

Rebuilding Lives, One Step at a Time:

The Impact of Physical Rehabilitation at
Indus Hospital & Health Network



Table of Contents

Executive Summary	01
The Health Scenario in Pakistan	02
Introduction to the Physical Rehabilitation Programme	03
Programme Overview: From Trauma to Triumph	05
Measuring Impact: Stories of Resilience	10
Innovation and Learning: Pioneering Rehabilitation in Pakistan	11
Project GODA: Extending Healing Beyond Borders	12
Community Engagement and Accessibility	15
Impactful Outreach	16

Executive Summary

A Lifeline to Recovery: The Purpose of Our Rehabilitation Programme

The Physical Rehabilitation Services of the Indus Hospital & Health Network (IHHN) has been a beacon of hope for countless individuals across Pakistan. By providing free, multidisciplinary rehabilitation services through IHHN's Physical Rehabilitation Centres, we aim to restore not only the physical capabilities of our patients but also their confidence, independence, and ability to reintegrate into society. From innovative physical therapy techniques to advanced prosthetic solutions, our services have empowered individuals to overcome challenges and improve their quality of life. This report delves into the achievements of the programme from the year 2023 to 2024, highlighting the profound impact it has had on patients and communities.



The Health Scenario in Pakistan

Pakistan faces an urgent need for accessible and high-quality rehabilitation services. With over twenty-seven million people living with disabilities, a significant portion of the population struggles with mobility issues, chronic illnesses, and conditions that limit their independence. Despite this, only a small percentage of individuals requiring rehabilitation have access to appropriate care due to financial constraints and a lack of facilities.



UNDP has estimated that

6.2%

of Pakistan's population has some sort of disability



Around

71%

of disabled people in Pakistan are unemployed

Around

27 Million

People in Pakistan are living with disabilities



Rural areas, in particular, are underserved, leaving many to suffer without intervention. IHHN has stepped in to fill this gap, offering state-of-the-art, free rehabilitation services that cater to the physical, emotional, and psychological needs of patients.

Introduction to the Physical Rehabilitation Programme

A Holistic Approach to Healing

The Physical Rehabilitation Programme at IHHN is a holistic initiative designed to address a wide spectrum of disabilities and conditions. Established in 2015 through a collaborative effort with the Red Cross and Chal Foundation, Indus Hospital & Health Network has paved its way to transformative change through state-of-the-art Physical Rehabilitation Centres (PRC) in Karachi, Muzaffargarh, and Badin. Under this programme, patients have access to **Physical Therapy, Prosthetics and Orthotics, Psychological Therapy, and Speech & Audiology Services**. Each service is tailored to meet the unique needs of patients, ensuring a comprehensive approach to recovery.



The programme caters to individuals of all ages, from children with developmental delays to adults recovering from trauma or surgeries. By combining clinical expertise with compassionate care, IHHN empowers patients to regain their independence, improve their quality of life, and contribute to their communities.

Mission:

Providing free, high-quality physical therapy to restore patients' maximum functionality with compassionate care.



Vision:

Empowering lives through accessible, sustainable, and transformative rehabilitation services.

Programme Overview: From Trauma to Triumph

Physical Therapy: The Heart of Rehabilitation

The Physical Therapy Department at IHHN provides free, patient-centred care that focuses on enhancing mobility, reducing pain, and improving overall functionality. With state-of-the-art facilities, including a fully equipped gymnasium and modern electrotherapy equipment, the department is capable of addressing a wide range of conditions. Specialised clinics, such as the Pulmonary Rehabilitation Clinic and Paediatric Rehabilitation Clinic, offer targeted therapies that yield remarkable results, particularly for women attending antenatal and pelvic floor rehabilitation sessions.

