

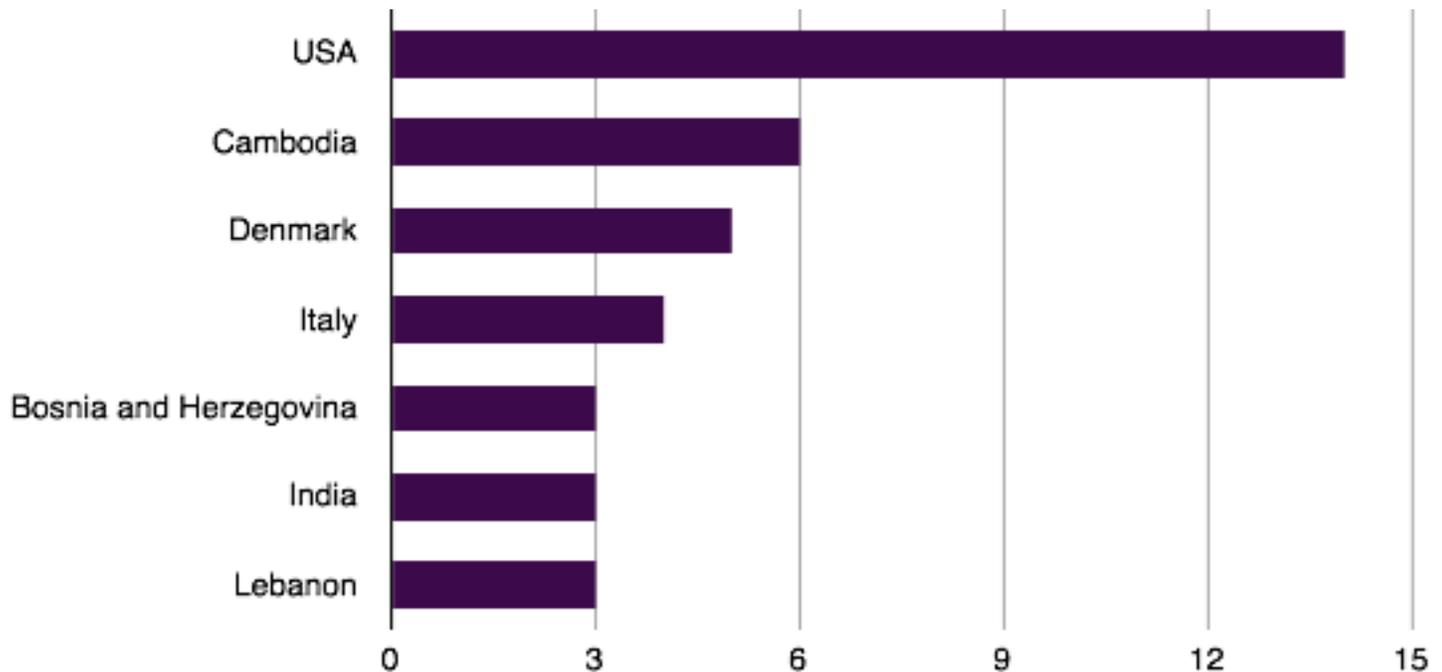


In 2014, CVT conducted a Physiotherapy Survey. Through this survey, we hoped to learn about the physiotherapists working with torture survivors, the availability of physiotherapy services, and the types of clients receiving physiotherapy services. We sent surveys to roughly 200 email addresses and received 87 responses in English, French, and Spanish. We have now compiled the data and are excited to share it with you!

Who Are We?

First, we asked, who are the physiotherapists who are working with torture survivors? **33% of those who answered the survey were physiotherapists.** Other respondents who answered the survey included: organization executives and administrative staff, doctors, nurses, social workers/case managers, psychologists, psychiatrists, lawyers, and an osteopath. Respondents were from torture centers around the world.

Number of Respondents by Country:



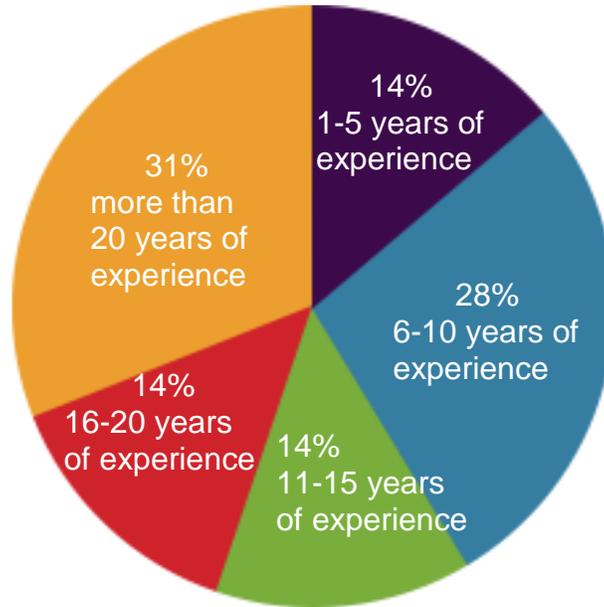
**Countries with two respondents: Australia, Democratic Republic of Congo, Finland, Germany, Indonesia, Jordan, Kenya, Liberia, Palestine, Rwanda, Sri Lanka, Sweden, Turkey, United Kingdom*

**Countries with one respondent: Armenia, Austria, Belgium, Bulgaria, Burundi, Chad, Chile, Ecuador, Egypt, France, Honduras, Ireland, Israel, Kyrgyzstan, Morocco, Nepal, New Zealand, Nigeria, Norway, Romania, Serbia*

