

ISSUE 5, August 2025

# PHYSIOSA

MAGAZINE

FOR EVERY PHYSIO WHO CARES



STUDENT WELLNESS

COMRADES 2025



A DAY OF INCLUSION  
AND UBUNTU IN  
DOBSONVILLE

**PUBLISHER: PHYSIOTHERAPY PUBLICATIONS**  
TEL: (011) 615 3170  
www.saphysio.co.za

**ACTING EDITOR: DR DIANA COETZER**  
socialmedia@saphysio.co.za

**ADVERTISING: AMERICO PINHEIRO**  
TEL: (011) 615 3170  
pr@saphysio.co.za

**DEADLINES:**  
PhysioSA is published 8 times per year. The advertising deadlines are listed below; late submissions should be cleared by telephone. We cannot guarantee the publication of any late material.

Issue	Deadline
Sept 2025	01/08
OCT 2025	01/09
Dec 2025	03/11

**SUBMISSIONS:**  
Kindly send all text in Word or Word-compatible format to socialmedia@saphysio.co.za. Articles should ideally be between 300 and 2,000 words. Please do not embed pictures in Word documents; instead, send them separately as JPEG files with a minimum size of 1 MB.  
Ensure email attachments are no larger than 6.5 MB. If necessary, compress files into a zip folder or send them across multiple emails.  
☎ Tel: (011) 615 3170

**SASP® HEAD OFFICE:**  
TEL (011) 615-3170                      Unit 4, Parade on  
FAX 086 559 8237                      Kloof Office Park,  
E-MAIL:                                      Bedfordview  
pr@saphysio.co.za  
©Physiotherapy Publications,  
PO Box 752378,  
Gardenvue  
2047

Reproduction in whole or in part without written approval of the publisher is strictly prohibited. The views expressed herein do not necessarily reflect those of the SA Society of Physio therapy. The advertising of products does not indicate endorsement of those products.

**CLICK HERE** 

# Members' Benefit Programme

Members of the society can receive discounts from the following companies:

## MY Appointment

Real-time booking platform and mobile app with an optional business management component.  
**SASP members receive a 16% discount.**



A smart booking solution Gives you all the benefits of your existing diary and a whole host more! Gives you total control of your bookings and appointments. Gives you total confidentiality for yourself and your customers. You need an always-on, smart booking service that will never let you down. Easy to schedule, easy to manage, easy to arrange and rearrange and all the tracking and chasing and notifying and reminding is automatically done by the system. You set the level of transparency you want your customers to have. Allow them to see: free time slots, make their own bookings – or run it yourself, the choice is yours.  
**SASP members receive a 16% discount.**



**Garth Hampshire & Associates**  
Accounting • Advisory • Automation • Efficiency • Tax Planning  
*Let us drive your business forward*

As your preferred accounting and business advisor, we add value to your business by driving your business forward through partnering with you and focusing on clearly defined growth enablers. **As an SASP member, you will receive 50% discount** on our services. For more information, email us at office@garthhampshire.co.za or call us on 021 462 1785.





