



The role of physiotherapists in ergonomics

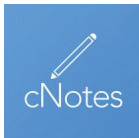


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Reflection from the NEC Provincial Representative....

A day in the life of an NEC Provincial Representative

By Chanel van Zyl



As a young, newly-qualified and enthusiastic physiotherapist, I was encouraged to get involved with the SASP as a way to build relationships, improve networks, facilitate growth (personal and professional) and understand structures (both internal and external). What fantastic advice that was! Physiotherapy, as a profession, is multifaceted. Regardless of the direction in which you find yourself

“practicing” in - clinical, educational, research, policy, or mentoring (to name a few) – the profession allows a playing field for each individual to find, test and grow different aspects of their individual personalities, opportunities to obtain personal goals and platforms to enable the development of different skills and aptitudes. Serving within the structures of the SASP does just that! My journey to NEC started in 2014, where I first served on an area branch GEC, then on a provincial GEC (and still do!), until starting in the position of NEC Provincial Representative in November 2020.

Structures explained

The addition of this editorial has been a sterling bonus to the PhysioSA magazine. It creates a platform to improve communication and understanding of the roles of the different structures and positions within the SASP.

“If you really want to see change, and have change, you’re going to have to get involved.”

Cindy McCain

Before I became involved in the various structures in the SASP, the entire organisational construct of the society was a “foreign concept” to me. It took time to understand how the Society is structured, what it means to be an NPO, how a membership organisation is formed and functions and how aspects such as clear financial procedures, policy documents, etc. were all essential to ensure good corporate governance.

Understanding these structures

outlined and explained the fundamental components which have ensured that our wonderful society has been around for almost a century. Understanding comes from reading and rereading. Read, read, read, and then read some more. Read to stay informed, read to ask questions, and read to understand. When reading fails, reach out.

The structures within the SASP are here to guide, assist and learn. In reading this, I hope you are provided with some background into the inner workings of this NEC position, but my main aim is to reflect on the experience of serving and its many benefits.

The NEC Provincial Representative position is an exciting one. While our country has nine provinces, the SASP currently has 10 – as the province of Gauteng is divided into the Northern and Southern branches. Thus, the NEC Provincial Representative position essentially serves as the two feet walking to and through NEC, with each province represented by one of the 10 toes. The qualities of “uniqueness” and “diversity” within our Society, as within our country, are evident within our provincial “toe prints”. The provinces differ in size, geographic location, membership groups and the number of active GEC members. Provincial membership groups are also different from, for example, SIG groups. SIG membership is a choice – based on your area of interest and expertise – while provincial membership is almost by “default” – based on where you work and/or live. This almost creates a more “varied” membership cohort with different skill sets and areas of work or interest.

Although my position mainly communicates with the chairpersons of each provincial GEC (Group Executive Committee), the collaborative effort, teamwork, enthusiasm, and communication from all those serving within each provincial GEC is something to be marvelled at.

Provinces bringing it!

The amount and variety of activities planned, supported and executed by the provinces are simply marvellous – whether Martin reports North Gauteng’s

The provinces are not floating “toes”, but all form part of the base of support of the society – the feet”

Mental Health Awareness activity at Tshwane District Hospital, Sidarshia reports on the Eastern Cape’s Working World Exhibition where they won the “Best Exhibition Stand Award”, Jonelle reports on the North West’s Healthy Lifestyle Awareness Day at Witrand Hospital or Peta-Ann reports on Mpumalanga’s Laerskool Kragbron Prestige Athletics

inter-school event in Witbank. To name but only a few of the many marketing and awareness activities taking place!

In addition, continued pride in our profession is facilitated when the provincial GEC’s work to bring quality, evidence-based, CPD activities to their members – whether Louise reports on the Northern Cape’s Axial Spondyloarthritis (AxSpa) course, Michelle reports on Limpopo’s Spinal Manipulations course or the Western Cape reports on the individual CPD activities hosted by its area branches in the Overberg, Southern Cape and Winelands.

