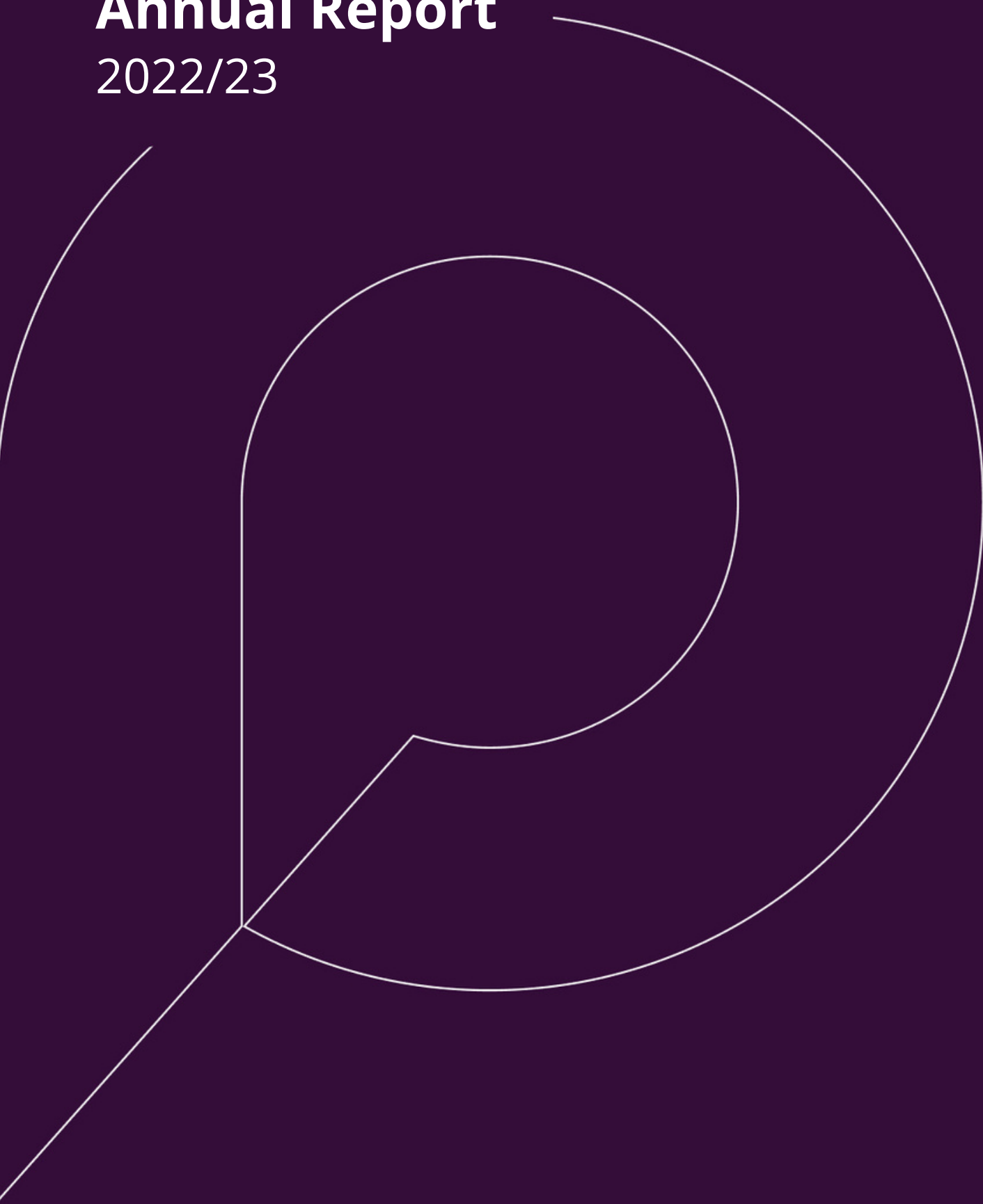




Annual Report

2022/23



Vision

A world where every person recognises the value of rehabilitation.

Mission

Equitable access to rehabilitation knowledge worldwide.



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A year in summary

This is Physiopedia's fifth annual report

Covering the period of June 1, 2022 through May 31, 2023.



Reflecting on our journey from June 2022 to May 2023, it's clear to see that we continue to push boundaries as we continue to evolve to meet our mission of improving global health by providing access to evidence-based rehabilitation knowledge. This year, we went above and beyond to foster collaboration within the rehabilitation community and meet the diverse needs of our global users.



