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PhysioBiz

Welcome to PhysioBiz!

Healthcare advice and information you can trust and rely on,
brought to you by,

The South African Society of Physiotherapy!



Empowering Inclusivity: Recognising and Celebrating Disability Rights Awareness Month

Disability Rights Awareness - 3 November - 3 December

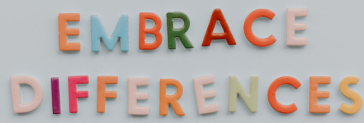
In a diverse world, let's honour the strength, resilience, and distinctive abilities that define each of us. Embracing South Africa's Disability Awareness Month, let's seize the chance to foster love, respect, and awareness for individuals of all abilities.

Our motivation stems from the principles of our former President, Nelson Mandela, who tirelessly championed the rights of disabled individuals. Mandela envisioned, "The new South Africa we are building should be accessible and open to everyone... Only then will the rights of the disabled to equal opportunities become a reality."

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EMBRACE
DIFFERENCES



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barriers

Unite for Change!

Be part of the movement by embracing these actions:

Respect Matters: Cultivate empathy, kindness, and respect for every individual, irrespective of their abilities. Recognise that people are people, regardless of their abilities or limitations.

Disability refers to a condition or impairment, whether physical, cognitive, sensory, emotional, or a combination thereof, that hinders a person's ability to perform daily activities or participate fully in societal functions. Disabilities can be congenital, acquired through illness or injury, and may vary widely in severity. The concept of disability also encompasses the social and environmental barriers that can limit the opportunities and full inclusion of individuals with disabilities in various aspects of life.

Disability Awareness Month offers an opportunity for all of us to remove these barriers and improve the quality of life for people with disabilities through concrete action. Anyone has the power to contribute positively to the lives of individuals with disabilities. This could involve assisting someone in crossing the road, dedicating time to volunteer at shelters, or acquiring skills like sign language.

Physiotherapy plays a crucial role in evaluating, addressing, and preventing various health conditions and movement disorders. Physiotherapists collaborate with individuals of all age groups, offering assistance in enhancing strength, movement, and flexibility to help them reach their objectives. Working seamlessly within a person's therapy team, physiotherapists tailor their services to meet the individual's requirements, considering the needs of both the person and their family members or caregivers.

To find a physiotherapist who can assist, please visit www.saphysio.co.za.



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