



FACTS AND FIGURES

ICRC PHYSICAL REHABILITATION PROGRAMME IN MYANMAR

IMPACT OVERVIEW 2021-2025



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BACKGROUND

Since 1986, the International Committee of the Red Cross (ICRC) has supported physical rehabilitation services in Myanmar through its Physical Rehabilitation Programme (PRP). Initially focused on serving the wounded people, the programme has grown to become a trusted provider of services for landmine survivors and persons with disabilities nationwide.

As of 2025, the ICRC is supporting 3 physical rehabilitation centres (PRC) run by the Ministry of Health (in Myitkyina, Kyaing Tong, and the National Rehabilitation Hospital in Yangon) and the Orthopedic Rehabilitation Centre run by the Myanmar Red Cross Society (MRCS) in Hpa-an.

These centres, while locally managed, benefit from sustained ICRC support — including components, training, technical expertise, and operational costs. ICRC-supported PRCs represent the majority of civilian rehabilitation services across Myanmar, complementing limited private or military-run facilities.

Total PRP Services in ICRC Supported PRCs	2021	2022	2023	2024	Jan- Aug 2025	Total
Person with disabilities (PWDs) who received services at ICRC supported PRC	2,160	4,230	4,721	4,880	3,216	19,207
Service Users who are Landmine/ ERW Victims		966	1,704	1,818	1,242	5,730
Service Users who are Weapon Wounded		975	1,805	1,863	1,323	5,966
PWDs who received psychosocial support (MHPSS)	171	356	565	698	588	2,378
Prostheses	737	1,263	1,422	1,309	1,096	5,827
Orthoses	314	558	765	875	454	2,966
Walking Aids	861	1,456	1,556	1,391	983	6,247
Wheelchairs	96	195	174	148	97	710
Physiotherapy Sessions	6,015	19,972	26,520	22,775	20,178	95,460
PWDs who had access to sport activities	148	453	454	460	249	1,764
PWDs who obtained productive grants	3	29	75	61	11	179
PWDs received assistance for education		1	6	9	28	44

DELIVERING MOBILITY AND INCLUSION

Since 2021, demand for services has steadily increased. In 2024 alone:



4,880 persons with disabilities accessed care



1,391 walking aids and **148** wheelchairs were provided



1,309 prostheses and **875** orthoses were delivered



22,275 physiotherapy sessions conducted (13,510 individual, 8,765 group)

These services help individuals regain independence, mobility, and dignity — and are critical in areas affected by conflict, displacement, or poverty.

TRAINING THE NEXT GENERATION

To address the national shortage of prosthetic and orthotic (P&O) professionals, the ICRC has scaled up training since 2021:



14 technicians and bench workers sponsored for 1 and 3-year International Society for Prosthetics and Orthotics (ISPO)-accredited training (8 graduated and working in Myanmar, 6 in progress)



9 bench workers completed training at HORC in 2024



200+ local staff trained through ICRC/partner short courses



5 specialists trained in spinal orthotics and wheelchair technology

Since 2021, more than 200 people attended short training courses that have been conducted by the ICRC and partners, strengthening the skills of PRC staff nationwide. International experts also provide on-site technical support, ensuring quality production of orthopaedic devices and mentoring newly graduated personnel.

BEYOND MOBILITY: SUPPORTING INCLUSION

To promote social and economic reintegration, the programme also provides:



MICRO-ECONOMIC INITIATIVE (MEI) GRANTS

63 service users supported in 2024



EDUCATION ASSISTANCE

23 children assisted in 2025

ADAPTED SPORTS ACTIVITIES

460 individuals participated in 2024, including a Paralympic athlete

LOCAL PRODUCTION INNOVATION



Partnerships with HORC and the National Rehabilitation Hospital enabled the production of **3,549 prosthetic feet** in 2024 — durable and adapted to Myanmar's climate. This innovation strengthens sustainability, reduces reliance on imports, and supports service continuity during crises.

EMERGENCY RESPONSE: EARTHQUAKE (MARCH 2025)

Following the 28 March earthquake in central Myanmar, the ICRC:



Deployed **1 international physiotherapist** and **2 P&O experts**



Delivered components, mobility devices, and physio kits



Supported local production and training



Partnered with National Rehabilitation Hospital and Mandalay Orthopaedic Hospital

A training with two physiotherapists (PTs) from Mandalay Orthopaedic Hospital was organized in July, followed by a five-day Pre- and Post-Prosthetic Physiotherapy Management Training held from 1-5 September 2025 at Mandalay Orthopaedic Hospital. The training brought together 10 participants: 3 PTs from Mandalay Orthopaedic Hospital, 4 from Mandalay General Hospital, and 3 from Naypyitaw Hospital.

This timely intervention was only possible due to years of investment in local systems and partnerships.

Through a comprehensive and sustained approach — combining service delivery, capacity building, local production, and inclusion — the ICRC Physical Rehabilitation Programme continues to enhance access to quality rehabilitation care for persons with disabilities in Myanmar.



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