Of the physiotherapists who answered the survey, we learned about their level of training and experience. Over 85% of the physiotherapists answering the survey have 6 or more years working as a physiotherapist. **55% of the physiotherapists who responded have been working with torture and trauma survivors for 6 years or more.** And all the physiotherapists who responded have a certificate level of training or higher. This data tells us there is a wealth of experience and wisdom among us - we are a group of highly trained and experienced physiotherapists. The following three questions were required for physiotherapists:

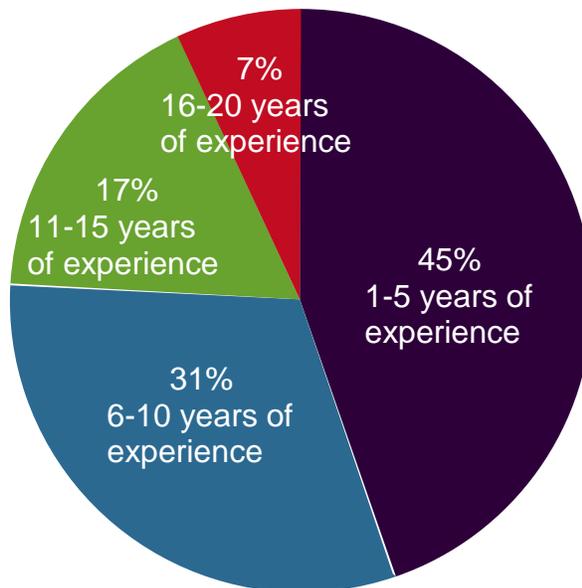
How many years of experience do you have working as a physiotherapist?

- 1-5 years (4)
- 6-10 years (8)
- 11-15 years (4)
- 16-20 years (4)
- more than 20 years (9)



How many years have you worked as a physiotherapist specializing in torture and trauma rehabilitation?

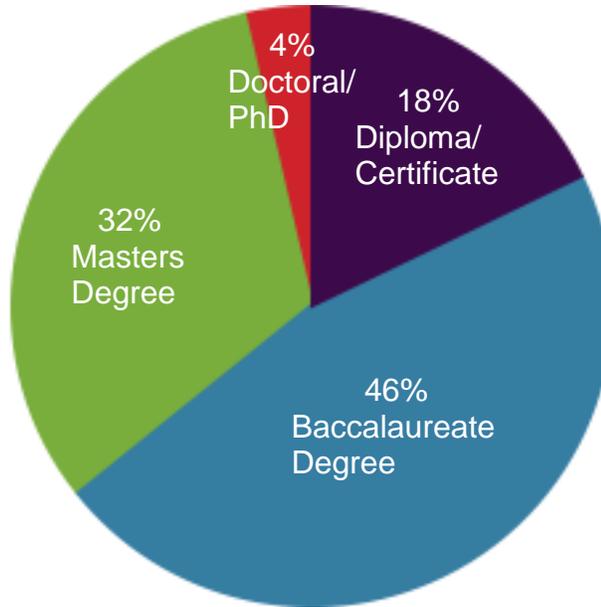
- 1-5 years (13)
- 6-10 years (9)
- 11-15 years (5)
- 16-20 years (2)



**No respondents stated they had over 20 years of experience.*

What is your highest level of training?

- Diploma/Certificate (5)
- Baccalaureate Degree (13)
- Masters Degree (9)
- Doctoral/PhD (1)



**No respondents stated high school as their highest level of training.*

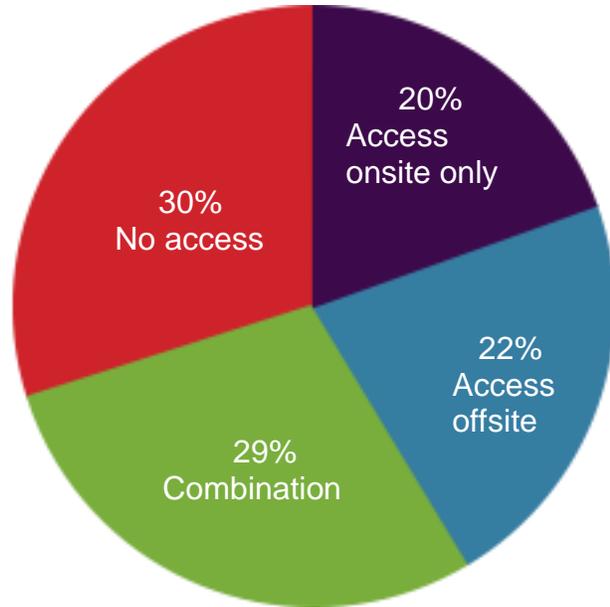
What Are We Doing?

Second, we wanted to know what is being done in physiotherapy for torture survivors around the world. Through this survey we learned about the availability of physiotherapy services and specific modalities used to help torture survivors heal. **Unfortunately, 30% of torture survivor centers who completed the survey still do not have physiotherapy services available to clients. When broken down by region, the accessibility is generally still the same, with no services available for between 25%-45% of the torture survivor centers across regions.** South and Central Asia were the exception - all seven respondents from this region had some level of access to physiotherapy for their clients. Since this region had the smallest amount of respondents, however, we cannot assume this level of access is true across South and Central Asia.

Of the torture centers who have access to physiotherapy, manual therapy, massage, therapeutic exercise, and group exercise are the modalities most often used to help torture survivors heal. This data was consistent when broken down by region as well (see addendum).