# TABLE OF CONTENTS

**04**

**EDITOR'S NOTE**

**05**

**UWC PHYSIOTHERAPY  
DEPARTMENT ACKNOWLEDGES  
MENTAL HEALTH AWARENESS  
MONTH WITH A WELLNESS  
WORKSHOP**

**07**

**CANCER SURVIVOR DAY  
2025**

**08**

**EMPOWERING  
CONVERSATIONS IN  
SEXUAL HEALTH:  
HIGHLIGHTS FROM THE  
2024 SASHA CONFERENCE**

**10**

**PHYSIOTHERAPY SHINES AT  
THE 21<sup>ST</sup> OUTENIQUA CHAIR  
CHALLENGE**



**11**

**GLOBAL INNOVATION, LOCAL  
IMPACT: REFLECTIONS FROM  
THE WORLD PHYSIOTHERAPY  
CONGRESS IN JAPAN**

**13**

**LET THE GAMES BEGIN: A DAY  
OF INCLUSION, LAUGHTER  
AND UBUNTU IN  
DOBSONVILLE**

**15**

**WELLNESS DAY AT ADENCO -  
PROMOTING HEALTH AND  
SAFETY IN THE WORKPLACE**

**16**

**NEXUS GQEBERHA:  
TRANSFORMING PRACTICES  
INTO THRIVING BUSINESSES**

**19**

**COMRADES 2025: A WEEKEND  
OF STRAPPING, SPIRIT AND  
SHARED PURPOSE**

# EDITOR'S NOTE

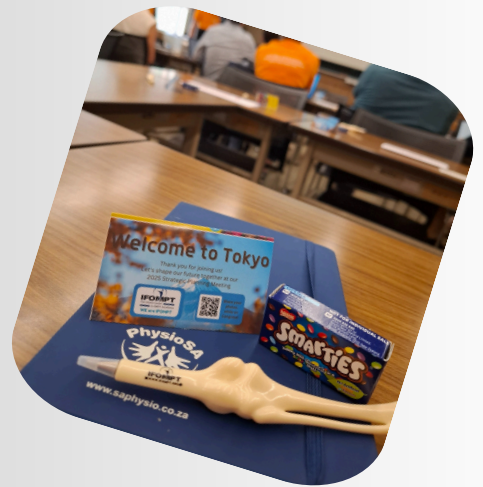
As we turn the page into August, the air is thick with both momentum and meaning. We're past the halfway mark of 2025, and what a journey it's been. From academic competitions to advocacy events, from private practice seminars to the Comrades Marathon, the pulse of our profession is strong and steady.

In this edition of PhysioSA, we celebrate the many faces of physiotherapy — the students finding their feet, the private practitioners building sustainable businesses, and the volunteers who give of their time and skills without hesitation. Each story in these pages is a reminder that physiotherapy is not just a profession; it is a commitment to movement, health, and humanity.

As you read through this issue, may you feel connected to a greater collective, inspired by the progress we've made, and energised for the months ahead. There is still so much more to do, and so many more lives to move.

With warmth and appreciation,

*Diana Coetzer*





# UWC PHYSIOTHERAPY DEPARTMENT ACKNOWLEDGES MENTAL HEALTH AWARENESS MONTH WITH A WELLNESS WORKSHOP

Written by Dr Farhana Karachi

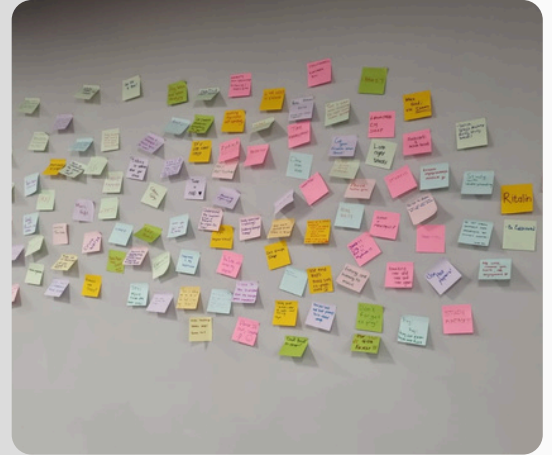
In May 2025, the University of the Western Cape (UWC) Department of Physiotherapy marked Mental Health Awareness Month by hosting a student wellness workshop titled “Mental Health in Physiotherapy: Coping with Exam Stress and Preparing for Exams – Taking Care of You!” The workshop was designed to support students in managing stress and anxiety ahead of the examination period.

## The Impact of Exam Stress on Student Wellbeing

Stress and anxiety before exams can be debilitating. According to Jerrim (2022), these feelings often result in difficulty concentrating, procrastination, and poor study efficiency. During exams, students may experience mental blocks, forget important information, or struggle to focus. These issues negatively impact academic performance and overall wellbeing, making mental health support essential in higher education.

## Collaborative Wellness Initiative

The workshop was a collaborative effort led by Mrs Maylene Salo (Physiotherapy Student Wellness Liaison) and Dr Farhana Karachi (Undergraduate Physiotherapy Programme Coordinator), together with Ms Carrie Smorenburg from the Centre for Student Support Services. It was scheduled just before the examination period, which allowed students to apply the tools and strategies immediately. The strong attendance reflected a clear demand for initiatives that promote mental wellbeing.



Wall of advice and encouragement for coping with stress and anxiety during exams



Activity facilitated by Mrs Smorenburg



Fourth year class representatives sharing advice on coping with exam stress and anxiety



Group fun

## Classified

Durban Sports Medicine – a multidisciplinary practice with 26-year history. Full-time physiotherapist needed to work for practice in a learned multidisciplinary set up as well as in a gym environment. Huge mentoring and upskilling programmes internally.

Clint 0829221218, [www.kpmed.co.za](http://www.kpmed.co.za), [clinton@kpmed.co.za](mailto:clinton@kpmed.co.za)

## A Safe and Practical Approach

Ms Smorenburg facilitated the session in a supportive and open environment, where students could comfortably discuss their experiences of stress, performance pressure, and balancing academics with personal life. The workshop included:

- Psychoeducation on stress and its effects on daily functioning
- An individual stress assessment activity
- Group reflections to contextualise experiences

Students were also introduced to effective coping tools, such as:

- The **'butterfly hug'** tapping technique for anxiety relief
- The **5-4-3-2-1** grounding sensory technique to promote calm
- A collaborative **"wall of advice and encouragement"** made from shared study tips written on post-its

A brief self-care plan was developed during the session to guide students through the exam period with practical, individualised strategies.