At the heart of our success is our dedicated team of remote volunteers who are passionate and committed and share our vision. Their contributions are evident in the wealth of new and updated information we have been able to share with the global rehabilitation community. This year we were sad to say goodbye to some of our volunteers who are venturing out in new directions but we were happy to welcome 44 new volunteers to the team. Our volunteers, from 18 countries, joined us after completing the two volunteer orientation courses we held in April and November. The course attracts volunteers from all over the world, which helps us develop our understanding of global rehabilitation needs!



Physiopedia continues to stand as a leading rehabilitation resource, ranking among the top 30 medical websites globally. With over 5,112 pages of content, we attract approximately 4 million visitors every month from nearly every corner of the world. The number of people visiting Physiopedia grows every year! Collectively, they view on average 7 million pages each month.

Partnerships continue to be a cornerstone of our work. University students embraced early-career publication, developing their website editing skills to contribute high-quality, evidence-based content to our platform.



As we continued to embrace the freedom of travel, we enjoyed travelling to in-person meetings and conferences, helping us foster global connections and learn from others how we can work together for the growth of rehabilitation professions and health systems. This made it even more exciting to have abstracts accepted for the 2023 World Physiotherapy Congress.

Staying true to our commitment to continuous learning, we offered a free online course in September "Understanding the Rehabilitation Needs of Displaced Persons", we had 12,604 people register from 107 countries.

As we move into the next year, we remain driven to expand our horizons, to be a leading resource for rehabilitation professionals worldwide, and to continue to make a difference in global health.

Values



Passion

We demonstrate commitment in heart and mind in all that we do.



Altruism

We all have something to give. We are devoted to the wellbeing of others



Excellence

We go above and beyond to exceed expectations. We pursue quality and promote leadership and growth.



Collaboration

We respect all rehabilitation stakeholders. We believe in the power of working together to leverage collective expertise.



Innovation

We are curious to discover. We relentlessly pursue creative solutions to improve our work and our services for our community.



Community

We value sharing. We encourage connection and communication to strengthen positive relationships



Impact

We are a small team with big ambitions. In everything that we do we aim to achieve compelling results.



Integrity

Do no harm. We respectfully and ethically interact with each other and those we serve.



Looking back, looking forward

This year has opened my eyes to the reach and the honest impact that Physiopedia is making all over the world. Early in 2023 Tony and I visited Peshawar in Khyber Pakhtunkhwa Province in Pakistan for the launch of ReLAB-HS, the USAID funded activity where Physiopedia is a key partner. As we exited one of the clinics we visited that day a small crowd of physiotherapists had gathered to come and say hello, to take selfies and to say thank you. They had heard Physiopedia was in town and they wanted to meet us.

This event raised many emotions that will stay with both of us for the rest of our lives. We were shocked that they knew us, we were happy they were happy, we were excited to meet them, to know how they used Physiopedia, we were humbled by their appreciation and we were proud. Proud of the team that selflessly contributes their time and their knowledge to all that is Physiopedia. Physiopedia wouldn't be what it is without you, know that you are making a difference.

We committed this year to embracing inter-professional inclusivity and we are grateful to those who are curious to take this journey with us. Attending the international conferences for the World Confederation and Occupational Therapy and the International Society for Prosthetics and Orthotics opened our eyes to how meaningful Physiopedia can be to all rehabilitation professions, we are excited to take this next step in the journey with our rehabilitation colleagues.

At the heart of all of this, let me take this opportunity to thank those of you that use, value and trust Physiopedia. Physiopedia would not be what it is without you. With your help our contribution to the development of the rehabilitation workforce worldwide will continue to have an impact, in even the most remote places on earth.

Rachael Lowe

Co-Founder, Trustee & Chair

Rachael qualified as a physiotherapist in 1998 from Sheffield Hallam University. Before turning her attention to providing technology solutions for the physiotherapy profession she successfully founded a private musculoskeletal physiotherapy service in the United Kingdom.

Now, in a voluntary capacity, Rachael oversees the day to day activities at the Physiopedia charity. She is also co-founder and CEO of Physiopedia Plus, Physiopedia's supporting online professional development platform.