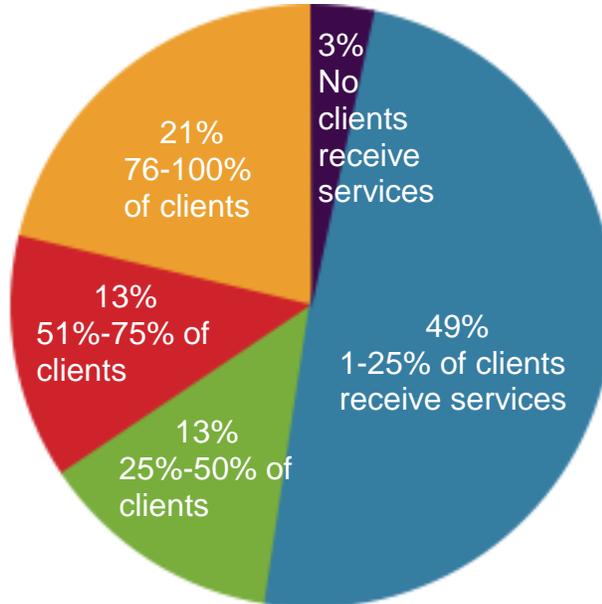
Do your clients have access to physiotherapy?

- Yes - Access onsite only (17)
- Yes - Access offsite by referral (19)
- Yes - Combination of onsite and offsite (25)
- No access to physiotherapy services (26)



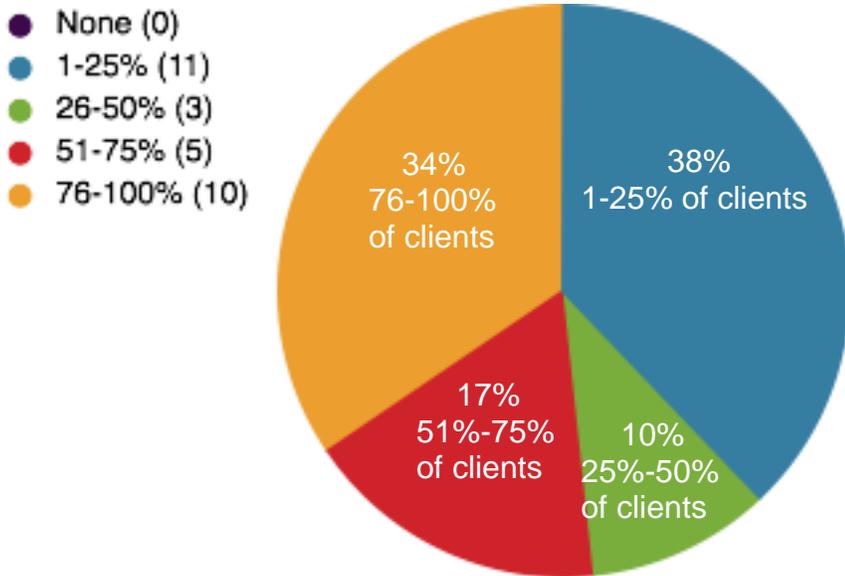
Approximately what percentage of your center's clients receive physiotherapy services?

- None (2)
- 1-25% (30)
- 26-50% (8)
- 51-75% (8)
- 76-100% (13)

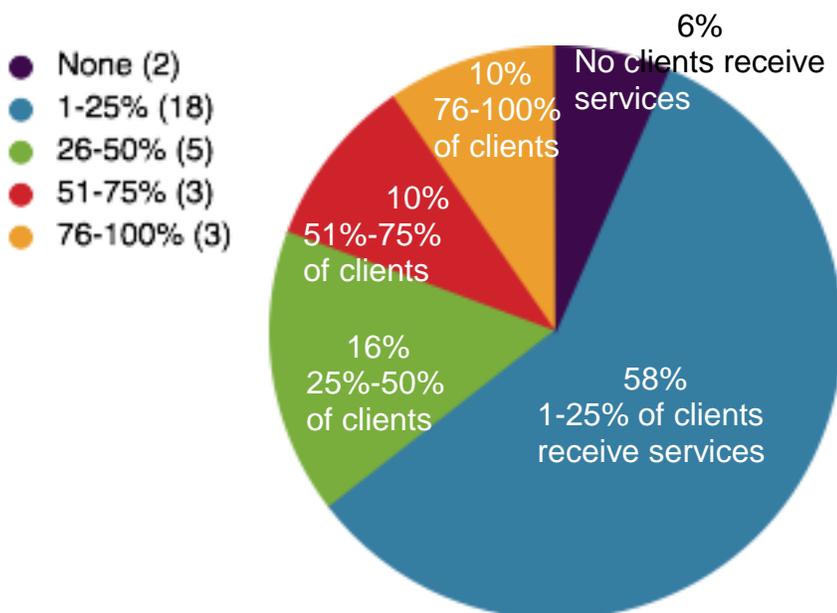


Not surprisingly, if a physiotherapist is on staff at the torture survivor center (as indicated by a physiotherapist answering the survey), the percentage of clients receiving physiotherapy services is increased. This indicates the importance of having physiotherapists on staff in order to increase the availability of physiotherapy for torture survivors.