## Peer Perspectives on Coping with Stress

Fourth-year student leaders, Mr Austin Adams and Ms Tshegofatso Makuse, shared their personal experiences and insights on managing academic stress throughout the physiotherapy programme. They provided practical advice for each year level and emphasised the importance of reaching out for support. Their message encouraged students to break the stigma surrounding mental health and to recognise that resilience is strengthened through connection and collaboration.

## Closing Remarks and Final Reflections

The event concluded with a vote of thanks from Student Representative Council Chair, Ms Mieke Siebritz, also a fourth-year physiotherapy student. To wrap up the workshop on a positive note, students enjoyed a short dance session designed to shake off stress and anxiety – a light-hearted moment appreciated by all.

**ACADEMIC SUCCESS IS CLOSELY  
LINKED TO MENTAL AND  
EMOTIONAL WELLBEING**



Lecturers partaking in the 'Butterfly Hug' tapping and 5-4-3-2-1 sensory grounding techniques

## Looking Ahead

The feedback from students and staff highlighted the importance of developing self-awareness, compassion, and proactive coping strategies during demanding academic periods. The workshop was a timely and impactful reminder that academic success is closely linked to mental and emotional wellbeing.

The Department of Physiotherapy is committed to continuing similar initiatives in the future, addressing a range of mental health and wellness challenges faced by students and staff at UWC.



## TRANSACT patches

offer unique LAT technology which releases active flurbiprofen over **12 hours**<sup>1,2</sup>

**SA's #1  
Pain Relief  
Patch\***



LAT = Local action transcutaneous

\* Based on internal analysis by Reckitt Benckiser Pharmaceuticals (PTY) Ltd using data from the following source: Iqvia TPM MAT Sept 2024. ATC3: M2A – Topical Anti-Inflammatories patches constructed. Brands measured in units, reflecting estimates of real world activity. Copyright Iqvia. All Rights Reserved.

**References:** 1. Transact professional information approved by the medicines regulatory authority. 27 May 1994.  
2. Marlens, M. Efficacy and tolerability of a topical NSAID patch (local action transcutaneous flurbiprofen) and oral diclofenac in the treatment of soft-tissue rheumatism. *Clinical Rheumatology*. 1997;16(1):25-31.

## Flurbiprofen 40 mg

© Transact. Each patch contains 40mg Flurbiprofen. Reg number 28/3.1/0268. Business name and address of the holder of the certificate of registration: Reckitt Benckiser Pharmaceuticals (Pty) Ltd., 8 Jet Park Road, Elandstonlein, 1601. Customer Care Line: 0861 11 11 00. RT-M-v1Sodm.





# CANCER SURVIVOR DAY 2025

Written by Leona van Wyk

In partnership with the Oncology SIG, the Western Cape GEC celebrated Cancer Survivor Day on 2 June 2025 at N1 City Hospital's Oncology Unit.

Twenty-one cancer survivors attended to learn how physiotherapy can support recovery and help manage symptoms. Many were surprised by the vital role physio can play in their wellbeing.

The session sparked engaging discussions, followed by informal interaction over tea and treats. Sweet platters were provided using SASP centenary vouchers, while N1 City supplied savoury platters and refreshments.

Thank you to Marilyn LaMeyer for hosting us, Lomé Prinsloo for her valuable input, and Rosalin Grunewald and Annemarie Steyn for their support. 



## DID YOU KNOW?

## G | CFP

GARRUN  
COVER FOR  
PROFESSIONALS

Clients of Garrun CFP have access to one of the most comprehensive medical malpractice insurance policies in South Africa.

**Exclusive Cover:** Our policy automatically includes medical scheme audit investigations and related defense costs up to R25,000 per policy period - a benefit that many insurers offer only at an additional premium.

**24/7 Legal Helpline:** Expert legal assistance at no extra cost, saving you thousands annually.

**Specialist Expertise:** Cover placed with iTOO Special Risks (Pty) Ltd, leaders in liability insurance.

Experience the confidence of comprehensive cover—  
because your protection is our priority.

