two hearing aids each, while 6 children received one.



# Helping Hand Institute for Rehabilitative Sciences (HHIRS)

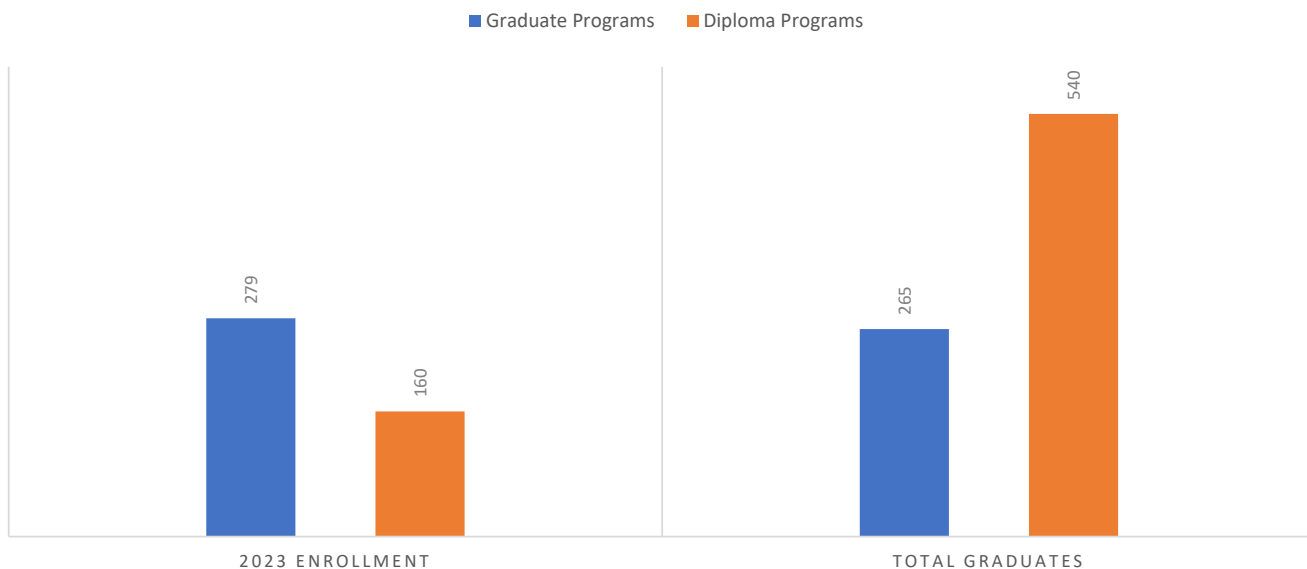
HHIRS is a dedicated institute built and managed by HHRD to provide for the education of healthcare professionals with 8 tracks of study including:

1. 5-year Doctor of Physical Therapy (DPT)
2. 4-year Bachelor of Science Degree Programs:
  - a. Speech and Language Pathology; and
  - b. Prosthetics and Orthotics
3. 2 Years Diploma Programs for Paramedics in:
  - a. Health Technology,
  - b. Dental Technology,
  - c. Pathology,
  - d. Radiology and
  - e. Physical therapy.

The institute is affiliated with Khyber Medical University with a current enrollment of 439 students. This project, operated by a registered trust with its own board of directors, stands as one of HHRD’s successful endeavors.



## HHIRS 2023 ENROLLMENT AND TOTAL GRADUATES



Thank you



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FOR RELIEF AND DEVELOPMENT

[www.hhrd.org](http://www.hhrd.org)