“The team at Physiopedia is doing an excellent job. Information which may not otherwise be available to myself and others is readily available as a result of Physiopedia. I feel like a better prepared physiotherapist as a result of Physiopedia...”

~ Physiopedia user



Kim Jackson

Physiopedia Manager

As Physiopedia Manager, Kim is responsible for ensuring the quality of the Physiopedia content and leading the volunteer team that create that content. Together they work to maintain high-quality and up-to-date rehabilitation information and make it available for all. She is committed to promoting global health through sharing rehabilitation knowledge and resources.

From the team

Reflecting on the past year, we are proud to have accomplished more than we set out to do, as well as opening doors to new opportunities. This year was about growth, resilience, and teamwork. We made our circle bigger, inviting more professionals from various rehabilitation professions to join us, strengthening our knowledge pool to make Physiopedia more comprehensive and inclusive. We welcomed new team members, learned from new experiences, and adapted to new challenges. As a result, we are even more robust and dynamic. As our journey continues, we want to thank all of the volunteers that help us in our mission to provide free access to high-quality rehabilitation knowledge.

June 2022 - Our journey this year began with participation in a WHO organised meeting in Copenhagen regarding rehabilitation education in Eastern Europe and Asia. Rachael and Tony travelled to Pakistan to join the launch of ReLAB-HS. We opened registrations for the planned 2023 Massive Open Online Course (MOOC) "Understanding the Rehabilitation Needs of Displaced Persons". Our Topic of the Month (TOTM) focused on 'Return to Work', led by Matt Huey. During June, we created 54 new pages, raising the total number of Physiopedia content pages to 4,705. The site was visited by 2,319,431 people generating 6,036,256 unique page views. To help us with keeping content fresh our team grew to 63 volunteers, with Marie Coetzee being the top contributor for the month.

July 2022 - In July the team had a rare in-person meeting in London, there were valuable strategic conversations and fun social times for the remote team. We started working on abstracts for the 2023 World Physiotherapy Congress and celebrated our Physiopedia Annual Award winners for their outstanding contributions and achievements. The TOTM was 'The Foot' led by Aminat Abolade. New content pages rose to 4,747, with a total of 2,057,807 people visiting our site. Our top contributor was Olajumoke Ogunleye.

August 2022 - August was a bustling month, filled with a lot of working on abstract submissions for World Physiotherapy Congress and the launch of the upgraded Plus site. We were well received at the World Federation of Occupational Therapy Conference in Paris, our first non-physiotherapy conference. TOTM was the 'Discharge Planning Process' led by Kim, with significant guidance from Neelum. We added 38 new pages this month, making the total page count 4,776. The site had 1,994,073 visitors with 5,607,296 page views. The top contributor was Rucha Gadgil.

September 2022 - September was filled with the annual Physiopedia MOOC "Understanding the Rehabilitation Needs of Displaced Persons". We launched the Android Plus App on Google Play and submitted our abstracts for the 2023 World Physiotherapy Congress. In line with World Physiotherapy Day our TOTM was 'Osteoarthritis' led by Kim. We increased our total content pages to 4,813, had 2,338,333 visitors and 5,132,275 page views. Our top contributor was Manisha Shrestha.

October 2022 - In October, as part of our ReKLAB-HS activities, Physiopedia organised a meeting of rehabilitation stakeholders from Ukraine in Warsaw to discuss strategies for workforce capacity building. The TOTM was 'Paediatrics', led by Naomi O'Reilly. This month, we added 35 new pages, bringing the total to 4,841. We had 2,641,675 visitors and 5,753,031 page views. We retained our #30 ranking among the top health and medicine websites on SimilarWeb. Angeliki Chorti was the top contributor for October.

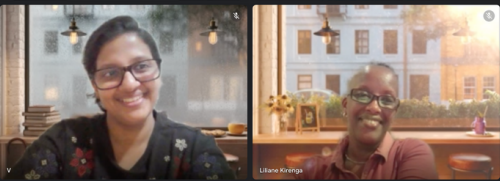
From the team



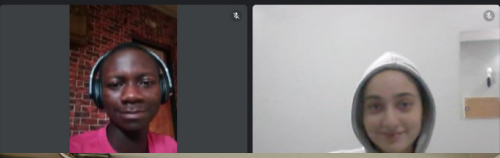
November 2022 - In November we ran a Volunteer Orientation Course and welcomed new content editors to the team. Rachael, Neelum Zehra, and Olha Kovalchuk presented at the online ADAPT conference, and Rachael went to Thailand to discuss workforce development activities in Burma. The TOTM was 'Assessment and ICF', led by Vidya, Cindy, and Liliane. We ended the month with 4,893 content pages, 2,742,040 visitors, and 6,117,595 page views. Carin Hunter was our top contributor for the month.



