

# What is the Value of PT on a short term GHO mission trip ?

---

Holly Johnson PT, DPT, Cert MDT

# Objectives

---

01

Understand why PT is effective on a short-term mission trip.

02

Understand what type of PT should go on a ST mission trip.

03

What are the most important requirements.

04

Understand in what other ways we can be used.

05

Understand where to get info and equipment for the trip.



“

Musculoskeletal pain is most common pain complaint in the US and the most common reason for an MD visit next to the common cold and flu.

”

After 9 short term mission trips to Central America...

---

I have seen the same findings.... So how do we meet the need?

PTs treat  
musculoskeletal  
pain successfully  
without meds.  
We address the  
cause of the  
pain without  
covering up the  
pain with meds.



Manual therapy  
“Hands on treatment”



Home exercise  
instruction



Home stretches



Pt. and family  
education

# Just like in the states, PTs in the mission field:

01

Teach patients to treat themselves for a life time of wellness.

02

Teach family members to take care of family members.

03

Teach balance coordination and prevent deconditioning.

04

Teach patients not to be afraid of pain ,to manage pain and the purpose of pain.

05

Help geriatric pts. age well with adaptive equipment but don't leave pts in unnecessary equipment.

06

Help family members obtain and maintain adaptive equipment and problem solve when dealing with chronic illness.





# Shala

---

- CP – Spastic diplegic patient
- Received AFOs, Wheel Chair and Walker
- Mom was taught how to do gait training with her and home stretching program.

# Pt. instruction\ Outreach





# Manual PT Cervical and Lumbar





# What PT skills are needed ?

---

- Orthopedics
- Industrial and sports medicine concepts
- Manual Therapy
- Pediatrics
- Geriatrics
- Vestibular and balance
- Differential diagnosis and eval skills
- Problem solving
- Improvising
- Flexibility ( you are going to be stretched )
- Communication skills
- Team players who easily adjust
- Empathy and understanding of different cultures

# PTs \ OTS and prosthetic hands

---

- GHO now has prosthetic hands available with training on how to properly fit them.
- <https://cmda.org/global-health-outreach/>

General video: <https://www.youtube.com/watch?v=bpfeWpy0l2A>

Evaluating an amputee: <http://www.youtube.com/watch?v=j8qzeFFiCpc>

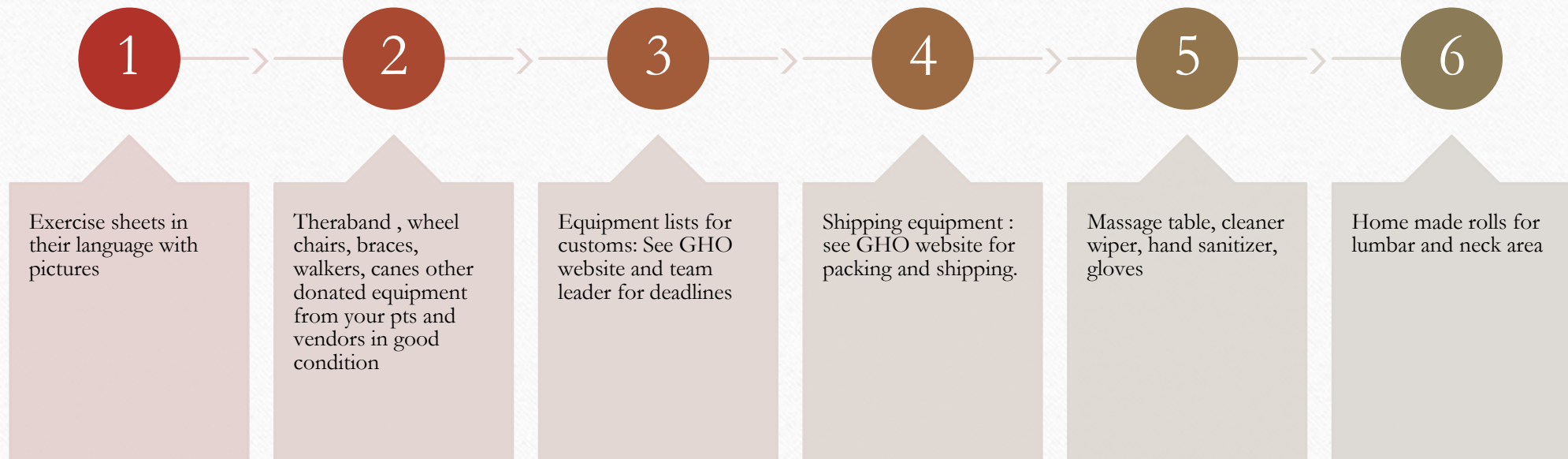
Fitting a hand: <http://vimeo.com/12409098>

Essential grips for using a hand: <http://vimeo.com/12411786>

Another on uses: [https://www.youtube.com/watch?v=D0gCwGD\\_MTk](https://www.youtube.com/watch?v=D0gCwGD_MTk)



# Equipment lists



# PT Clinic with students , local PT , interpreters, waterfalls and a tarantula

---





Other  
Unexpected  
benefits  
from a  
GHO short  
term  
mission trip.



Opportunity to hear from the Lord in QT, Praise and worship , giving testimonies and devotionals.



Teaching Bible study .



Mentoring and Discipleship.



Professional mentorship.

# Ometepe Island , Nicaragua

Pastors and their wives



Women's Bible Study





There is a shortage.

PT train PTs when  
needed for mentoring.

Students with a  
licensed PT .

OTs, PTAs and OTAs  
are a great option  
with licensed  
professionals

We can only do on the  
mission field what we  
can legally do in the  
US.

We need PTs \OTs on every short term trip!!

# Questions\ Discussion

Rick Schurman PT Cert MDT Specialty  
coordinator

[Rick.Schurman@gmail.com](mailto:Rick.Schurman@gmail.com)

920-627-7633

[www.CMDA.org](http://www.CMDA.org) then in the search bar put  
CPTI

[www.CMDA.org/ghotrips](http://www.CMDA.org/ghotrips)

Holly Johnson  
[Hollyjohnson.pt.dpt@gmail.com](mailto:Hollyjohnson.pt.dpt@gmail.com)

Cell 606-524-5847



## Hebrews 12:12-13

---

- <sup>12</sup> So then, brace up *and* reinvigorate *and* set right your slackened *and* weakened *and* drooping hands and strengthen your feeble *and* palsied *and* tottering knees,
- <sup>13</sup> And cut through *and* make firm *and* plain *and* smooth, straight paths for your feet [yes, make them safe and upright and happy paths that go in the right direction], so that the lame *and* halting [limbs] may not be put out of joint, but rather may be cured. (Amp)