Services Provided in the following Specialised clinics:



Inpatient Services



Functional Electrical
Stimulation Clinic



Outpatient
Department



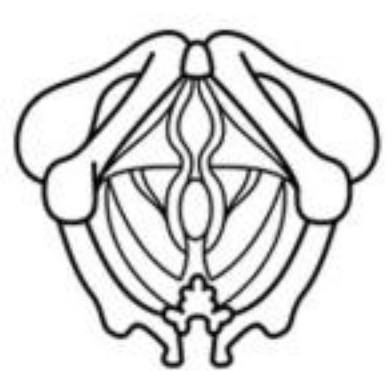
Pulmonary
Rehabilitation
Clinic



Paediatric
Rehabilitation
Clinic



Gynae and Obs
Rehab Clinic



Pelvic Floor Muscle
(PFM) Rehabilitation



The Impact in Numbers: July 2023 - June 2024



More than
70%
of patients completed their Physiotherapy intervention with improved results



29,660+
sessions provided in Karachi Campus



6,824+
sessions provided to inpatients



12,082+
sessions conducted for outpatients



1,463+
sessions given to neurological impaired patients



1,904+
sessions provided to patients who need Pulmonary Rehabilitation services



1,212+
sessions conducted for Paediatrics patients



2,288+
sessions provided in Badin



3,266+
sessions provided in Muzaffargarh



3,793+
sessions delivered through the Gynecology & Obstetrics Rehabilitation Clinic

Prosthetics and Orthotics: Restoring Mobility, Rebuilding Lives

The Prosthetics and Orthotics division at IHHN is dedicated to helping patients regain mobility and independence through custom-designed devices. These services are especially critical for individuals who have lost limbs or suffer from chronic conditions that affect their movement.

8,052+

patients registered for devices in Karachi

13,746+

patients registered for devices in Muzaffargarh

1,661+

patients registered for devices in Badin

1,546+

orthotic & prosthetic devices provided to patients in Karachi in 2023 - 2024

2,193+

orthotic & prosthetic devices provided to patients in Muzaffargarh in 2023 - 2024

402+

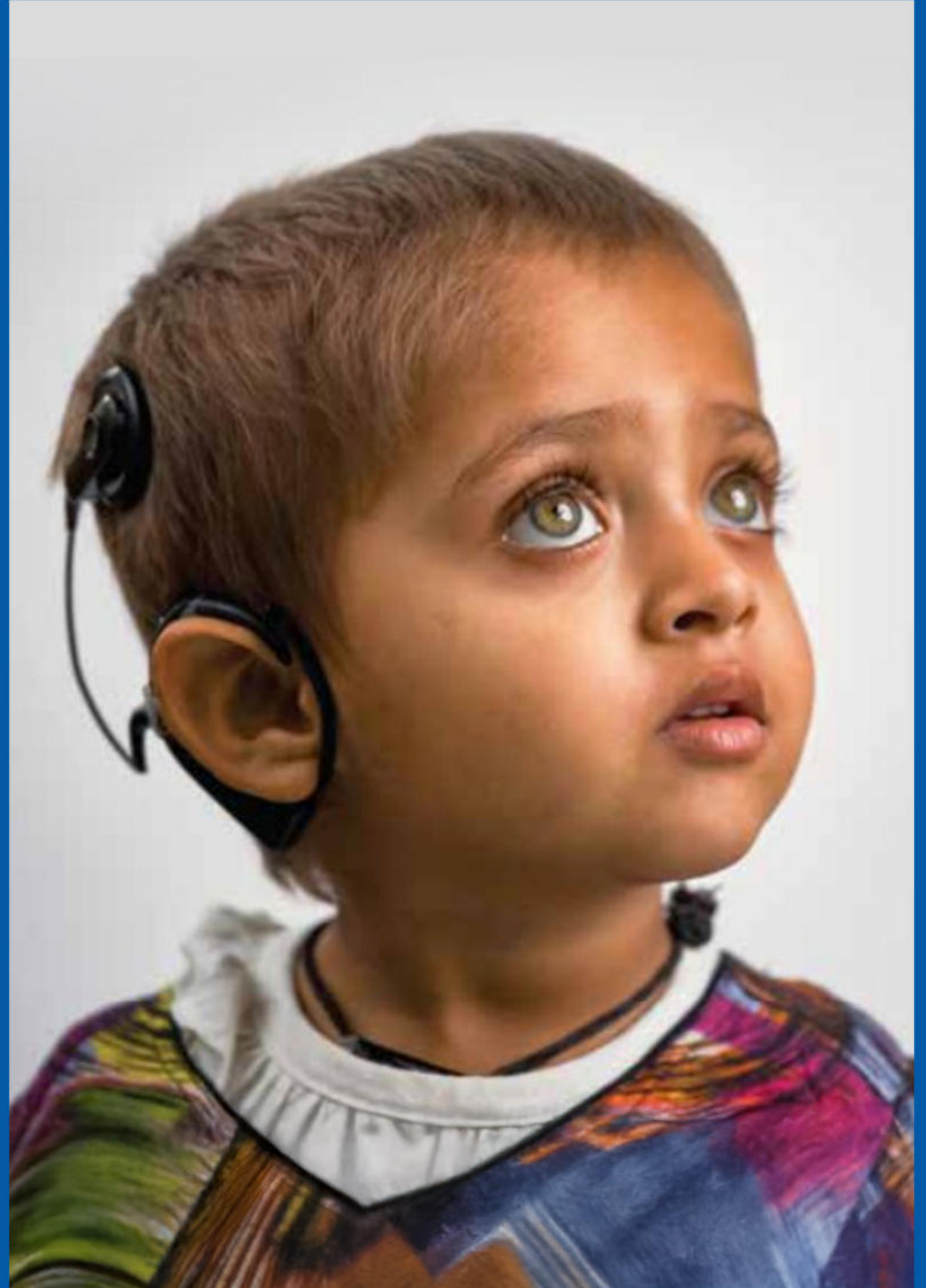
orthotic & prosthetic devices provided to patients in Badin in 2023 - 2024

