

# PHYSICAL REHABILITATION





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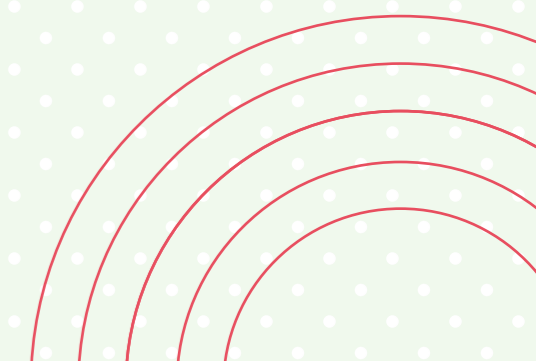
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# PHYSICAL DISABILITY IN PAKISTAN

UNDP has  
estimated that

**6.2%**



of Pakistan's population  
has some sort of disability

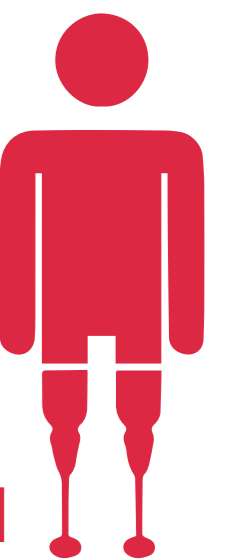
Rural areas have a  
higher percentage  
of disabled people

**(65.7%)**



**0.964  
Million**

people in Pakistan  
are estimated to  
be physically disabled



# IHHN'S INTERVENTION

IHHN, in collaboration with the Red Cross and Chal Foundation, established a patient-centered and state-of-the-art Physical Rehabilitation Centre (PRC) in Karachi in 2015. Given the alarming prevalence of disability across the country and encouraged by the success of its operations in Karachi, IHHN soon established 3 additional PRCs in Lahore, Muzaffargarh, and Badin.



**ICRC**



# IHHN'S INTERVENTION

The PRCs aims to rehabilitate individuals with physical disabilities to improve their quality of life and daily functioning, and to empower them to become independent and active members of society.



## PROSTHETIC DEVICES

Patients are provided with artificial limbs that are custom made as per their needs



## ORTHOTIC DEVICES

Supportive devices to help with patients' mobility (lower limbs braces & spinal corsets)