Furthermore, some activities reach beyond marketing and professional knowledge, and aim to reach out to and improve our understanding of the public regarding our wonderful profession, like the “Restful Reminder Cards” as part of a mindfulness campaign reported by Roswyn in Kwa-Zulu Natal, Alicia’s feedback on the “Corporate Wellness Campaign” in the Free State or Eloize’s report on a patient-specific case presented at the South Gauteng AGM.

Working together

The provinces are not floating “toes”, but all form part of the base of support of the Society – the feet. Some “toes” are closer to one another in physical proximity and this creates the opportunity for collaboration between one province and another. Furthermore, because the provinces include a diverse group of members, intra- and inter-provincial activity could include the joining of hands (or should I say toes) between different membership groups like the SIGs, public sector, private sector, community service physiotherapists, students, and the public at large. Here, the provincial administrators deserve special mention for the pivotal role they play in linking Head Office,



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Reach out,
communicate and
get involved if you
want to see and
have change

the committee members and the members of the SASP! I encourage you all to start attending your provincial AGMs where the GECs elaborate on the many roles they play within your provinces – from planned CPD activities to community service physiotherapist interaction,

physiotherapy student engagement and marketing and awareness activities.

Serving on NEC does mean that you need to set some time aside to attend to the day to day. Meetings, meetings, meetings – whether online or in person. Yes, these take time, but also truly provide a platform to deliberate, discuss and provide feedback on issues from the bottom up, and vice versa. This is how important issues from an individual's need for a certain CPD course in their area, to large-scale topics, such as NHI, are addressed. The NEC Provincial Representative hosts four meetings with all the provincial chairpersons on an annual basis to ensure that there is direct reporting up and down the chain, to and from the provincial GECs and NEC. Remember, your questions, comments and suggestions cannot reach NEC for consideration if they are not brought to your provincial GEC's attention.

Again, I encourage you to reach out, communicate and get involved if you want to see and have change, or just to understand a little bit better. Outside of meetings, there are of course administrative responsibilities, including report writing, responding to (sometimes very many) emails and being available (usually telephonically) if any member or fellow committee members have any questions or would like clarity.

The heart of the SASP

The "feet" of the SASP cannot walk without the other important parts of the body. The Head Office staff, consultants and finance team are truly the brains behind the everyday operations of a busy and booming Society, with the NECK (PEC), the Presidential Executive Committee, guiding the head in any direction it needs to turn and connecting the head to the rest of the body. The feet, limbs, trunk, etc. all function as a unit (SIGs, Private Sector, Public Sector, Professional Development, etc.), but, perhaps most importantly, the driving force behind the Society is its HEART – THE MEMBERS – which keep the entire body moving and grooving! The societal body is working tirelessly to continue learning, adapting and growing, but the heart needs to keeps actively beating to keep moving. Read. And get involved. 🦋



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Time to re-evaluate: the role of physiotherapists in ergonomics within the South African context

Francia De Witt, Lee Scott and Marisa Coetzee

Introduction

Ergonomics is defined as “the scientific study of people and their working conditions, especially done in order to improve effectiveness” (dictionary.cambridge.org) and typically includes a range of interventions with physical, cognitive and organizational components (<https://www.osha.gov/ergonomics>). Ergonomics, therefore aims to ensure a safe working environment that prevents injuries and also adapts in the presence of musculoskeletal disorders (and other physical disabilities).

Although ergonomics as a whole is not taught in

undergraduate physiotherapy programmes in South Africa, as this is typically the scope for occupational therapists, the physical component related to posture and kinetic handling is covered in-depth. Historically, with biomedical training, a big emphasis was placed on “good posture”, “core training”, “good manual handling techniques”, etc. However, with the developments in the field of neuroscience pain education and physiotherapists adopting the bio-psycho-social approach in treating their patients, the pendulum has swung completely away from only paying attention to posture and kinetic handling skills.