Each device is meticulously crafted to meet specific patient needs, ensuring comfort and durability, while empowering individuals to navigate their lives with confidence.



Speech and Audiology Services: Breaking Barriers to Communication

Communication is a cornerstone of human interaction, and IHHN's Speech and Audiology Services ensure that patients with speech or hearing impairments are not left behind. Established in 2014, this department has grown significantly and is now equipped with advanced diagnostic tools like Auditory Brainstem Response (ABR) and Cochlear Implant technology. All patients receiving cochlear implants also receive speech therapy sessions to support their integration into society.



1,850+
patients have received
general speech therapy services



3,950+
patients have benefited
from the Cochlear Implant
Programme since 2018



3,600+
audiology sessions
were conducted in
the past year

Measuring Impact: Stories of Resilience

Restoring Mobility, Rebuilding Lives

On a sunny morning in January, eight-year-old Muneeb ur Rehman from Burro Rehri, Sindh, started his day like any other, filled with laughter, cricket, and dreams. But his life took a heartbreaking turn when a collapsing wall crushed his leg during a game. Rushed to the Civil Hospital in Sukkur by his eldest brother, Zameer, Muneeb's wound seemed minor at first. However, the infection worsened, and within weeks, gangrene set in, forcing doctors at Jinnah Hospital in Karachi to amputate his leg.

The loss left young Muneeb devastated, fearing he'd be confined to a wheelchair forever. But Zameer refused to give up on his brother's future. Determined to help Muneeb walk again, he searched tirelessly for a solution.

Their journey finally led them to The Indus Hospital in Karachi where hope was reignited. Within just 10 days, Muneeb was fitted with a prosthetic limb, giving him a second chance at life.



After physical training and immense resilience, he returned to his studies and regained his active lifestyle.

Muneeb's inspiring story is a testament to his courage and the life-changing impact of accessible, high-quality healthcare at The Indus Hospital. Today, he walks confidently into his future, a symbol of hope and determination.

Innovation and Learning:

Pioneering Rehabilitation in Pakistan

The Physical Rehabilitation Programme is not just about providing care; it is also a hub for research, innovation, and professional development. Weekly sessions on emerging techniques and advancements in physical therapy keep the team updated and inspired.

Guest lectures from global experts have further enriched the department's expertise.