December 2022 - To advance our inclusive activities we launched the French and Spanish translations of the Rehabilitation Resource Repository. The TOTM for December was 'Sports, Exercise and Activity', led by Aminat Abolade. We had added 24 new pages, bringing the total to 4,915. Our website was visited by 2,244,593 people who viewed 4,837,808 pages. At the end of December, we had a total of 54 volunteers on the team.



January 2023 - Rachael expressed her vision for the new year and encouraged us to maintain resilience, be strong, but most of all, support each other to build and deliver the world's best rehabilitation knowledge sharing platform. TOTM was 'Weather and Physiotherapy', led by Tolulope. In collaboration with various universities, ix new content development projects were ongoing. Physiopedia's data revealed 2,798,657 visitors. Our top contributor was Ewa Jaraczewska.



February 2023 - Physiopedia participated in the presentation of a statement on strengthening rehabilitation in health systems at the World Health Organisation (WHO) 152nd Executive Board Meeting, where excitingly a new resolution on rehabilitation was approved. The TOTM was 'Infection Control and Prevention'. Physiopedia's monthly statistics showed 3,190,525 visitors and Aminat was our top contributor.



March 2023 - The Rehabilitation Community platform welcomed a new 'Journal Club'. The TOTM was 'Research', led by Angeliki. There were 3,392,381 visitors and we ascended to the new dizzy heights of the 25th top ranked website among all medically-related websites globally. Matt Huey to the top contributor honours this month.

April 2023 - In April Physiopedia became one of the founding members of the World Rehabilitation Alliance. The team attended the International Society for Prosthetics and Orthotics conference in Mexico and we opened the Volunteer Orientation Course to all rehabilitation professions with 48 individuals from 25 countries participating. The TOTM was 'Paediatrics', led by Justin and Jeremy. The site had 3,282,923 visitors and Jorge Rodriguez was the top contributor for the month.



May 2023 - Physiopedia launched a Continuing Professional Development initiative in Uganda and began preparations for the World Physiotherapy Congress in Dubai. A friendly and supportive culture within the team was stressed by Rachael. The TOTM was 'Professional Development and Professional Issues', led by Cindy. There were 3,479,166 visitors and seventeen new volunteers joined the team. The month ended with Grace Hayhurst as the top contributor.



Physiopedia Awards 2022

Recognising outstanding contributions

Award Recipients

Award for



Lucinda Hampton

Top Contributor -made the most contributions to Physiopedia content



Liliane Kirenga

Physiopedia Superstar – outstanding contributions by an individual



Alison Hoens

Best Project – most impactful content development project



Z Altug

Social Media Impact Award – most impact made through social media



Peter Blokland

Physioplus Superstar – individual has who collected the most Physioplus points



Scott Buxton

Physiospot Superstar – individual with the most posts and contributions on Physiospot



Kim Jackson

Outstanding Leadership – the individual that demonstrates great leadership as any part of the Physiopedia project



Andrea Sturm

Impact Award – the contribution that has made the greatest impact on physiotherapy practice



Filip Maric

Innovation Award – most forward thinking and creative contributions



Physiopedia Top Contributors 2022 - 2023

Recognising outstanding
contributions

Month	Top Contributor
May 2023	Grace Hayhurst
April 2023	Jorge Rodriguez
March 2023	Matt Huey
February 2023	Aminat Abolade
January 2023	Ewa Jaraczewska
November 2022	Carin Hunter
October 2022	Angeliki Chorti
September 2022	Manisha Shrestha
August 2022	Rucha Gadgil
July 2022	Olajumoke Ogunleye
June 2022	Marie Coetzee



I feel much more prepared and have a greater understanding of trauma-informed care, specifics regarding displaced persons, and how PT can best treat these patients

~ Massive Online Open Course Participant



What we do

Making meaningful impact for the global rehabilitation community

In order to satisfy its mission, the strategic plan highlights 6 key strategies that guide our activities:

Gather the sum of all physical rehabilitation knowledge and make this freely available to all.

