



HELPING HAND
FOR RELIEF AND DEVELOPMENT

Comprehensive Physical Rehabilitation Program

ANNUAL REPORT - 2024



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Executive Summary

Everyone has the fundamental right to health, regardless of their race, religion, politics, economic status, or social status. Helping Hand for Relief and Development (HHRD) has worked tirelessly since its founding to provide excellent medical care to society's most vulnerable citizens, including refugees, internally displaced people, orphans, widows, disabled people, and elderly people from lower and middle-income socioeconomic groups.

Following the 2005 Pakistan earthquake, the Comprehensive Physical Rehabilitation Program was launched. While initially conceived to address the pressing need for rehabilitation services post-earthquake, it became apparent that the demand for such services existed beyond the immediate aftermath of the disaster. Consequently, the provision of rehabilitation services persisted, transitioning from emergency rehabilitation services to a more permanent infrastructure for rehabilitation.

2024 Beneficiaries

Country	Department	Intervention	Achievement
Pakistan	Comprehensive Physical Rehabilitation Centers	Physical Therapy	61,281
		Occupational therapy	8,705
		Psychotherapy	11,004
		Speech Therapy	12,609
	Artificial Limbs	Orthotics	1,951
		Prosthetics	184
Afghanistan	Comprehensive Physical Rehabilitation Centers	Physical Therapy	9,276
		Speech Therapy	1,780
		Prosthetics	51
		Psychotherapy	2,916
Jordan	Assistive Devices	Hearing Aids for Children	58

Comprehensive Physical Rehabilitation Centers

HHRD operates five (5) CPRCs in Pakistan and two (2) in Afghanistan.

Country	City	Date Established
Pakistan	Mansehra	March 2006
	Chakwal	January 2013
	Lower Dir	January 2023
	Shaheed Benazir	January 2023
	Bahawalpur	January 2024
	Kabul	2020
Afghanistan	Nangarhar	

At each CPRC, HHRD provides four interventions in addition to artificial limbs and assistive devices.

Physiotherapy

The Physiotherapy Department is vital, offering services like musculoskeletal, neurological, sports injury rehabilitation, pain management, and women's health. Through targeted exercises, manual therapy, and therapeutic modalities, we restore muscle strength, joint flexibility, and overall function. Our physiotherapists also provide effective pain management strategies to enhance daily comfort.

Occupational Therapy

Occupational therapy is a client-centered practice focused on promoting health and well-being through practical activities. Its primary goal is to help people participate in everyday tasks, such as self-care, work, and leisure. Occupational therapists enhance individuals' abilities or modify environments to support engagement in desired activities.

Speech And Language Pathology

Speech and language therapy involves preventing, assessing, diagnosing, and treating communication and swallowing disorders. Speech-language pathologists create personalized treatment plans to improve speech, language, voice, and swallowing. These services enhance the quality of life for individuals by improving their ability to communicate and participate in various activities.

Psychotherapy

The Psychotherapy department provides quality mental health care with a skilled team offering comprehensive psychological assessments and treatments for all ages. Services include therapy for anxiety, depression, and psychosis, using methods like CBT, REBT, and motivational interviewing. The department aims to enhance patients' overall well-being by addressing their psychological needs and promoting mental health.

Pakistan



The Mansehra Rehab Complex hosts multiple projects which are implemented under different programs including CPRP. CWDP (Children With Disabilities Program) provides assistive devices, artificial limbs and comprehensive physical rehabilitation therapies to children. HANP (Healthcare And Nutrition Program) operates an integrated healthcare and nutrition clinic on the premises. OSP (Orphan Support Program) supports sponsored orphans to receive healthcare services at this location.

Afghanistan



With two CPRCs and a robust wheelchair distribution effort, HHRD Afghanistan provides relief for many disabled individuals who would otherwise be unable to afford treatment.