Dr. Umar Burney, MD, a leading Orthopaedic Surgeon from the USA, conducted an informative session on post-knee replacement rehabilitation and provided invaluable insights into optimising patient outcomes.

Ms. Lauren Podina, a Physiotherapist from the USA, hosted a lecture on ACL pre- and post-surgery rehabilitation that introduced cutting-edge approaches to managing complex cases. The session provided valuable insights into the latest advancements in physiotherapy for ACL injuries, covering both pre-surgical and post-surgical rehabilitation protocols.



Project GODA: Extending Healing Beyond Borders

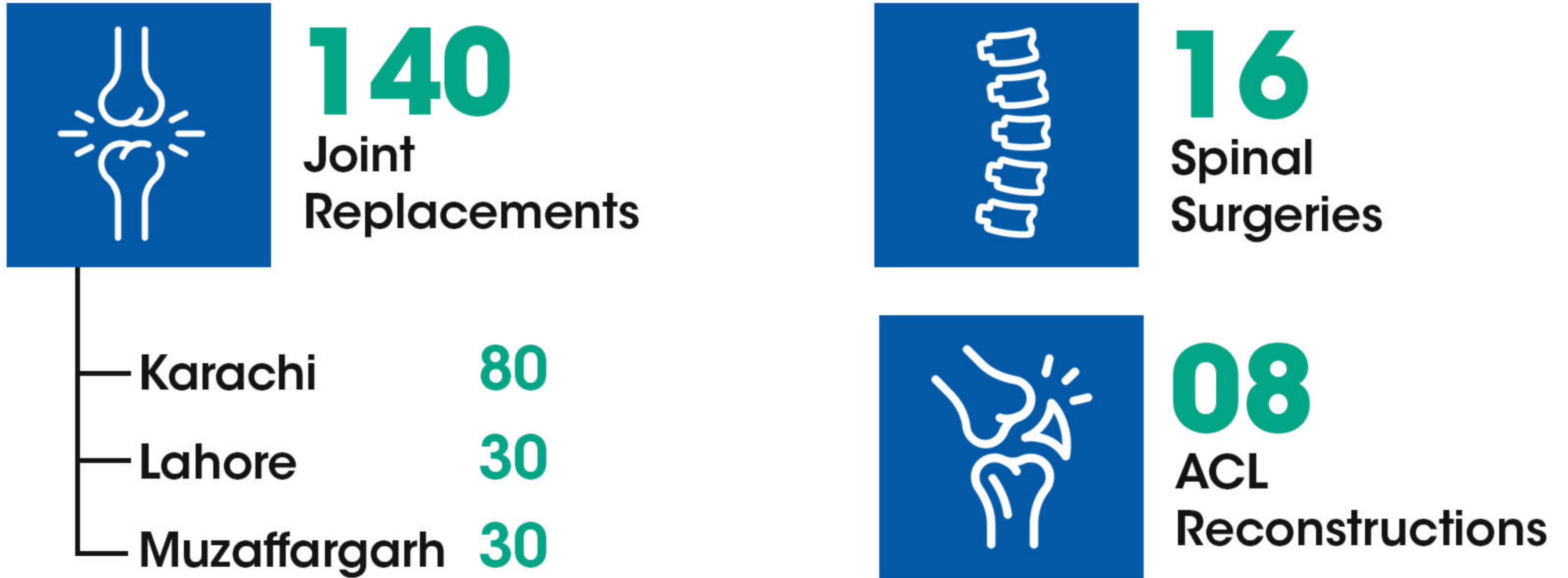
Transforming Lives Through Project GODA

Project GODA (Gift of Disability Alleviation) serves as a pillar of hope and change for countless individuals in Pakistan. With its unwavering commitment to providing free, life-changing surgeries, GODA has become a lifeline for those facing physical challenges. Through joint replacements, spinal surgeries, and ACL reconstructions, GODA not only restores mobility but also restores dignity and hope to its recipients.