**Website:** <https://cover4profs.co.za/sasp/>

**Email:** [info@cover4profs.co.za](mailto:info@cover4profs.co.za)

**WhatsApp number (text only):** 076 284 8108

**Telephone number:** 011 794 6848

Garrun CFP (Pty) Ltd is an authorised financial services provider (FSP. 25426)

# EMPOWERING CONVERSATIONS IN SEXUAL HEALTH: HIGHLIGHTS FROM THE 2024 SASHA CONFERENCE

Written by: Lauren Ellis



## A Gathering of Experts

The Southern African Sexual Health Association (SASHA) hosted its biannual conference from 19 to 20 October 2024 at The Capital on the Park in Sandton. Under the theme “Exploring New Horizons in Sexual Health,” the event brought together an inspiring line-up of professionals passionate about advancing inclusive, evidence-based sexual healthcare in Southern Africa.

## Creating Connections Across Disciplines

The two-day event offered a vibrant platform for learning, collaboration, and networking. Attendees included medical doctors, psychologists, sexologists, physiotherapists, and other allied health professionals. Together, they shared knowledge and resources to empower healthcare providers across disciplines to better support patients in the realm of sexual health.



## Spotlight on Physiotherapy: Monique Koopman Takes the Stage

One standout presentation came from Monique Koopman, a respected physiotherapist based in Cape Town. Monique works in private practice and manages the Tygerberg Urogynae physiotherapy clinic, a government facility focused on treating female pelvic floor and sexual dysfunction. Her scope of practice includes a range of conditions such as urinary and fecal incontinence, pelvic pain, sexual dysfunction, and complications arising from cancer treatments like mastectomy and prostatectomy.

## Leadership in Action

In addition to her clinical work, Monique plays an active leadership role in the profession. She currently serves as Deputy President of the South African Society of Physiotherapy (SASP) and chairs the Membership Committee for SASHA. Her dedication to professional advocacy and education was clearly reflected in the powerful delivery of her talk. Monique used her session to highlight female pelvic floor dysfunction, an area often neglected in broader sexual health conversations. She addressed complex conditions such as dyspareunia (painful intercourse), vaginismus, pelvic pain syndromes, and urinary incontinence—emphasising their wide-reaching effects on physical health, emotional wellbeing, intimacy, and relationships.





## Real-World Insights and the Biopsychosocial Approach

Drawing from her dual roles in both public and private healthcare, Monique shared practical insights into patient care. She stressed the importance of using a biopsychosocial model, one that looks beyond anatomy to consider emotional health, trauma history, cultural norms, and social support. This holistic approach, she explained, is essential for effective and compassionate care.


## The Call for Early Intervention and Integrated Care

A key theme in Monique's message was the need for early, individualised intervention. She cautioned that even seemingly minor pelvic floor issues can escalate if left untreated, often resulting in chronic pain and emotional distress. Her vision includes integrated care pathways that involve a team of healthcare professionals—physiotherapists, GPs, gynaecologists, psychologists, and sex therapists—working together to provide trauma-informed and comprehensive support.

## Changing the Conversation Around Sexual Wellness

Monique's presentation received overwhelmingly positive feedback and sparked thoughtful discussion. It served as a powerful reminder that pelvic health is central to sexual wellness and must be recognised as such in both clinical practice and public health discourse.

## Thank You, Monique

By placing physiotherapy at the heart of sexual health conversations, Monique Koopman helped shine a light on how collaborative, patient-centred care models can significantly improve outcomes and quality of life. Her advocacy continues to make a meaningful difference, especially for women whose symptoms are too often misunderstood or dismissed. Thank you, Monique, for your unwavering commitment to pelvic and women's health—and for being a voice of leadership in this essential field. 



Data Spot-On Management  
21 years experience in Physio Billing

Improved Cashflow  
No Paperwork Hassles  
Serving Nationwide

DATA SPOT

079 747 7786

www.dataspoton.co.za



PHYSIOTUTORS

# JOIN TODAY & BECOME THE BEST CLINICIAN YOU CAN BE

- ✓ Join the 80.000+ community
- ✓ Learn from experts, research and discover
- ✓ More than 1.000 articles, podcasts, events & more



**SIGN UP FREE**

[physiotutors.com/membership](https://physiotutors.com/membership)

Over 800 resources

- 80+ Blogs
- 150+ Research reviews
- 50+ Clinical patterns
- 70+ Podcasts

300+ orthopedic tests

Live events & Webinars

00:09 15:13

NO.1 PHYSIOTHERAPY COMMUNITY



# PHYSIOTHERAPY SHINES AT THE 21ST OUTENIQUA CHAIR CHALLENGE

Written by: Johanna Pretorius



The year began with uncertainty as the annual Outeniqua Chair Challenge (OCC) faced cancellation due to a lack of funding. Thankfully, a major sponsor stepped in, and the prestigious event for disabled athletes across Southern Africa went ahead on 15 March 2025 in George.