1. **There is no single “correct” posture.** Despite common posture beliefs, there is no strong evidence that one optimal posture exists or that avoiding “incorrect” postures will prevent back pain.
2. **Differences in postures are a fact of life.** There are natural variations in spinal curvatures, and there is no single spinal curvature strongly associated with pain. Pain should not be attributed to relatively “normal” variations.
3. **Posture reflects beliefs and mood.** Posture can offer insights into a person’s emotions, thoughts, and body image. Some postures are adopted as a protective strategy and may reflect concerns regarding body vulnerability. Understanding reasons behind preferred postures can be useful.
4. **It is safe to adopt more comfortable postures.** Comfortable postures vary between individuals. Exploring different postures, including those frequently avoided, and changing habitual postures may provide symptom relief.
5. **The spine is robust and can be trusted.** The spine is a robust, adaptable structure capable of safely moving and loading in a variety of postures. Common warnings to protect the spine are not necessary and can lead to fear.
6. **Sitting is not dangerous.** Sitting down for more than 30 minutes in one position is not dangerous, nor should it always be avoided. However, moving and changing position can be helpful, and being physically active is important for your health.
7. **One size does not fit all.** Postural and movement screening does not prevent pain in the workplace. Preferred lifting styles are influenced by the naturally varying spinal curvatures, and advice to adopt a specific posture or to brace the core is not evidence based.



New Ergonomic Regulations

In 2019, the new Ergonomic Regulations were published in the government gazette as part of the Occupational Health and Safety Act of 1993. These regulations stipulate that businesses, factories, etc. must conduct ergonomic risk assessments every two years, implement interventions to help mitigate ergonomic risks to their workers (including ergonomic training) and every health and safety committee must include ergonomics in the list of things required to ensure the health of their workforce. Companies will be audited on these ergonomic risk assessments, implementations, and training during the Department of Labour inspections.

In South Africa, Ergonomists have been working in the wider corporate and industrial field conducting ergonomic risk assessments for factories and businesses, covering the

physical, cognitive and organizational components of ergonomics. However, with the publication of the abovementioned regulations, increasing concern has been raised that Physiotherapists were not seen as “competent professionals”, even though the definition of competent professionals was not explicitly clear.

Changing our approach

People come in different shapes and sizes, with natural variations in spinal curvatures. It is therefore important to consider how preferential lifting style and posture adaptability are influenced by spinal curvatures. The mandatory manual handling training and ergonomic assessments in offices that pain-free people are often subjected to may perpetuate a misconception that common daily tasks and working environments are dangerous. Advice given by clinicians can lead to fear and encourage hypervigilance. An article by Slater et al., (2019) provides food for thought on how we could change our approach to “preventative” posture-related interventions (figure 1).

Figure 1: From Slater et al., (2019) (acknowledgement to Kevin Wernli @KWernliPhysio for his assistance in developing the illustrations for the original figure)

However, there is an important role for postural, behavioural and other ergonomic interventions for individuals with musculoskeletal pain and known pathology (Waongenngarm et al., 2018). Protective and avoidant behaviour which is often accompanied by changes in mood and clear distress when performing a task is often observed in workers (Macías-Toronjo et al., 2020) and could be addressed by neuroscience education programmes or other chronic pain management strategies (Watson et al., 2019). Therefore, in collaboration with the patient, physiotherapists can play a vital role in the management of these individuals in their work environment.

Global perspective

In the rest of the world physiotherapists form an integral part of the occupational health team, along with doctors, nurses, occupational therapists, occupational hygienists, etc. Some countries like the UK and Australia, require specific post-graduate training in Occupational Health to be able to work in the field. However, many countries like South Africa have no specific set criteria for physiotherapists working in occupational health. Currently, a working group was formed by the International Federation of Physiotherapists working in Occupational Health and Ergonomics (IFPOHE) to develop guidelines on the international standards for training physiotherapists in occupational health. As you may know, Marisa Coetzee is a committee member of IFPTOHE and will provide feedback on these guidelines as soon as they are ready.

