



Rehabilitation

For more than 40 years, Humanity & Inclusion (HI) has offered practical, effective, and innovative rehabilitation solutions to improve care in emergency and development contexts. Together, we can ensure the welfare and protection of people with disabilities, injuries, and chronic conditions.

Rehabilitation: A Vital Part of Universal Health Coverage

Globally, the World Health Organization (WHO) estimates that **2.4 billion people are currently living with a health condition that may benefit from rehabilitation.**

Humanity & Inclusion is recognized globally as an expert in rehabilitation and physical recovery. **Founded in 1982, we were the first to respond to the needs of landmine victims on the Cambodian-Thai border during the Khmer genocide.** Concerned that after surgical amputation, people were sent away without any follow-up care needed for their recovery, two doctors started HI. Working with the local community, they made prosthetic limbs from bamboo, leather, and other locally sourced materials. With these custom-fit aids, landmine survivors of all ages regained their independence and became active members of their families and the refugee community.

Since then, our goal to leave no one behind has remained, and more than 40 years later, rehabilitation is still at the heart of our operations.



536,309 people participated in **physical rehabilitation services** with HI in 2023.



According to WHO, **85%-95% of those who need assistive devices cannot access them** in low income countries.



An adult needs a new prosthetic limb every 3 years on average. A child needs one every six months.



We use and invest in innovation: 3D printing, tele-rehabilitation and stimulation therapy.



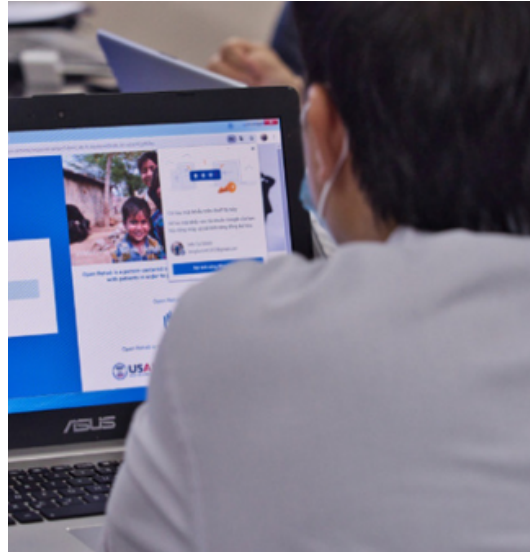
3D Printing

Humanity & Inclusion uses computers and 3D printers to produce custom-made assistive devices, including artificial limbs and braces.

Our health workers use portable 3D scanners to scan a patient's affected limb at their home or local clinic; it takes just five minutes. The information is then sent to a 3D printer, where a technician modifies it using software, which takes about 10 minutes. The pieces are then printed to make the perfect fit. We then assemble the prosthetic or brace and deliver it directly to the patient.

Thanks to 3D printing, the device's production can be carried out from another location without the patient being present.

This process is particularly well-suited to people living in isolated areas or lacking access to rehabilitation professionals. **Our approach reduces health inequalities for people who could not otherwise access services.**



Tele-Rehabilitation

Tele-rehabilitation uses digital technology to facilitate access to our rehabilitation services. With funding from USAID, Humanity & Inclusion developed the Open Tele Rehab app enabling remote rehabilitation in Vietnam.

This allows medical staff to monitor patients remotely without the patient having to travel to the rehabilitation center, which is sometimes far from their home or difficult to reach. **Our goal is to make quality, accessible, and affordable rehabilitation services available to everyone at each stage of their life, particularly in low- and middle-income countries and fragile contexts where the needs are greatest.**



Stimulation Therapy

Severe malnutrition delays infant growth and development, which, if left untreated, can lead to permanent disabilities.

Humanity & Inclusion's stimulation therapy services complement emergency food aid. Our therapists use toys to encourage children to play and give them individual attention.

Play is a therapeutic tool that allows physical therapists to stimulate the children's interest and encourages them to perform movements. These activities stimulate children's motor skills and cognitive development.



The Benefits of 3D Printing

This process requires less time for customization, reduces travel costs back and forth to the rehabilitation center, and improves patients' care and satisfaction. **3D printing does not require large-scale healthcare infrastructures.** This means we need fewer human resources and less heavy equipment than we would for the production of conventional artificial limbs and braces.

"Now I can walk comfortably and perform my church duties without fearing that my prosthetic limb might fall off. I have no pain and discomfort like I had before."

—Eli Batari, HI rehabilitation patient



Eli Batari's Story

Eli Batari is a 35-year-old church leader and South Sudanese refugee who fled his war-afflicted home and now lives in a refugee camp in Arua, Uganda.

He was born with a disability, which resulted in an amputation. When Humanity & Inclusion's team first met him, his artificial limb was worn out, causing him pain while walking, and occasionally, it would even fall off. We identified Eli and took him for a scan in the community center.

Thanks to our award-winning innovation in 3D printing, we took his measurements to create a 3D-printed prosthetic. In September 2023, thanks to the support of donors and partners, Eli received his new prosthetic limb, enabling him to regain independence and dignity.

The Barriers to Accessing Rehabilitation

In many low-income countries, the lack of rehabilitation services and staff leaves a significant gap in the healthcare system. A prime example is in Somaliland, where there are no schools for rehabilitation specialists. The only professionals available are those trained by NGOs like ours, highlighting the crucial role we play in filling this void.

This scarcity is further underscored by the fact that in a country with a population of 3.5 million people, there are a mere **four certified ortho-prosthetists and six trained physical therapists.**

When services do exist, the prominent barrier people face is the cost, especially compared to living in certain countries. For instance, in Rwanda, one prosthetic represents 2,500 pounds of rice, one wheelchair is 1,000 pounds of rice, and 30 physical therapy sessions are 300 pounds of rice. **People are forced to choose between feeding their family and access to healthcare; most of the time, the former comes first, but it shouldn't be a choice. Healthcare is a human right.**

The Difference You Can Make

Often, government and large-scale agency funding is focused on meeting immediate, short-term needs. Unfortunately, long-term needs for communities—such as rehabilitation care—remain but are severely underfunded, straining our capacity to implement services.

With your support, we can ensure that individuals like Eli not only become part of their community but also actively contribute to society, significantly impacting long-term community rehabilitation.

If you are considering making a transformative gift, please contact Anna Custis at DonorServices.USA@hi.org or call us at +1 (301) 891-2138.