Around 600 athletes from across the region, including Cape Town, Worcester, Mossel Bay, George, Ghana, Zimbabwe, Namibia and Botswana, took part. One of the highlights was Cape Town's Stuart McCreadie completing the 42 km race in an impressive 1 hour and 10 minutes.

Thanks to Leona van Wyk from Western Province for assisting with promotional materials and to the six dedicated physiotherapists who provided hands-on care for sore shoulders, backs and other race-related niggles. Our physiotherapy table and banners at the registration point offered a chance to welcome athletes, hand out pens and share good luck wishes.



We were touched by many personal stories, including a woman who proudly mentioned she still uses the pen she received at last year's race. Another participant shared how the 5km race is the only time she gets out of bed and out of the house—highlighting just how meaningful this event is for so many.



In recognition of our contribution, the OCC Committee awarded the Physiotherapy Society a framed certificate for our continued support and service. We're already looking forward to the 2026 event, with even more physiotherapists keen to get involved in this truly special day.

A huge thumbs up to our profession for making a difference at the 21st OCC! 





# GLOBAL INNOVATION, LOCAL IMPACT: REFLECTIONS FROM THE WORLD PHYSIOTHERAPY CONGRESS IN JAPAN

WRITTEN BY DALE LINSTRÖM

Standing in the heart of Tokyo, surrounded by the dazzling lights and energy of one of the world's most iconic cities, I felt the weight of both responsibility and opportunity. Representing South Africa's neuromusculoskeletal (NMS) physiotherapists on a global stage through the SASP and IFOMPT was both humbling and exhilarating. The Tokyo International Forum buzzed with energy—over 5,000 physiotherapy professionals from across the world gathering in a space alive with new research, multilingual conversations, and idea exchanges that could shape the future of physiotherapy. Amidst the crowd, I was thrilled to spot around 50 fellow South Africans who had also made the journey. Pride swelled in me—our country was well represented, standing shoulder to shoulder with the best in the world.



## IFOMPT Pre-Congress: Shaping the Future of Manual Therapy

Before the main Congress began, the IFOMPT Pre-Congress Meeting at Tokyo Metropolitan University laid a strong foundation. As South Africa's NMS representative, I participated in critical discussions about IFOMPT's strategic direction and the future of manual therapy and rehabilitation.

We explored how global trends can be effectively translated into local practice. It's always a balancing act—adopting international standards while preserving the unique strengths of South African physiotherapy. The dialogue was honest and inspiring, highlighting both challenges and exciting opportunities.

That evening, we gathered for an IFOMPT family dinner, enjoying traditional Japanese cuisine—a cultural and professional experience all in one!



## Congress Highlights: Learning, Laughter and Legendary Networking

From 29 to 31 May, the official Congress offered more than just insights into manual therapy. While I thoroughly enjoyed sessions on advanced techniques and clinical updates, I also explored broader themes—physiotherapy in war-torn regions, women's health, aging clinicians, ecological frameworks—all contributing to a deeper understanding of our evolving profession.

The opening ceremony was a beautiful celebration of Japanese culture, precision and hospitality. World Physiotherapy President Dr. Mike Landry, along with other regional leaders, welcomed us with inspiring messages. A fun debate sparked curiosity—what should we call a gathering of physiotherapists? Suggestions included a stretch, a flex, and even a triumph of physios. Dr. Landry's final verdict?

"An inspiration of physiotherapists." How fitting, after such an energising and motivating event!

The welcome reception was unforgettable, filled with authentic Japanese food, traditional performances, and laughter shared among new international friends. Networking with a side of sushi? Yes, please!



The closing ceremony was just as special, especially as two SASP members—Helen Myezwa and Conran Joseph—were honoured with prestigious regional platform awards. A massive congratulations to them both for flying the South African flag high!

The event wrapped up with a spectacular Mexican-themed handover, announcing Guadalajara, Mexico, as the host of the 2027 World Physio Congress. Start saving—it promises to be another unforgettable adventure!



### Themes That Will Shape South African Practice

Several key themes emerged from the Congress that are especially relevant for South African NMS physiotherapists:

- Manual Therapy Standardisation – Emphasising evidence-based, accessible and safe practices globally.
- Technological Integration – Innovations like AI-assisted rehab, wearable biomechanics, and remote therapy platforms are transforming patient care.
- Pain Science and Collaboration – Integrating pain neuroscience with manual therapy using a holistic biopsychosocial model.
- Sustainability – A growing conversation in global physio, encouraging eco-consciousness in our professional decisions.
- Advanced Practice – An area still developing, globally and locally, which requires collaboration with stakeholders beyond the physio profession.