What is the role (scope) of physiotherapy in

ergonomics (and essentially occupational health) in SA?

According to the Health Professions Act 56 of 1974, Regulations defining the Scope of the Profession of Physiotherapy, stipulated in section 2(c) that physiotherapists may provide “...advice on the lifting and handling of patients and heavy objects; prevention of recurrence of mechanical disorders; functional activities, rest positions and working postures; kinetic handling in industry...” (Department of Health, 1974). Unfortunately, we have received multiple complaints recently about ergonomists who have gone to great lengths to prevent physiotherapists from working in this field, unless they pay the exorbitant fees to train


Suggestions from the authors

Moving forward, we would like physiotherapists to get in contact with us if they are interested in being included in the conversation. We are aware of the following issues and have developed a plan for moving forward.

1. Answers still needed:
 - Billing codes for physiotherapists doing ergonomic assessments have been a large stumbling block and the SASP are aware of this and it will be included in the discussions around the new coding structure.
 - What extra training is needed for physiotherapists to be able to do ergonomic risk assessments and occupational health work? The answers lie potentially within the international guidelines for minimum standards of practice (to be developed).
 - Can we offer the training ourselves?
2. On our to do list:
 - Get more physiotherapists involved in the discussion (and working groups – we always need more volunteers).
 - Start a working group of physiotherapists who would like to get involved in the PhysioSA Occupational Health Network.
 - Define the scope of practice for physiotherapists in ergonomics.
 - Develop post graduate training for physiotherapists in this field.

In conclusion, physiotherapists have an important role to play within the field of occupational health and ergonomics and should be considered essential members of the ergonomics team, especially in the presence of existing musculoskeletal disorders. If you would like to get involved in the conversation, please send an email to Marisa Coetzee at marisacoetzee@outlook.com or reach out on our Facebook page PhysioSA Occupational Health Network.

and register with the Ergonomic Society of SA. We are currently working towards developing strategies to allow physiotherapists to practice within their scope within the field of ergonomics and occupational health.

Ergonomics can be a fantastic field for physiotherapists wanting to work more preventatively (mitigating risk before injuries occur), working with the population instead of individual patients, lengthening their careers by doing less hands-on work and generating extra income from the corporate/ industrial sectors. 

Links for further information:

Ergonomics legislation

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Restraint of trade clause

A restraint of trade clause is a contractual restriction on an employee's freedom to work for another employer or to start a business in the same industry as the employer, which is made after the end of the employment relationship.

The purpose of a restraint of trade clause

The purpose of a restraint of trade clause is to protect the confidential information, company interests and trade secrets of the business operations of the employer.

This is done by limiting an employee for a certain period of time from, directly or indirectly, setting up, engaging in or having any interest in an enterprise, company within a certain geographical area, under for a certain duration of time.

Although restraint of trade clauses appear in many employment contracts, employees often receive these apparently "standard" terms.

When the employment contract comes to an end, these terms may have serious effects.

It is therefore important to make employees to read and consider any agreement thoroughly before signing it.

The terms and conditions of any agreement must be mutually agreed upon. The content of any clause is open to negotiation between the parties depending on the circumstances.

When is a restraint of trade valid and enforceable?

In certain instances where an employee has breached a restraint agreement, the previous employer can approach a competent court for an order enforcing the provisions of the restraint agreement by means of an injunction.

The previous employer can by means of an injunction seek to prohibit the employee from taking up employment in breach of the said restraint clause, or to halt such infringement of the clause, in the event that employment is already undertaken in breach thereof.

In *Allen & Unwin v Power* and *Proctor & Kitchen (Physicians) v British Medical Association*, the Labour Court held the terms to be considered when determining whether a restraint of trade is enforceable.

The factors are as follows:

1. Does one party have an interest that deserves protection after termination of the agreement?
2. If so, is that interest threatened by another party?



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3. Is there any aspect of public policy bearing nothing to do with the restraining provision? The parties that require that the restraint be maintained or applied?