Physiopedia proudly hosts over 5,000 pages of evidence-based, practical rehabilitation related content. Content is continually reviewed and updated by the dedicated team of volunteers. The content remains freely accessible worldwide, ensuring valuable information is available to all, regardless of location.

Reach and involve rehabilitation professionals throughout the world.

As an open-access platform, Physiopedia welcomes everyone, evidenced by over 37 million visitors from around the globe this past year. We inclusively engage with all rehabilitation professions worldwide without restrictions.

Foster international collaboration to empower global rehabilitation professions.

Our partnerships with numerous international organisations have culminated in the formulation of targeted strategies to enhance workforce capacity. Together with universities, professional associations, and service providers, we are crafting sustainable resources dedicated to fortifying the rehabilitation workforce.

Lead in providing educational opportunities to rehabilitation professionals throughout the world.

Through our partnerships with universities and member organisations, Physiopedia has created a platform that seamlessly integrates into innovative educational and professional development initiatives. Continually, it remains a highly utilized teaching resource, especially in settings with limited resources.

Improve health care and therefore make a positive contribution to global health.

Physiopedia fosters professional development among rehabilitation professionals, and facilitates the exchange of knowledge, thus making a significant contribution to global health improvement and the promotion of best practices in patient care.

Promote the profession to the wider health care community and the public globally.

Thanks to a robust communications strategy, we've seen an increase in visitors beyond physiotherapists. This broadened reach underscores the importance of physical rehabilitation, extending its value to other healthcare professionals and the general public, enriching awareness and understanding across a wider audience.

Who we do it with

Making meaningful partnerships to positively impact global health

Physiopedia values, respects and encourages collaborative activities that contribute towards global health.



USAID
FROM THE AMERICAN PEOPLE

Integrating rehabilitation into health systems with John Hopkins University, University of Melbourne, Humanity and Inclusion, Momentum Wheels for Humanity and Miracle Feet.

As a key partner in the Learning, Acting and Building for Rehabilitation in Health Systems Consortium (ReLAB-HS) Physiopedia continues work to contribute towards integrating rehabilitation into health systems in Burma, Pakistan, and Uganda. This activity seeks to co-design and implement innovative, comprehensive, cost-effective interventions that strengthen health systems for provision of rehabilitation across all levels of care.

The five-year program is working in a number of low- and middle income countries affected by conflict, with varying levels of rehabilitation needs and infrastructure. ReLAB-HS presents a genuine opportunity to provide real improvements in the quality of life, functionality and independence for many people through simple interventions at all levels of care to highlight the benefit of rehabilitation further in all health care settings. Physiopedia's role as part of the ReLAB-HS consortium is focused on developing workforce capacity.

The ReLAB-HS workforce development activities seek to cost and time efficiently train more rehabilitation professionals and elevate standards of rehabilitation practice around the world. In order to build upon the many examples of rehabilitation workforce development already taking place around the world our activities are centred on coordination with all relevant stakeholders to share knowledge, practices, and resources via a suite of digital platforms that will offer online teaching, learning, mentoring and networking. These platforms will be innovative, accessible and inclusive to allow adoption by all rehabilitation professionals.

Tools and resources to facilitate the practicalities of workforce development will be created. This will include the development of an internationally relevant rehabilitation education and training toolkit that can be adopted by stakeholders and adapted to their particular profession and/or geographical and economic context. Online accredited courses will be created in collaboration with international topic specialists and made available for any stakeholder to integrate into their own teaching activities. Resources and support will be made available to facilitate the uptake of the toolkit by clinics and educators through the effective use of hybrid learning as an economically efficient workforce development strategy.

Global Broadcast

→ In the 2022/23 financial year between 1 June 2022 and 31 May 2023 Physiopedia received:

80,201,116
page views

33,065,076
users, from
every country
in the world.



Top ten visiting countries were:

United States, India, United Kingdom, Australia, Canada, Philippines, Pakistan, Malaysia, Nigeria and Egypt.

Developing the Ukraine Workforce

Among the ongoing conflict, Physiopedia organised a meeting of rehabilitation stakeholders from Ukraine in Warsaw to discuss workforce development strategy.

Opening interprofessional conversations with WFOT

By attending our first non-physiotherapy conference, the WFOT conference in Paris, we actioned our commitment to becoming interprofessionally inclusive.