### The IFOMPT Stand: A Hub of Activity

If there had been an award for the most interactive exhibition stand, IFOMPT would have taken it! Over three days, the team created a lively space filled with fun challenges, skill tests, conversations and competitions—all showcasing the evolution of manual therapy.

The NMS Networking Session was another highlight, bringing together passionate professionals from around the globe to share perspectives and forge meaningful connections.

### Final Thoughts: Bringing Global Insights Home

Attending the World Physiotherapy Congress wasn't just about travel and presentations—it was about bringing new perspectives, fresh ideas, and renewed energy back home.

Looking ahead, strengthening academic standards, maintaining IFOMPT benchmarks in our Master's programmes, and updating our ANMS Course to reflect global best practices will be essential steps forward for South Africa.

And with the countdown to Mexico 2027 already underway, there's much to look forward to.

Until then, let's keep learning, growing and proving that South African physiotherapists belong on the world stage.



# LET THE GAMES BEGIN: A DAY OF INCLUSION, LAUGHTER, AND UBUNTU IN DOBSONVILLE

Written by: Laeeqa Sujee

“Ready, set, go... let the games begin!”

The week leading up to the event may have been gloomy, with grey skies and persistent rain, but in true African spirit, the weather was not seen as a setback, but as a blessing. Rain, after all, symbolizes renewal and hope. And on 11 April 2025, the clouds parted to reveal a brilliant blue sky and sunshine, setting the stage for a day that would be uplifting and unforgettable. The sun gleamed brightly, a perfect metaphor for the anticipation in the air. The clear sky filled hearts with reassurance that the day would be a success.

Coinciding with World Parkinson’s Day, a vibrant Community Sports and Fun Day for People with Disabilities (PWDs) was held at the Kopanong Centre in Dobsonville. The event was a collaboration between Phila Sonke Wellness Initiative (PSWI) and Lead Change Developments, with generous sponsorship from Debonairs Pizza and aQuellé Water.

This inspiring initiative was born from the shared vision of the Phila Sonke directors, their beneficiaries, and therapists from McCulloch Harrison & Partners – Rehab Matters. Their goal was clear: to create a space where inclusivity, joy and the spirit of Ubuntu could flourish through sport and community connection. Initially, the word “sports” created some concern among potential participants, many of whom feared the day would be exclusive to people without disabilities. However, through a targeted awareness campaign in the two months leading up to the event, these fears were gently dispelled. Participants came to understand that every activity would be adapted to suit a wide range of physical and intellectual disabilities. Everyone would be included. This included people who use wheelchairs for mobility, those with visual impairments, and individuals with intellectual disabilities.



Participants playing board games



Phila Sonke Wellness Initiative spinal cord injury survivor playing swing ball



All participants and therapists participating in relay games





Phila Sonke Wellness Initiative stroke survivor handing out fruit to participants



The Phila Sonke Wellness Initiative Implementation team

## And included they were.

Nearly 120 participants arrived on the day, radiating excitement and energy. A wide variety of games—both traditional and modern—ensured diversity and accessibility. From board games like Ludo, Chess, Dominoes, Drafts and Morabaraba, to physical activities such as soccer, shotput, swing ball, relay races, and even wheelchair races, the programme reflected thoughtful planning and cultural relevance. Every activity was designed to be inclusive, meaningful—and most importantly—fun.

The day began with registration, where attendees received welcome packs that included fruit, bottled water, and energy bars. As people mingled and connected, informal games began to warm everyone up and break the ice. The official programme followed, featuring energetic soccer matches, competitive board games, and friendly races that filled the grounds with cheering, laughter and smiles.

By midday, Debonairs Pizza served lunch, while aQuellé Water added a refreshing splash of flavoured water to the mix, enhancing the festive atmosphere. As the day came to an end, faces were still glowing with happiness—and one question echoed among the crowd:

“When are we doing this again?”

More than just a fun day, the Community Sports and Fun Day served as a powerful reminder: disability does not mean inability. It reinforced that disability should not limit participation, social interaction, or the right to adventure, play and joy. The event challenged stigma and replaced it with celebration. It redefined what “sport” means and who gets to participate.

As one stakeholder put it so perfectly:

“If it’s not accessible, it’s not acceptable.”

And on that day in Dobsonville, accessibility won. 