Province	District	Department	Total
Kabul	Dar-UL-Aman	Physiotherapy	5803
		Prosthetics	56 artificial limbs were made to 51 people
		Psychotherapy	803
Nangarhar	Jalalabd City	Physiotherapy	3473
		Speech therapy	1780
		Psychotherapy	2113
Helmand/Nimroz/Badghis	Lashkargah/Qalat/Qale Now	Wheelchair Distribution	265
Total			14,237

Artificial Limbs and Assistive Devices (Prosthesis and Orthosis)



CPRP provides accessible and affordable prosthetics and orthotics services, ensuring mobility, independence, and equal rights for people with structural or functional limitations. Using the latest technologies, we offer mobility aids and assistive devices. Our services enable individuals to participate in society equally and access opportunities.

Prosthetics

An artificial appliance which substitutes for an anatomically missing limb. HHRD's centers in Mansehra, Chakwal and Kabul produce artificial limbs for children and adults who have either suffered an injury or have a congenital condition. These limbs are custom made for each individual patient, hand crafted and fit to exacting standards.

Orthosis

An artificial appliance that supports the body part for the purpose of stabilization, support or movement and prevention from deformities. HHRD uses braces to help patients regain mobility, in addition to physical and occupational therapies.

Hearing Aids for the Children in Jordan



Due to violence in their home countries, many Syrian and Palestinian refugee children in Jordan suffer from hearing loss. When children are unable to hear, their language development is threatened, and they may struggle with speech and social interactions. With personalized hearing devices and training, these children have an opportunity to flourish—bridging educational gaps and engaging with the world around them.

Hearing aids open up a universe of communication, learning, and connection. These devices don't just amplify sound; they amplify potential—helping children blossom, gain confidence and embrace their place in the world. Every child deserves to hear the sound of joy and live life to its fullest.

This project aims to help people with hearing impairments who cannot obtain hearing aids without assistance, to enable them to lead normal lives.

Wheelchair Distribution

Wheelchairs are basic assistive devices that allow people with disabilities to participate in community life and attend to daily chores. It is a simple solution that drastically improves mobility and eases the burden on caregivers. In 2024, HHRD distributed 2,396 wheelchairs in 18 countries.

For \$250, donors in the United States can fund a wheelchair for an adult or a child who has been living an isolated and difficult life.

We provide both manual and electric wheelchairs depending on the needs of the beneficiaries. In some locations, the terrain may be too challenging for manual wheelchairs. In other cases, individual disabilities may prevent someone from operating a manual wheelchair. In these situations, HHRD may provide an electric wheelchair.

Region	Country	Wheelchairs Distributed
	Pakistan	425
	Afghanistan	265
	Nepal	68
	Bangladesh	482
MENA	Jordan	100
	Lebanon	90
	Turkey	50
	Morocco	1
ASEAN	Cambodia	100
	Indonesia	43
	Laos	55
	Malaysia	40
	Philippines	30
	Thailand	50
Africa	Kenya	162
	Somalia	135
	Uganda	128
	Tanzania	172
Total		2,396



HHIRS

The Helping Hand Institute of Rehabilitation Sciences (HHIRS) is a teaching facility that provides services to people with disabilities and professional degrees for physical therapists in Mansehra. We are pleased to announce the successful completion of the mosque construction project. The mosque was envisioned as a cornerstone of holistic care, providing a serene space for spiritual reflection, communal worship, and Islamic education within the institute's grounds.

The newly constructed mosque has been meticulously designed to blend seamlessly with the existing architecture, creating a tranquil environment conducive to prayer and contemplation.

The completed mosque offers the following amenities:

- **Spacious Prayer Halls:** Dedicated prayer areas for both men and women, equipped with prayer mats and proper ventilation.
- **Islamic Library:** A well-stocked library featuring a diverse collection of Islamic literature, Qur'ans, and educational resources will be initiated soon.
- **Ablution Facilities:** Conveniently located ablution areas for ritual purification before prayer.

Thank you



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