Integrating rehabilitation into health systems in Pakistan

By attending our first non-physiotherapy conference, the WFOT conference in Paris, we actioned our commitment to becoming interprofessionally inclusive.

Sharing activities at the ISPO conference

The team travelled to Mexico to share activities and opportunities for interprofessional collaboration at the ISPO conference in Mexico.

Over 12,000 people registered for the MOOC

This year our massive open online course was Understanding the Rehabilitation Needs of Displaced Persons. Over 12,000 people registered, from 107 countries.

Physiopedia joins the WRA

The World Rehabilitation Alliance (WRA), is a World Health Organisation (WHO) global network of stake holders whose mission is to support the implementation of the Rehabilitation 2030 initiative

Governance

Physiopedia is registered with the Charity Commission (registration number 1173185) and complies with the Charities Act 2011. The objects of the charity are, for the public benefit, to improve health globally by advancing education in relation to physiotherapy and improving access to physiotherapy knowledge.

Under UK law, the Physiopedia Charity is subject to the companies acts 1985 to 2006 and operates as a company limited by guarantee and not having share capital. It is bound by the articles of association last amended in 2017.

The Physiopedia Trustees have responsibility for the control and direction of the affairs of the charity. The Trustees are supported in their governance function by the Advisory Council. The Trustees and Advisory Council receive no remuneration for their duties.

Advisory Council

We have a panel of respected professionals on whose knowledge and experience we draw to further the objects of Physiopedia.

Barbara Rau

Head of International Relation at Haute Ecole de Sante de Geneve.

Sue Eitel

Rehabilitation consultant at Eitel Global.

Nancy Kelly

Founder and Executive Director of Health Volunteers Overseas

Tim Wright

Lawyer and Partner at Fladgate

Michael Rowe

Associate Professor in the Department of Physiotherapy at the University of the Western Cape.

Pree Kolari

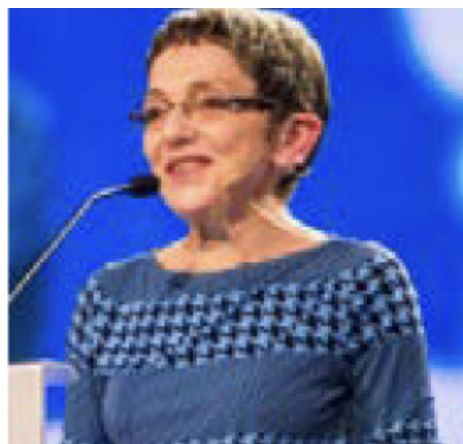
Pree is a cross-functional design leader

Trustees



Antony Lowe
MEng, PhD

Tony has worked as an e-learning consultant for nearly 20 years, he now specialises in health and is cofounder of Physiopedia.



Brenda Myers
BSc, MHSA

Brenda served as the Secretary General of the WCPT from 1995- 2016. Prior to this she was Executive Director of the Canadian Physiotherapy Association.



Elaine Lonnemann
DPT, OCS, MTC, FAAOMPT

Elaine is programme director at the University of St. Augustine in the USA and currently serves as President of AAOMPT.



Rachael Lowe
BSc Hons

Rachael is a physiotherapist and technology specialist, she is cofounder of Physiopedia.

Contributors

Strategic Partners

Humanity & Inclusion
The International Committee of the Red Cross
World Physiotherapy
Health Volunteers Overseas
Clinically Relevant Technologies
Primal Pictures

Content Partners

Queens University
University of Nottingham
University of British Columbia
Arkansas Colleges of Health Education
Reedemer's University
Environmental Physiotherapy Association
Integrative Lifestyle Medicine

Volunteers

Abbey Wright
Abdulmaleek Kehinde Fatola
Ahmed Diab
Ahmet Begde
Ahmet Kocyigit
Ajeyalemi Simisola
Aminat Abolade
Angeliki Chorti
Anna Fuhrmann
Anne Dixie Lim
Areeba Raja
Arnold D'Souza
Ashmita Patrao
Audrey Brown
Aya Alhindi
Bianca Rus
Blanca Fernandez Burgos
Blessed Vhudzijena
Boluwatife Williams
Bruno Serra
Candace Goh Xiao Huey
Carina Therese Magtibay
Charles Senay
Chelsea McLene
Chloe Waller
Cindy John-Chu
David Olukayode