A restraint of trade is valid and enforceable despite when its enforcement would be contrary to public policy or unconscionable considering the circumstances.

The enforceability of the restraint of trade is a further requirement necessitating a court in determining whether or not to enforce same, as there must be balanced against the employer's right to be employed under to practice in furtherance of public policy.

The court will on the employee to prove circumstances arising from a valid restraint of trade clause in the employment contract.

Courts has considered many cases "impairment" from the above, however, each case is judged on its own merits.

Who is responsible for costs concerning from a restraint of trade lawsuit?

The general rule in our courts is that costs follow the event.

This means that the unsuccessful party is generally

ordered to pay the successful party's legal costs - in other words, the employee may be held liable for the legal costs should the employee be successful in enforcement, and the employer may be held liable for the employer's legal costs, should the employer's application to enforce the restraint fail.

Legal costs are awarded on various scales (which affect the total amount your "costs"). They are partly set on the scale usually "preponderantly awarded by the courts, these costs are only associated with the other party's case and do not include costs incurred in internally related matters.

The court may also award attorney and client costs, these can include costs for attendance between you and your attorney, and is generally deemed a "partial" scale costs.

Conclusion

A restraint of trade to serve a business by protecting a proprietary interest and be reasonable in order to be valid and enforceable.

Whether a restraint of trade is reasonable and enforceable depends on the facts of each case individually - both the employee and employer should, as a result, keep in mind that such matters can be applied. 11

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** *“*Medical EMS is a meaningful form of therapeutic exercise for patients suffering from chronic, non-specific back pain. In just 20 minutes, once a week, Medical EMS achieves pain relief as well as muscle strengthening which is comparable to the gold standard of back pain therapy. It therefore also represents an outstanding preventive treatment for this common ailment.*”*
PD Dr. Bernd Wegener, Department of Orthopaedic Surgery, Physical Medicine and Rehabilitation, Ludwig-Maximilians- University Munich (LMU), Munich, Germany.

1 Konrad KL et al. PLoS ONE 15(8): e0236780; 2 Weissenfels A et al. Dtsch Z Sportmed. 2017; 68:295-300; 3 Weissenfels A et al. BioMed Research International 2019; <https://doi.org/10.1155/5/45409>; 4 Weissenfels A et al. Journal of Pain Research 2018; 11:1949-1957; 5 Kemmler et al. Osteoporos Int. 2016 Nov; 27(11):3261-3270; 6 Clin Interv Aging. 2013;8:1353-64. doi: 10.2147/CIA.S52337. Epub 2013 Oct 7;

Navigating audits

The SASP has put together an assistance package for members who are undergoing forensic audits, to help navigate them through these matters with as little trauma as possible. Karen Gibbs, the appointed Consultant in this role, gives us some insight into what this assistance looks like.

Q Why was this package created?

A When the previous private sector group was dissolved, management of the forensic audit was transferred to the SASP and the Professional Support Officer with a view to the proposed legal action to come. It became clear that these audits require expert management, from either an individual or group who had an in-depth understanding of how these audits work, how they affect members and how they need to be managed for the best possible outcome. It was also clear that the workload associated with the type of assistance was incompatible with any of the already existing portfolios in the SASP.

Q How was the package put together?

A An evaluation of the processes relating to audits was conducted and reviewed against both the information which came to light during the Special Investigation led by Nicholas van Marrewijk, as well as the previous assistance measures available. Specific areas were identified where member management or professional services needed during the process could have detrimental effects on a member's ability to defend against an audit effectively. The management of these areas was then incorporated into a package which would then become a membership benefit to the private practice members registered with the SASP.

Q What does the package entail?

A A full breakdown of the package is provided to each member member undergoing an audit and sets out all of the services included therein, to assist a member throughout the assistance to the member as well as education on the procedures to be followed and the regulatory that audits need to follow. In addition, the Forensic Audit Consultant will also actively oversee the filing in question, the clinical notes where required and provide the member with a report. Where needed, the member can be referred to the Professional Practice Panel Review Committee for further input. The Helpline also remains available to provide input and assistance to the member's legal team if and when such is appointed, in order to act as a liaison between the SASP and the legal representative to the member's benefit.