Left to right: Phiishe Matlala (Biokineticist), Itumeleng Sithole (Social Worker), Sharon Maritz (Physiotherapist), Alexia Barbis (Occupational Therapist), Laeeqa Sujee (Physiotherapist), Amy Harrison (Physiotherapist)



Phila Sonke Wellness Initiative spinal cord injury and TB spine survivors participating in wheelchair races




# WELLNESS DAY AT ADENCO – PROMOTING HEALTH AND SAFETY IN THE WORKPLACE

Written by Luan Wakefield and the Physio4All Team

Adenco Construction, a leading infrastructure and electrical company in the Western Cape, recently hosted a successful Wellness Day as part of their commitment to employee health and safety.

Physio4All, led by Luan Wakefield and his team, delivered an engaging session focused on practical health topics relevant to the workplace. Key areas included:

- Ergonomics and safe working postures
- Correct lifting techniques to prevent injury
- Understanding physiotherapy and its role in recovery and performance
- The importance of movement and body awareness in long-term health

Staff participation was enthusiastic, with thoughtful questions and a clear interest in applying these principles. The session added real value to Adenco's wellness efforts and highlighted physiotherapy's role in occupational health. 



CLICK HERE 

More  
**Flexible**  
THAN YOUR CLIENTS

ONLINE BOOKINGS | INVOICING  
PAYMENTS | AUTOMATED REMINDERS  
ONLINE FORMS | CLIENT NOTES  
VIDEO CALLS | AND MUCH MORE!

BUSINESS ADMIN, EASY.

 **Bookem**



SIGN UP FOR YOUR FREE 21 DAY TRIAL AT [BOOKEM.COM](https://bookem.com)



# NEXUS GQEBERHA: TRANSFORMING PRACTICES INTO THRIVING BUSINESSES

WRITTEN BY DALE LINSTRÖM

SASP'S COMMITMENT TO  
TRANSFORMATION THROUGH  
EDUCATION AND  
IMPLEMENTATION

The recent NEXUS event in Gqeberha, held on 21 June and hosted by the Private Sector Group (PSG), was a dynamic and valuable experience for physiotherapists looking to elevate their private practices. As the first in-person PSG event, expectations were high—and the day certainly delivered, reconnecting members while offering vital practice management insights.

With the SASP's commitment to transformation through education and implementation, the event provided a comprehensive and practical look at what it takes to run a successful private physiotherapy practice.

## A Day of Learning, Networking and Growth

The day began with a “Breakfast Buzz & Morning Mingle”, allowing participants to enjoy a relaxed walk along the stunning boardwalk before diving into a full and inspiring programme. The positive energy and excitement were palpable and set the tone for a productive day.

Lizl van Heerden, PSG Chairperson, opened the event with a warm welcome, followed by Karen Coertze, PSG Liaison Officer, who offered a helpful overview of the SASP structure and PSG's role within it.





## Key Topics Covered

Throughout the day, a range of expert speakers tackled essential topics across multiple aspects of practice management:

- Business Essentials
- Dinesree Ellie (Standard Bank) shared insights on business setup and financial management, giving attendees practical financial knowledge.
- Legal and Ethical Considerations
- Sessions covered HR matters (Elliot Attorneys), Norms and Standards (Dale Linström), HPCSA Ethical Rules and POPIA compliance, ensuring practices stay aligned with current regulations.
- Financial Acumen
- Jitesh Jairam (Genoa) gave a valuable presentation on medical practice valuations, helping participants understand the worth of their practices.
- Practical Skills
- Updates on coding and record keeping provided tangible strategies to boost efficiency and ensure HPCSA compliance.
- Navigating Challenges
- Toppie Faurie (CODICOM) addressed payment and audit challenges, while other sessions shed light on funder audits and managing financial processes.
- Marketing and Growth
- “Making Waves” explored practical social media strategies, empowering attendees to build a professional and engaging online presence.

## Connection and Community

Between sessions, attendees enjoyed lively “Mug Moments” during tea breaks, and the “Move & Munch” sponsored lunch created the perfect space for socialising and recharging. These moments were just as valuable as the learning, fostering camaraderie among colleagues.

The event ended with a “Query Quest & Feedback Flare” where attendees could ask questions, share insights and provide input to help shape future NEXUS events. The day wrapped up with a final thank-you from Karen and Lizl, who acknowledged the effort, enthusiasm and willingness of all present to learn and grow.

## Thank You to Our Team and Sponsors

Special thanks go to Lizl van Heerden, Karen Coertze (PSG), Marion Dawson (SASP EC Office) and all our generous sponsors for making this event such a success.



## Feeling the FOMO? Don't Miss the Next One!

If this recap sparked a little FOMO, don't worry—the next NEXUS event is coming to Johannesburg this October! Whether you're looking to transform your practice, reignite your passion or gain a competitive edge, this is an opportunity not to be missed.