This year, project GODA celebrated its 7th year of bringing essential orthopaedic and spinal surgeries to Pakistan. From February 17 to February 23, 2024, a dedicated team of medical professionals from the USA joined forces to perform life-changing surgeries across Karachi, Lahore, and Muzaffargarh—all free of cost.



Key Achievements of the 7th Annual Mission:



Led by Dr. Umar Burney, the GODA team included renowned surgeons and support staff from prestigious institutions, ensuring high-quality care and successful outcomes. This initiative not only reduces long waiting lists but also provides patients with the advanced implants and expertise needed for optimal recovery.

Impact Over the Years:

Last year alone, Project GODA performed over:



66

**Knee
Replacements**



43

**Hip
Replacements**



20

**Spine
Surgeries**

Project GODA exemplifies the power of international collaboration and compassion, significantly improving the lives of countless individuals by providing them with the medical care they desperately need.



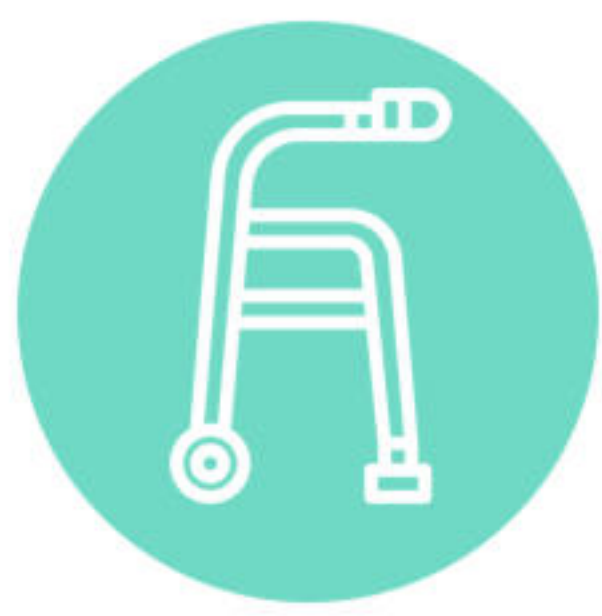
Community Engagement and Accessibility

Ensuring accessibility for all patients is a cornerstone of IHHN's philosophy. Free transportation services are provided for patients attending specialised clinics, such as the Functional Electrical Stimulation (FES) Clinic and the Pulmonary Rehabilitation Clinic.



Impactful Outreach:

The following items were distributed to patients for home use to overcome barriers to recovery:



925

Walkers for Patients
(Adults & Kids)



84

Elbow Sticks and Crutches



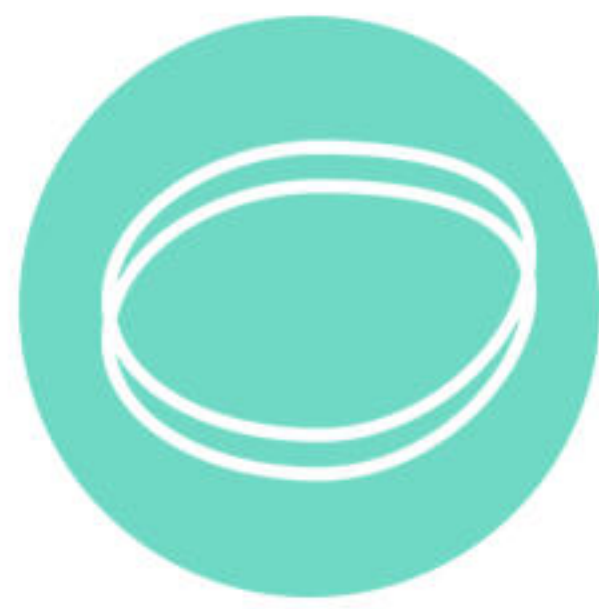
14

Elbow Functional Braces



42

Hinge Knee Functional Braces



56

Exercise Loop Bands & Tubings



57

Knee, Ankle & Elbow Braces



53

Knee Immobilisers



35

Lumbosacral Supports



76

Hot & Cold Packs



22

Wheel chairs



20

Wrist Splints



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