Q Does the assistance package cover all aspects of forensic audits?

A Unfortunately, the cost of a fully comprehensive assistance package would be prohibitive. As such, the focus of the package is to ensure that the correct steps are followed at the start of an audit, to ensure that the practitioner is set up correctly going forward and has the correct information to guide them. From there, the assistance is tailored depending on the member's requirements within the limits of the package.

Q Does the SASP assistance package include legal assistance?

A No, the cost of including legal representation would be prohibitive. However, most of the indemnification insurance policies offered by the member registered by the SASP include a specific cover for any legal costs incurred in the event of defending against a forensic audit from, or getting off, under the actual recovery done by a witness in the case of an adverse finding against the practitioner. These policies normally contain an excess as well as an upper limit relating to the legal costs covered, making it important that there is a good collaboration between SASP and the legal representative appointed, to ensure that the available part of financial assistance is spent in the best possible manner. The Helpline is available to provide such collaborative input.

Q What advice can you give regarding the management of forensic audits?

A Audits are, by their very nature, very stressful. Which is why members need to approach them with great composure. If a legal representative is appointed, it is vital that such a professional has a credible working knowledge of how these audits are conducted as well as the regulatory related to it. In addition, it is strongly advised that members do not engage with funders on their own. It is important to note that the average the funder would through the implementation of Section 98(2) of the Medical

To kick off the project we challenged all SASP members that attended the North West AGM meeting on 9 April 2022 to give donations toward this project. Each committee member donated a blanket and challenged various allied health professionals to match their donations. The challenged professionals then went on with the challenge and we received plenty of donations.




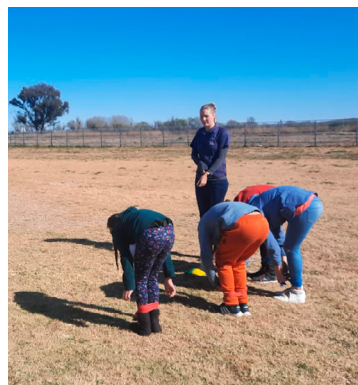
On 16 June 2022, we spent time with the children at the Children's Home and played a few games on Youth Day. The children thoroughly enjoyed the day and were so grateful to spend the day with the team.

We then handed over the donations and the Abraham Kriel team truly appreciated each blanket, pencil, and gift bag donated.

We want to give a big thank you to each and every person, private practice, and hospital that donated something. We also appreciate the assistance from all the volunteers that spent the day with us and the children. We are eternally grateful.

A special thank you to the following practices and volunteers:

- Steyn & De Klerk Biokinetics
- Fick Badenhorst Burger Liebenberg Scheepers and van Wyk Physiotherapists
- Nel en Opperman Physiotherapists
- Naude and Pienaar Physiotherapy
- Witrand Hospital Physiotherapy and Speech Therapy & Audiology Departments 



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Farm physio exercise outreach

By Jenny Kirkwood

I had the opportunity of having a follow-up physio exercise outreach for the farm staff at the Cederberg Park in June 2022. The September 2021 Back Care outreach went down well and the ladies were excited about version two! No pressure.

I arrived at the farm, armed with SASP goodie bags and two oranges (as I had forgotten to pack some tennis balls...).

We were able to use the safe and well ventilated conference centre and everyone pitched in to get the exercise space set-up.

A few admin formalities completed and then we started, just after 17h00, with a brief introduction about who I was, how exercise can be beneficial and thanking the SASP for sponsoring the goodie bags. The

staff have very physical jobs, so it was good to equate walking and standing as ways of strengthening the body, along with how seated and balance exercises can also add value. The 12 ladies were very competitive (unfortunately 2 had to miss the session due to a funeral) and we had a timekeeper.