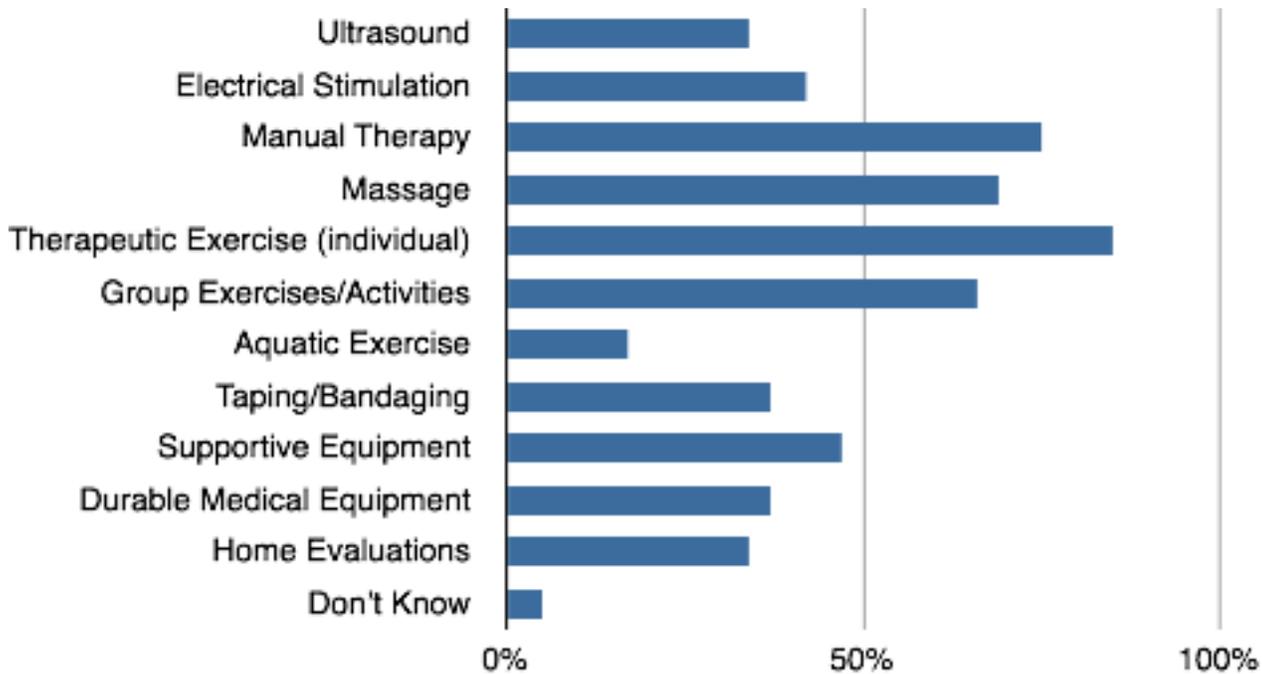
The approximate percentage of a center's clients who receive physiotherapy services *when a physiotherapist is on staff*:



The approximate percentage of a center's clients who receive physiotherapy services *when a physiotherapist is not on staff*:



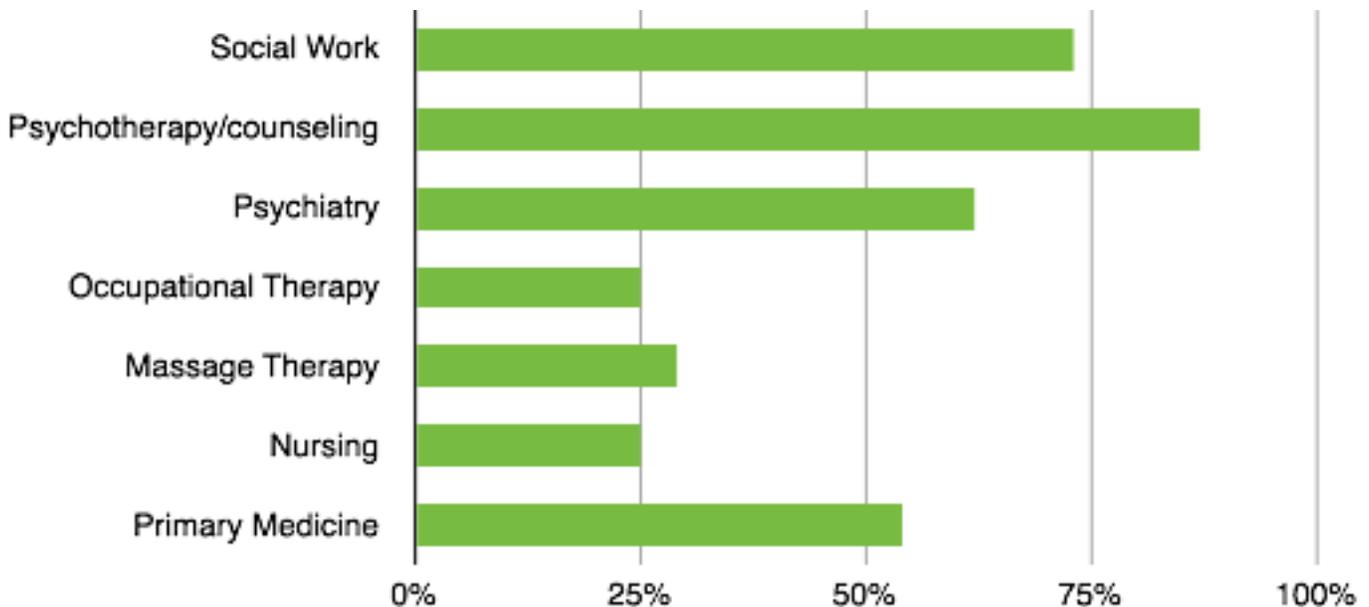
What physiotherapy modalities are available to your clients (please check all that apply):