Erika Rodrigues
Essam Ahmed
Grace Barla
Greg Walding
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Hayaa Yousri
Heba El saeid
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Jeremy Bryan
Jessica Pun
Jonathan Wong
Joseph Aderonmu
Justin Bryan
Kalyani Yajnanarayan
Kapil Narale
Katherine McBeth
Khloud Shreif
Kirsten Coutts
Laura Ritchie
Laura Tighe
Lauren Heydenrych
Lilian Ashraf
Liliane Kirenga
Lucinda Hampton
Manisha Shrestha
Matt Huey

Melissa Coetsee
Merihan Mahmoud Hussein
Mila Andreev
Muskan Rastogi
Nehal Khater
Nicolette Chamberlain-Simon
Niha Mulla
Nikhil Benhur Abburi
Noa Weingarten
Nupur Shah
Oladayo Babalola
Olajumoke Ogunleye
Oyemi Sillo
Pacifique Dusabeyezu
Pacifique Mizero
Patti Cavaleri
Rasha Moghanam
Ravi Kumar
Rebecca Willis
Reem Ramadan
Riccardo Ugrin
Rishika Babburu
Rochelle Dsouza
Rosie Swift
Rucha Gadgil
Ruchi Patel
Rujuta Naik

Rusfid FM
Sai Kripa
Saliu Balogun
Şehriban Özmen
Shaimaa Eldib
Shoko Otsuka
Shreya Pavaskar
Sivapriya Ramakrishnan
Sixbert Habimana
Sonal Joshi
Stacy Zousmer
Stefano Berrone
Stella Constantinides
Sukhi Dhaliwal
Sultan Eylem Demirhan
Surinder Singh
Syeda Bushra Zehra Zaidi
Tahreem Tarique
Temitope Olowoyeye
Tolulope Adeniji
Trista Chan
Uchekukwu Chukwuemeka
Vidya Acharya
Wajeaha Hassan
Wendy Snyders
Wendy Walker
Zeina Grifoni

Thank you!

To everyone that contributed
to Physiopedia in 2022/23



**Never doubt that a small
group of thoughtful,
committed citizens can
change the world;
indeed, it is the only
thing that ever has.**

~ Margaret Mead

Finance Report

This statement of contributions and expenses relates to the year ending 31 May 2023.

	Year end 31 May 2023 - £	Year end 31 May 2022 - £
Income		
Grant Income	-	4,760
Marketing services	5,000	5,000
Donations - public	479	702
Donations - Physioplus	90,000	106,780
Total income	95,479	117,242
Expenses		
Support and administration costs	19,600	28,480
Computer software and consumables	13,050	10,053
Website costs	297	833
Professional fees	1,240	1,465
Subscriptions	-	35
Bank charges	115	93
Insurance	437	437
Printing, postage and stationery	-	5
Exhibitions	1,504	-
Total expenses	36,243	41,401
Surplus for the year	59,236	75,841

£59,236

For the future

Surplus funds will be used in the next financial year to forward the Physiopedia mission.

There will be a focus on maintaining a sustainable editorial team to manage the content on the Physiopedia website. Our flagship knowledge resource will continue to provide high quality information for the professional development of physiotherapists all over the world.

There will continue to be a focus on developing new partnerships with universities, clinics and professional organisations. We will create professional development opportunities for their students, staff and members.

Having evidenced the ability to be nimble we will continue to respond to world events that require fast development of physiotherapy knowledge and skills. The free and open online course in late 2022 will be on understanding of rehabilitation for displaced persons.

Notes

General: Physiopedia is a charitable company limited by guarantee and is incorporated in United Kingdom (registration number 08530802). The registered office address is 10 Queen St Place, London, EC4R 1BE.

Public benefit entity: The charitable company meets the definition of a public benefit entity under FRS 102.

Going concern: The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

Personnel: As at 31 May 2023, the Charity had no staff members employed. The Trustees receive no remuneration for their duties. Expenses can be reimbursed.

Related Parties: Rachael Lowe and Antony Lowe are directors and shareholders of Physiopedia Plus Ltd, which provides support services to Physiopedia free of charge. The cost of these services, where quantifiable, is included in the accounts both as costs and as a donation. The directors of Physiopedia Plus Ltd also devote a substantial part of their time to the activities of the charity entirely on a voluntary basis. The value of these services has not been quantified.