To start, the two teams of six lined up facing each other, safely seated in two rows. The first exercise had three variations: pass the oranges to the person on your left with two hands, all the way down the line and back again, first team to finish gets a point. Very close between the two teams and the oranges survived!

Next up was a variation on the first exercise, with only one hand being used. Again a close finish, with plenty of laughter and thoracic rotation.



Third variation: similar to the second but now everyone had their eyes closed.



Second exercise involved having the chairs lined up so that each person was in front of the next. Two variations: passing the orange with two hands forwards down the line and back again, first to finish received a point. This was followed by eyes closed.

Then it was time to stand up. The two teams were evenly matched and keen to outdo each other. Third exercise: stride standing, heel to toe. Too easy? Then raise arms above your head.



Fourth exercise: who can stand on one leg the longest? The teams faced each other and it came down to the last two participants...more than two minutes to break the stalemate. Then, standing on one leg with eyes closed. Again, a close finish.

Finally, standing on one leg and passing the orange down the line and back again. We rounded off with some seated deep breathing exercises.



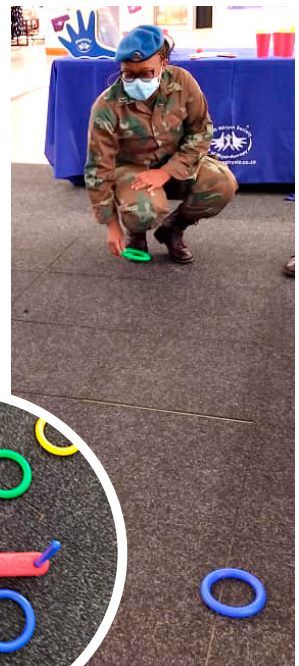
Then it was time to hand out the SASP goodie bags and show how to set-up the pedometers. The SASP step pedometers were a big hit and I'm looking forward to asking who has the most steps at my next visit. A lovely group photo to finish the session and friendly goodnights from all the staff. Permission has been given to share the photos.



Thank you to the Cederberg Park management for facilitating the session, providing a safe space and joining in and to all the participants. Thank you to the Western Cape SASP for their kind

donation of SASP promotional items and to Leona van Wyk for assisting with the collection. The oranges were sustainably disposed of later to boost my Vitamin C levels! 🍊

Eastern Cape | Walmer Park



Free State | Pelonomi Fun Walk



The Pelonomi Fun Walk took place on 18 February 2022 at Pelonomi Hospital. 70 Participants walked 2.8 km and received a gift bag with a skipping rope, pen, and information pamphlet regarding a healthy lifestyle from the SASPFS as part of the SASP Move for Health campaign on 10 May 2022. The walk was a huge success which was enjoyed by all. It was a great marketing opportunity to promote the profession to the community in the area. A huge thank you to Lize Vermeulen senior Physiotherapist at Pelonomi Hospital for all the great work she has put into making this event a huge success. 🦋



North Gauteng | Movement for health activities



Since our physiotherapy practice started, we have been presenting a weekly exercise class for the senior citizens in our community as an initiative to give back. Encouraging movement for good health, we incorporate a wide variety of exercises in the class.

For the month of May, we focused on the motto 'Movement for good health'. We decided to promote our physiotherapy profession and encourage the participants to use movement to promote their health.

We are very thankful for the promotional material provided by the SASP for this great purpose.

We started our class with the usual warm-up and then did a fun dancing statues competition. The participants enjoyed the activity so much and really gave it their all. There were 12 winners and each received an SASP water bottle as their prize.

Everyone was rewarded with a theraband and a pen after the class. It is a privilege for us to be able to serve our community and encourage movement for good health each week.

Thank you to the SASP for supporting such initiatives and providing the material which we could hand out to all the people in the exercise group. 🙌

Retha le Roux & Rachelle Kraaij
Le Roux Physiotherapists



North Gauteng | Tshwane District Hospital



Movement for Health Day was celebrated across South Africa on 10 May 2022. Many physiotherapy practices and departments took part, including the physiotherapy department at Tshwane District Hospital. The North Gauteng SASP committee provided merchandise that promoted movement such as minibands and pedometers.