**Other modalities available, included: graded motor imagery, low level laser therapy, acupuncture, mechanical treatment and diagnosis, dry heat therapy, psychodrama therapy, dry needling, psycho-education, BBAT, family therapy, body awareness training, roxendal, and Feldenkrais method.*

***Durable Medical Equipment not included on the Spanish and French surveys (Total of 11 surveys)*

What other providers are available at your clinic or by referral (Please check all that apply)

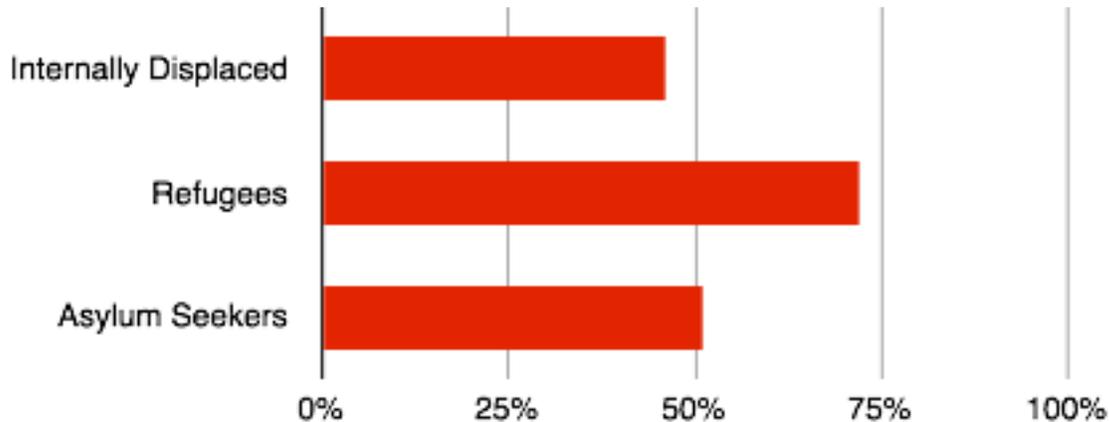


**Other providers available include: specialty doctors (including orthopedic surgeon, neurologists), bandage makers, legal services, tai chi, bower therapy, cranial sacral therapy, family therapy, osteopathy, speech therapy, IQ, special education, financial support, livelihood skills trainings, education support for children, and human rights defenders.*

Who Are We Serving?

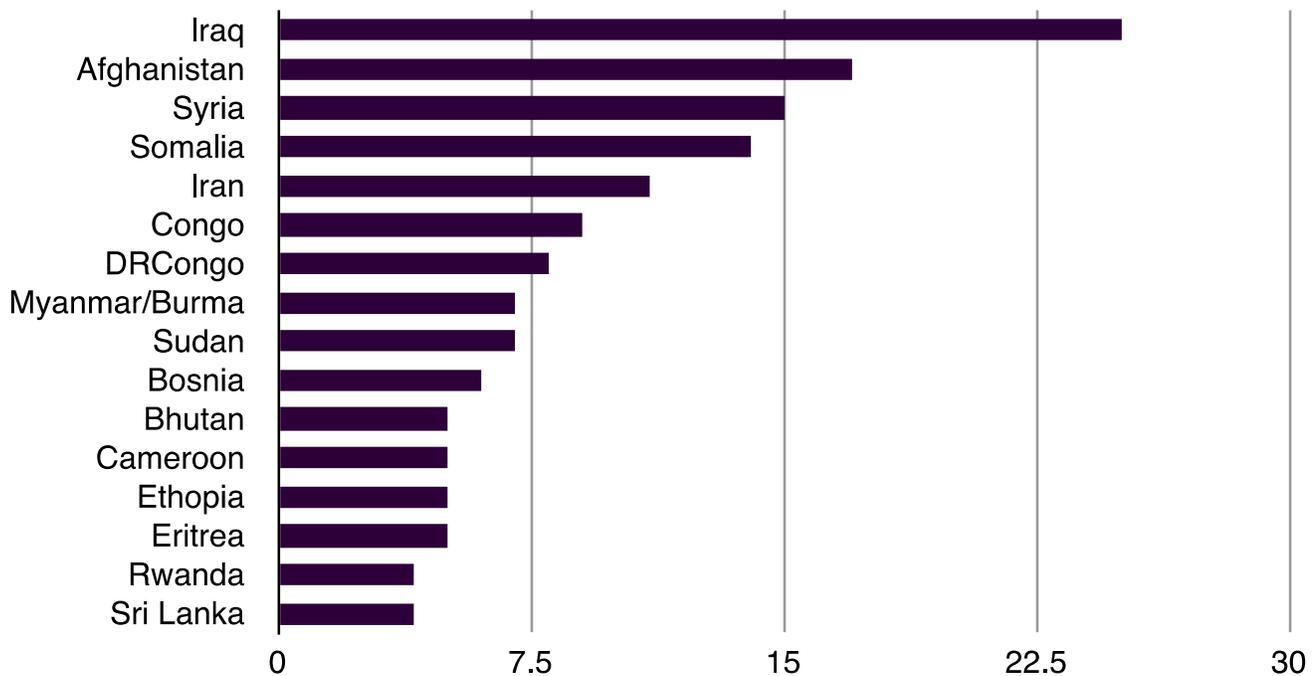
Lastly, we asked questions about the torture survivors we work with. We learned that many of the torture survivors we work with are coming from the Middle East - from Iraq, Afghanistan, and Syria.