## PHYSIOTHERAPY

Helping patients grow accustomed to their devices and become remobile

# IHHN'S IMPACT

**26,964**  
**Patients  
Registered**

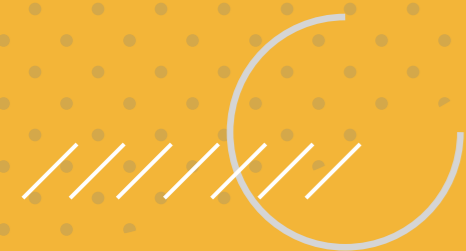
*\*till Dec 2022*

**21,685**  
**Devices  
Checked Out**

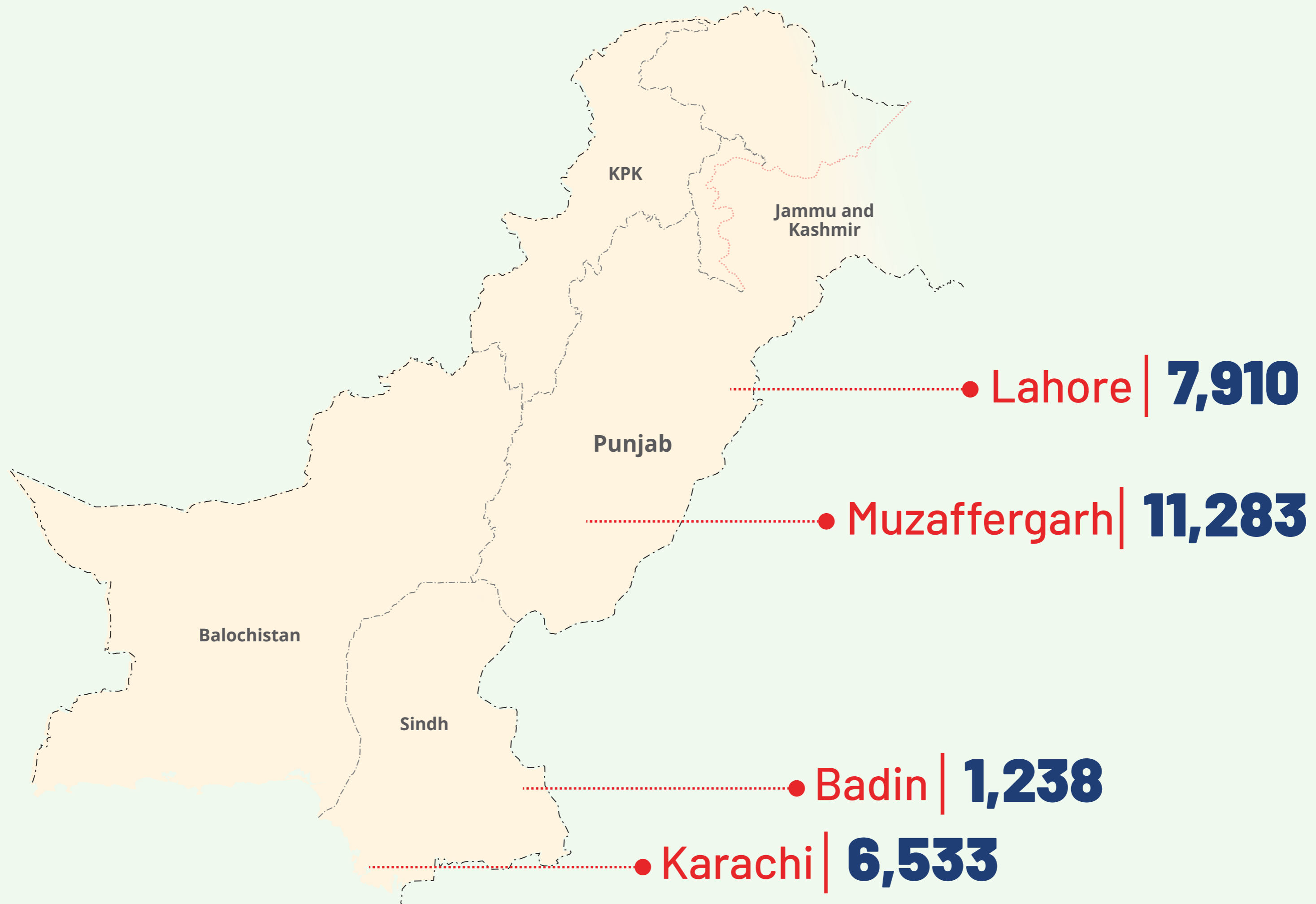
*\*till Dec 2022*

**16,053**  
**Patients  
Completed  
Treatment**

*\*till Dec 2022*



# PHYSICAL REHABILITATION CENTRES & REGISTERED PATIENTS



# SDG GOALS

Your generosity allows IHHN to move towards an Inclusive Pakistan



Rehabilitation increases human capacity, enabling participation in the workforce and economic productivity



Providing free treatment to physically disabled patients enables achievement of health-related targets



Rehabilitation optimizes child development, enabling access to school



IHHN treats patients with equality regardless of age, gender, financial status, or ethnicity



Rehabilitation allows patients to enter the workforce and earn a living without being dependent on others



# PATIENT TESTIMONIAL

“ Jamila was in her late 60s when she started to experience numbness in her legs. The stove she used at home was placed on the ground and one day she burnt her foot on it. The burn didn't hurt and neither did the subsequent blister. It was only when the blister burst and her wound got infected that she finally went to see a doctor. The numbness and her wound's inability to heal were attributed to diabetes.

Doctors could not figure out what to do and a delay in treatment meant the infection continued to spread. They told her that her leg would have to be amputated up to the knee. The operation was too costly and Jamila was terrified of losing her leg. Further delay led to the infection spreading even further. Finally, Jamila's son brought her to Indus Hospital & Health Network's Korangi Campus. She said, "I thought the procedure would be unbearably painful and I couldn't imagine losing my whole leg. How would I walk?"

But the doctors at IHHN took good care of Jamila. Her surgery went smoothly and her leg was amputated with ease. Now she has been fitted with a prosthetic leg at IHHN and comes regularly for physical therapy. She also takes mental health counselling sessions at IHHN to help her cope with the loss of her leg. "All my fears were put aside when I came to Indus," she told us, "I was depressed to lose my leg, but now I'm walking again without it. I never thought this was possible. God bless all the doctors and staff who took care of me."





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