A lunch-time event was held, and an information table was set up which was visited by a wide variety of staff representing different disciplines from the hospital as well as general staff and some members of the public. Information was given regarding exercises and movement for those with desk jobs and more active jobs alike and a short exercise session was conducted with the minibands provided.

The main event was a competition to see who could get the most steps on the pedometer in 3 minutes. Participants were seen jogging on the spot, running around the hospital, dancing, or moving around enthusiastically in all directions: a big success for the promotion of movement and health!

Around 40-50 participants took part and averaged 200 steps in 3 minutes which would add up to more than 10 000 steps amassed in less than one hour. Every person who stopped by was given a reminder to take home with them, "Movement is Medicine", as well as some equipment and information to get them well on their way to move towards better health. 🦋



KZN | Fatima Essa



I made little packs for each child with the skipping rope and ball was lovely! Thank you SASP.
Fatima Essa Physiotherapy



KZN | Grace Hughes

These movement day pictures were taken at Siyakwazi NGO in kwaNzimakwe, where Grace Hughes's practice (Grace and Erin van Graan) help provide supplementary physiotherapy services to children with disabilities (mostly Cerebral Palsy). Movement is important for everyone, but probably more so for people living with disability.



KZN | Estcourt Hospital



Estcourt Hospital held numerous health education talks at the local PHC Clinics and at the hospital encouraging young and old to move more! We also gave a talk on the importance of movement and exercise at the hospital's Nurses day event on 26 May 2022, which was a success and got the crowd moving and dancing and even learning the new Tik Tok challenge 1 legged dance moves. The marketing items handed out were a hit! Thanks SASP Roswyn Kohlrenken

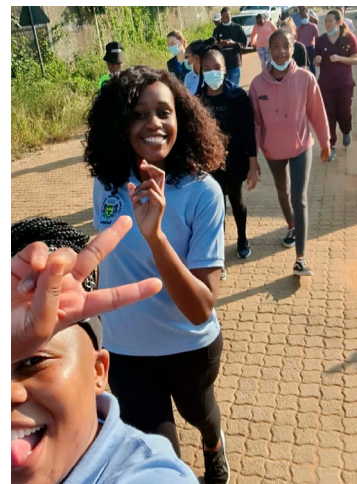


KZN | Mariska Senekal has some dress-up fun!

It was an extremely successful Movement for Health Day at Hluhluwe Private School with everyone dressing up in exercise/play clothes for the day - including the teachers. While some junior classes each had their own Physifun lesson throughout the day, break times was an incredibly fun event with everyone grabbing a ball, hoop, or rope and just moving their hearts out. The message of Movement is Healthy was well understood! and the promotional balls and pens were the cherry on top - handed out at the end of the day to all the senior pupils. The children have requested that the event should be much more frequent and I am aiming to repeat it each term as it was so easy and fun to organise.



Public Sector | Letaba Hospital, Limpopo



Public Sector | Groote Schuur hospital

Groote Schuur hospital physios hosted a fun run/walk for staff members, promoting movement for health! SASP promotional items were used as prizes for winners and participants.



Western Cape | Durban Mediclinic

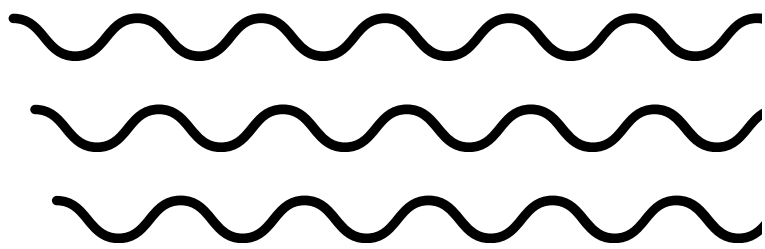


Western Cape | Paarl Mediclinic



Western Cape | GEC Old Age Home Exercise Class





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