Are the clients served at your center: (check all that apply)



**Other clients served include: torture survivors, survivors of war trauma, survivors of genocide, victims of domestic violence, victims of sexual violence, victims of human rights cases, undocumented immigrants, migrants, detainees, ex-detainees, former hostages, prisoners of war, dismissed/ex prisoners, children affected by war, disabled, ex-combatants or veterans, general/local population, mothers of disappeared, and families of prisoners*

If the clients are refugees/asylum seekers, please list 3-5 most common countries of origin



**Countries listed three times: "African countries," or Africa, Chechnya, Guinea, Kosovo, Uganda*

**Countries listed twice: Angola, Central African Republic, China, Colombia, Djibouti, Liberia, Nigeria, Palestine, South Sudan, former Yugoslavia*

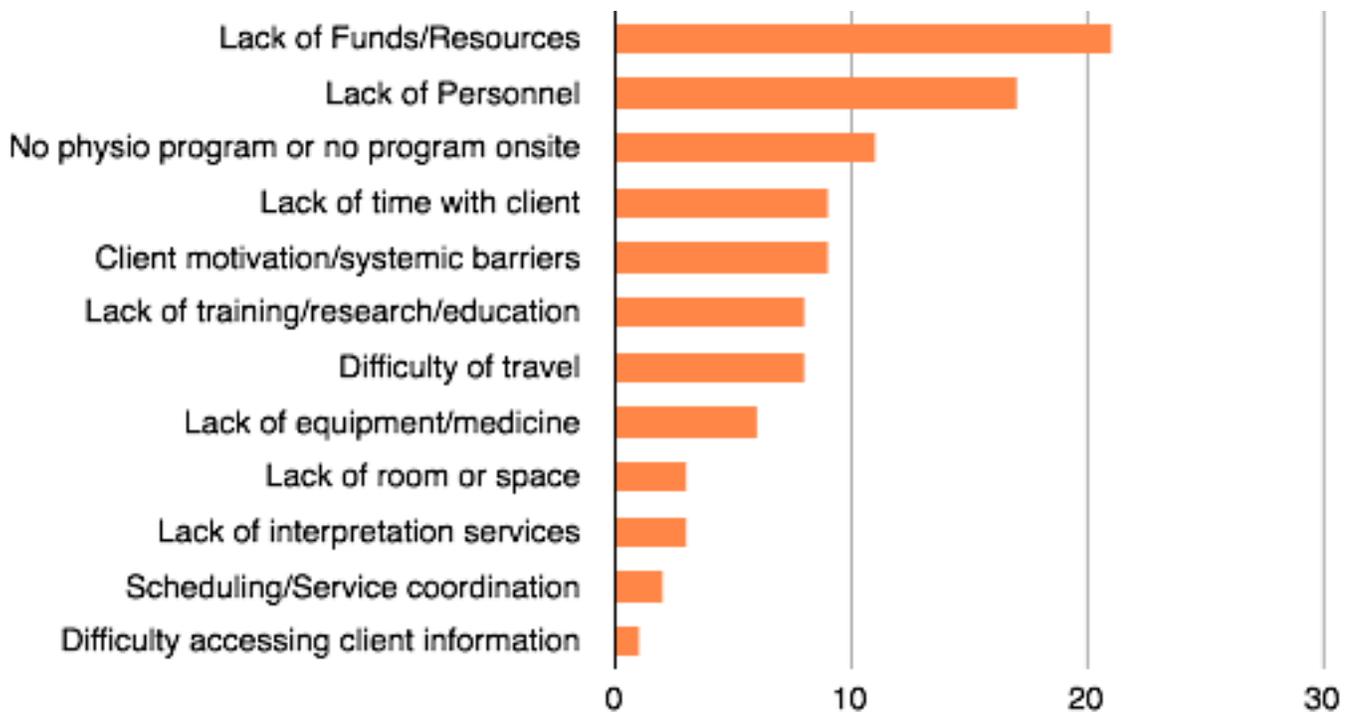
**Countries listed once: Albania, Bangladesh, Brazil, Cambodia, Croatia, Egypt, Ivory Coast, Kurdistan, Laos, Lebanon, Libya, Mali, Nepal, Pakistan, Peru, the Philippines, Senegal, Tanzania, Tibet, Turkey, Ukraine, Uzbekistan*

Where Do We Go From Here?

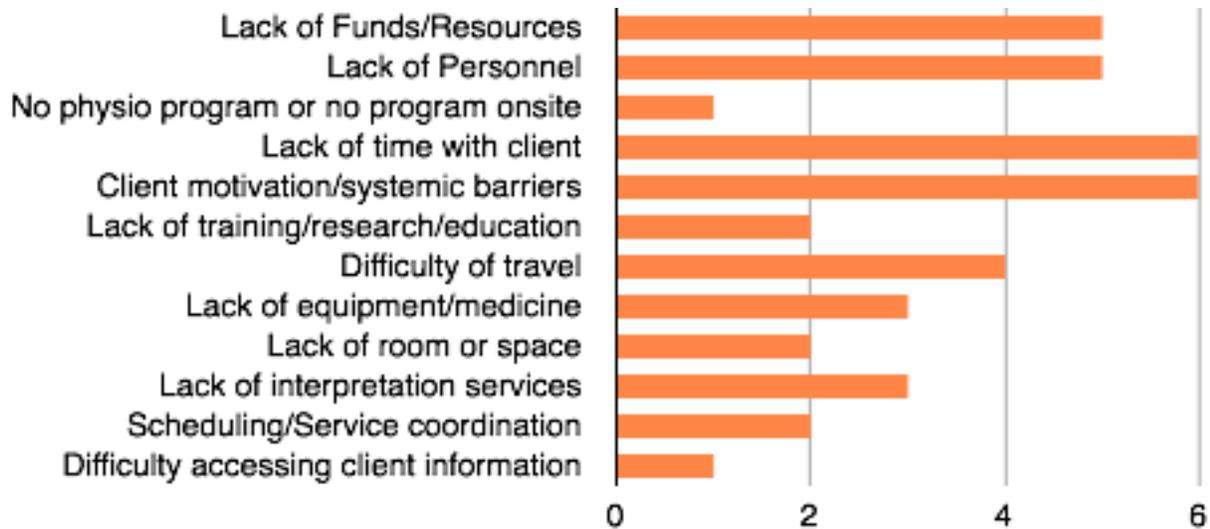
Generally, physiotherapy services are still a new addition to the services offered at torture survivor centers. We know that the inclusion of physiotherapy services is essential to improving the success of a multidisciplinary approach to helping torture survivors heal. However, there are still many challenges and limitations for physiotherapy programs and staff. Through this survey we identified common issues we face as physiotherapists. Our hope is that this survey is the beginning of forming connections and networks that will strengthen our work so we can overcome many of these barriers to improving the lives of torture victims.