Watch your weekly course update emails for registration details. See you there!



## What Participants Had to Say

- “Huge thanks to you too for facilitating an informative day filled with fun and laughter.”
- “Thank you for an enjoyable and informative day. So pleased that I attended!”
- “Thank you for all the effort and information. A day well spent.”
- “Thank you for a very informative day. We appreciate all your hard work to arrange such a successful event.”
- “Thanks to all the sponsors, organisers and presenters for a wonderful, inspiring day. So much was learnt and appreciated.”
- “Thank you for an excellent and well-presented course. You all deserve a feather in your hats!” 🦋

**Arnica Ice<sup>®</sup>**  
**MAXIMUM**  
**MUSCULAR**  
*relief.*



**NEW!**  
Arnica Ice<sup>®</sup>  
**Gel Patches**  
now available

**COOLING GEL, SPRAY & MASSAGE OIL**



**A cooling muscular relief aid for stiffness, soreness, painful muscles, tendons & joints.**

Also effective as pre- and post-workout rub for all muscular aches and pains.



Kyron Laboratories (Pty) Ltd | Reg. no. 1990/004442/07  
29 Barney Road, Benrose, 2094, South Africa  
Tel: +27 11 618 1544 | [info@kyronlaboratories.com](mailto:info@kyronlaboratories.com)  
[www.kyronlabs.co.za](http://www.kyronlabs.co.za)



# THE COMRADES – 2025: A WEEKEND OF STRAPPING, SPIRIT AND SHARED PURPOSE

WRITTEN BY ANDREA (LULU) BECKER

THIS COMPETITION IS MORE  
THAN TAPE AND TECHNIQUE —  
IT'S A CELEBRATION OF HOW  
FAR YOU'VE COME

The Comrades Marathon holds deep cultural, historical, and emotional significance for the people of Durban. It's more than a race. It's a symbol of endurance, unity, and resilience. It's no wonder so many of us see this iconic event as a metaphor for life itself.

As outpatient physios in Durban, most of us have at least one runner (or ten!) on our caseloads. In many ways, their journey mirrors our own — pushing through pain, training through fatigue, and showing up, again and again, driven by purpose.

Two decades ago, I stood at my own starting line — not wearing running shoes, but a lab coat, at the student strapping competition, alongside my fellow 4th-year Wits classmates. It felt surreal that, twenty years later, I was delivering the welcome address as Chair of the KwaZulu-Natal SASP province, this time to the next generation of physios, ready for their own big race. Like Comrades, 219 students from the University of the Witwatersrand (Wits), Sefako Makgatho Health Sciences University (SMU), the University of KwaZulu-Natal (UKZN), the University of the Free State (UFS), and the University of Pretoria (TUKS) gathered with nervous excitement, not at a starting line but at our competition venue. Their war cries replaced running shoes. Tape rolls replaced water bottles. The challenge? Not 90 km of asphalt, but clinical decision-making under pressure.



The energy in the sports hall was electric — much like the buzz at the start of Comrades. Each university brought their A-game, prepared to face scenarios that tested their speed, skill, and teamwork. Wezz Naidoo, our MC, set the pace, calling out injury challenges that required focus, precision, and collaboration.

In my opening words, I told them:

“This competition is more than tape and technique — it's a celebration of how far you've come.”





Just like training for Comrades, these students had invested hours refining their skills. Early mornings, late nights, sacrifices, and setbacks brought them to this point. They're not just future physios — they're training to become the professionals who will stand at the sidelines of someone's toughest run, ready to support, treat, and encourage them.

And, like every great race, this one had its podium finishers:

- 3 SMU claimed third place
- 2 UFS took second
- 1 Wits brought home the gold
- TUKS, with unwavering enthusiasm, were awarded the Spirit Trophy

Of course, no race is run alone.

This one was made possible by Shuaib Rasool, our dedicated KZN GEC marketing rep — our behind-the-scenes race marshal. From securing the venue and handling logistics to feeding participants and even serving as judge, he ensured everything ran smoothly. He also represented SASP at the Comrades Expo, where he and a team of volunteer physios manned the stand in partnership with Hitech.

That stand became its own kind of finish line — a space where preparation met purpose. Throughout the weekend, our physios worked tirelessly, strapping and supporting an endless stream of runners. Like seasoned aid-station crews, they offered strength, reassurance and skilled hands to grateful athletes.

To the students, lecturers, volunteers, and supporters who made this weekend unforgettable: thank you for running this race with us. Whether you're just starting out or well into your stride, may you continue to pace yourselves with passion, precision, and heart.

Because physiotherapy — much like Comrades — is not a sprint.

It's the ultimate human race.

