



# Physical Rehabilitation Services in Nepal



ICRC

IN BRIEF



## PHYSICAL REHABILITATION

Physical rehabilitation helps restore the functional capacity of people who have lost limbs or injured spinal cords, allowing them to carry on as normal a life as possible. It includes both the provision of artificial limbs and other assistive devices which can restore lost capacity and physiotherapy to enable patients learn how to use these assistive devices. It enables people with disabilities to resume their lives independently, to work and to reintegrate into family and community activities.



## ICRC SUPPORT

In 2004, the ICRC in cooperation with the International Nepal Fellowship (INF) started assisting the Green Pastures Hospital in Pokhara. The institution extended its support to the Yerahity Rehabilitation Centre run by the Nepal Army in Kathmandu in 2009. These rehabilitation centres are provided with financial assistance, supplies, equipment and the consumables for fabricating artificial limbs.

The ICRC also sponsors Nepali students to attend the formal three-year training course at the Cambodian School of Prosthetics and Orthotics in Phnom Penh. To enrich their professional experience, the institution organised clinical placements for physiotherapists and prosthetic/orthotic technicians in rehabilitation centres assisted by the ICRC in Cambodia.

In order to improve access to physical rehabilitation services in Nepal, the ICRC introduced a low-cost polypropylene technology for fabricating artificial limbs at both of the rehabilitation centres that it supports. This technology ensures that good quality rehabilitation services are affordable and thus accessible to low income persons.



## SERVICES PROVIDED

Physical rehabilitation centres supported by the ICRC provide custom-made artificial limbs and support devices (orthoses), crutches and wheelchairs designed according to the needs of the patients. Beneficiaries receive physiotherapy to help them learn how to use new devices and to regain their full mobility. People with disabilities who receive wheelchairs have them properly adjusted to avoid further health complications, and are trained on how to use them safely.

People with irreversible disability need follow-up services throughout their lives. They need their mobility aids adjusted or repaired regularly, and replaced once every three years. Therefore, the ICRC works closely with the Nepal Red Cross Society District Chapters to follow up registered patients and to identify new beneficiaries.

To ensure equitable access to these services, the ICRC reimburses travel costs to all amputees including armed conflict-related disabled persons. It also pays for the cost of the entire treatment (fitting) for victims of the armed conflict and other situations of violence. Those who became disabled due to accidents, natural disasters or diseases may have to bear all or some of the treatment cost.



## HOW TO GET ASSISTANCE

People requiring physical rehabilitation services can contact the Green Pastures Hospital or the Yerahity Rehabilitation Centre directly. They can also contact their nearest Nepal Red Cross Society Chapter / Sub-chapter or ICRC offices for further information.



## CONTACTS

**Green Pastures Hospital & Rehabilitation Center,**  
Hariyo Kharka, Pokhara.

**Tel:** 061-431162/430099

**Yerahity Rehabilitation Center,**  
Yerahity, Banasthali, Kathmandu.

**Tel:** 01-4880684/4880689

or

**Nepal Red Cross Society,** Kalimati, Kathmandu.

**Tel:** 01-4272761/4270650 **Fax:** 01-4271915

**E-mail:** nrcc@nrcc.org **Web:** www.nrcc.org

or

**International Committee of the Red Cross,**  
Meen Bhawan, Naya Baneshwor, Kathmandu, Nepal.

**Tel:** 01-4107285/4107279 **Fax:** 01-4107137

**E-mail:** kathmandu@icrc.org **Web:** www.icrc.org

**ICRC Biratnagar**

**Tel:** 021-470639/471358

**ICRC Janakpur**

**Tel:** 041-525126

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