For most of the respondents, lack of funds/resources and lack of personnel ranked high as the main challenges and limitations facing physiotherapy programs for torture survivors. When we only look at the physiotherapists' responses, we see that challenges specific to working with clients rank higher, such as difficulty of travel (whether difficulties in clients coming to the clinic, or clinicians visiting the clients), lack of time with the client (such as programs that only allow a set number of visits or a program's inability to follow up with a client), lack of training and research (such as available diagnostic tools and educational materials available), and client motivation (such as socio-economic factors that inhibit the participation of clients in therapy, stigma around therapy, and visa situations of clients).

What are the main challenges and limitations your physiotherapy program and staff encounter?



What are the main challenges and limitations your physiotherapy program and staff encounter? Responses from the physiotherapists only:

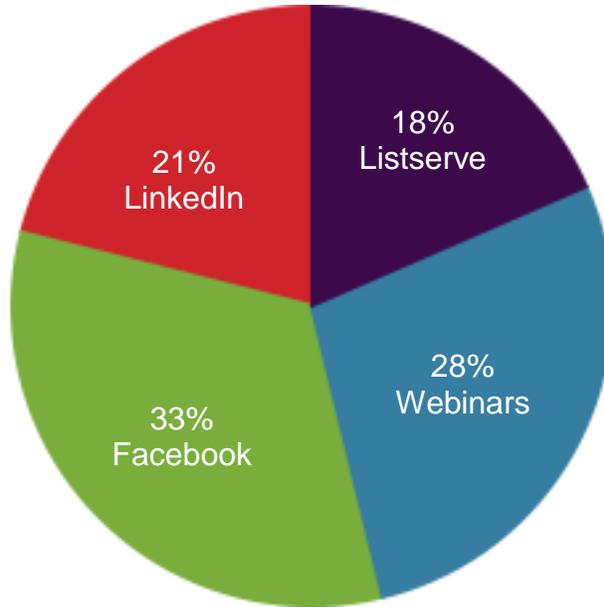


We share many of the same challenges and limitations, and 30% of torture survivor centers do not offer physiotherapy at all. But we also share a wealth of wisdom and expertise among us. This survey has highlighted the areas where support is needed most, and where we can begin to collaborate to support the work we do. Furthermore, since most of us work with similar modalities, our hope is that collaborative activities and trainings can benefit a large majority of the physiotherapists working with torture survivors. We can build on our similar approach to physiotherapy and strengthen our work.

And most of us want to work together! Ninety percent of the physiotherapists who responded to the survey indicated their interest in collaborating (compared to 70% non-physiotherapists). In addition to Facebook, webinars, a listserv, and LinkedIn, respondents also expressed interest in collaborating through international conferences/trainings and through e-mail.

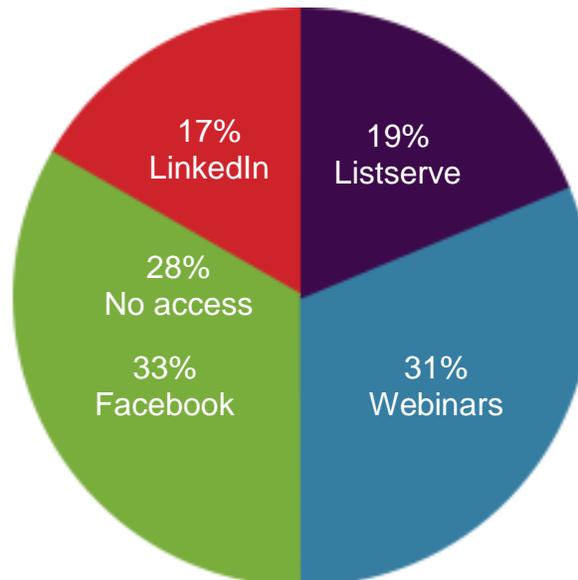
Would you be interested in any of the following collaborative activities if they were available? (please mark all that apply)

- Listserve (22)
- Webinars (33)
- Facebook (39)
- LinkedIn (25)



***Of the physiotherapists who responded:* Would you be interested any of the following collaborative activities if they were available? (please mark all that apply)**

- Listserve (9)
- Webinars (15)
- Facebook (16)
- LinkedIn (8)



Thank you for your participation!

The large majority of respondents stated an interest in collaborative activities. In the following months we will be working on some of these collaborative activities, including creating a Facebook page, sharing resources, and sending results from a survey taken by physiotherapists about outcome measurement tools. In the meantime, we encourage you to visit the resource page HealTorture.org.



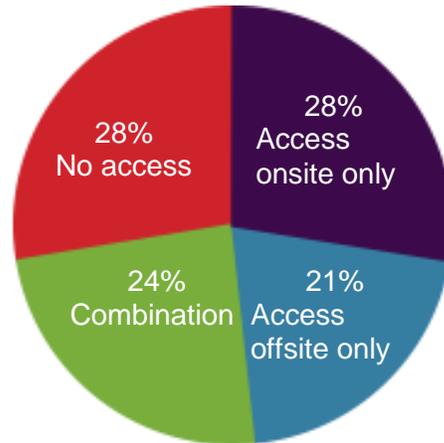
Together, we hope to organize as a worldwide community of physiotherapists working with torture survivors.

Addendum: Data by Region

Do your clients have access to physiotherapy?

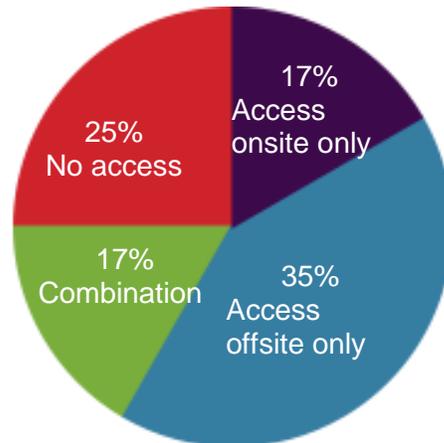
Europe (29):

- Yes - Access onsite only
- Yes - Access offsite by referral
- Yes-Combination
- No access



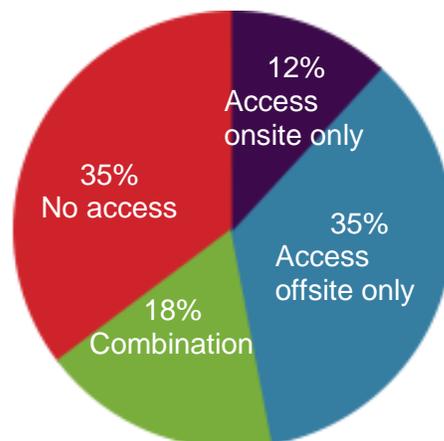
Middle East, North Africa, and Turkey (12):

- Yes - Access onsite only
- Yes - Access offsite by referral
- Yes - Combination
- No Access



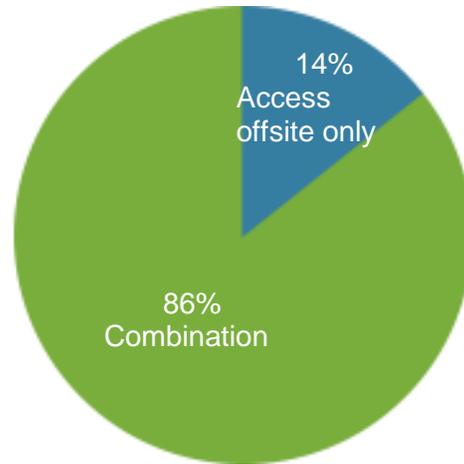
The Americas (17):

- Yes - Access onsite only
- Yes - Access offsite by referral
- Yes - Combination
- No Access



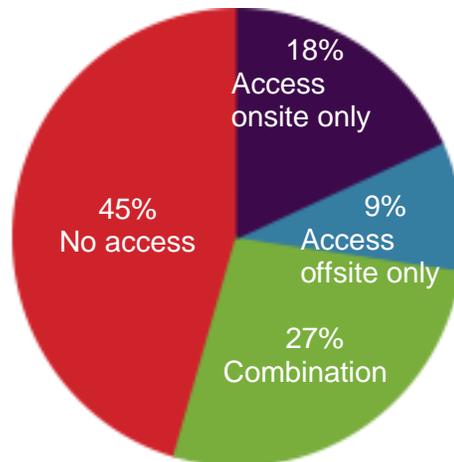
South and Central Asia (7):

- Yes - Access onsite only
- Yes - Access offsite by referral
- Yes - Combination
- No Access



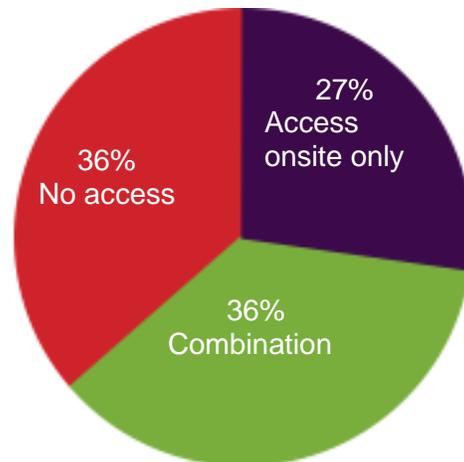
Southeast Asia and Oceania (11):

- Yes - Access onsite only
- Yes - Access offsite by referral
- Yes - Combination
- No Access



Sub-Saharan Africa (11):

- Yes - Access onsite only
- Yes - Access offsite by referral
- Yes - Combination
- No Access





What physiotherapy modalities are available to your clients (please check all that apply):

- Europe (18)
 - The Americas (9)
 - Southeast Asia and Oceania (6)
- Middle East, North Africa and Turkey (9)
 - South and Central Asia (7)
 - Sub-Saharan Africa (7)

