Single Case Report:

Trial and Feedback of Tele-Rehab from Japan to Afghanistan.

Koji Tawara[1)], Razi Khan Hamdard[2)]

1.Non-profit organization TawaLab,Japan 2. Afghan Association for Physical Therapy, Afghanistan

Background

The COVID-19 pandemic has increased the use of tele-rehab around the world.
Although tele-rehab is being used as a tool to complement and provide an alternative to face-to-face rehab in our country, there are areas of the world where rehab is needed but not provided due to unfavorable social situations.

Purpose

Presents a practice report on providing tele-rehab to Afghanistan and feedback from Afghan physio.

Methods

【Case Info】

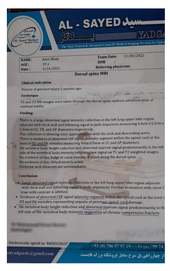
・Age: 20s ・Gender: male

・Residence: Kabul, Afghanistan

・About disease：

December 20XX

Spinal Cord Injury Fig,1 (Th5/ASIA Impairment Scale: B)

Fig,1

【Tele-Rehab】

・October 20XX+1

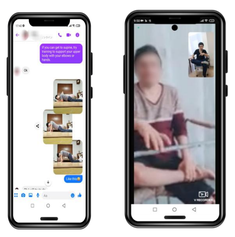
Met through social media(Facebook).

Sent each other exercise videos and photos.

・November 20XX+1

Started on-line sessions.

【Tool】 Messenger app Fig,2.



Fig,2

【Frequency】 once/month(Each session is 30 minutes)

【Contents】

Follow-up with exercise therapy progress.

Monitoring.

Advice on self-manageme.

Guidance of physical activities.

Fig,3

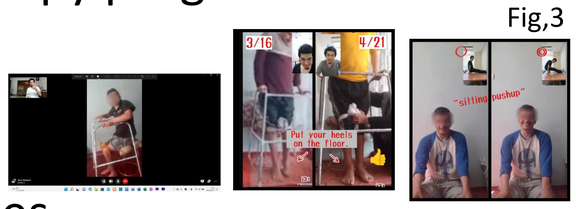


Fig.3

Results

	Oct,20XX+1	Sep,20XX+2	June,20XX+3
FIM	79	82	82
LSA	2	3	4
CES-D	36	29	28
PHCS	23	28	32
GSCS	64	70	81
RSES	24	26	26
EQ-5D-5L	0.3577	0.4228	0.5368
EQ-VAS	30	50	90

Physical Activity ↑ **Mental Health** ↑ **QOL** ↑

Feedback & Message from Afg

Tele-rehab in Afghanistan holds growing importance, especially given the country's unique challenges in healthcare delivery.
Here's a breakdown of why it's becoming increasingly vital:

1. Geographic Barriers & Rural Access

- 80% of Afghans live in rural areas, often far from rehabilitation centers.
- Poor infrastructure (limited roads, transportation, and unstable regions) makes regular hospital visits nearly impossible for many.
- Tele-rehab allows remote consultations, assessments, and follow-ups, eliminating the need for patients to travel long distances.

2. Shortage of Specialists

- Afghanistan faces a severe shortage of physiotherapists, occupational therapists, and rehab specialists.
- With tele-rehab, limited specialists can serve more patients remotely, optimizing their time and expanding their reach.

3. High Demand Due to Conflict-Related Injuries

- Ongoing conflict and instability have led to a large number of amputees, spinal injuries, and trauma survivors.
- Many require long-term rehab, which is hard to provide in person consistently. Tele-rehab can help maintain continuity of care.

4. Mental Health & Psychosocial Counseling

- Afghanistan has high rates of PTSD, depression, and other war-related psychological issues.
- Tele rehab can be integrated with mental health services to offer cognitive therapy, counseling, or neuro-rehab remotely.

5. Increasing Digital Connectivity

- Mobile phone use is widespread even in rural Afghanistan.
- While internet access isn't universal, mobile data is accessible to many, and even basic smartphones can support simple tele-rehab apps or video calls.

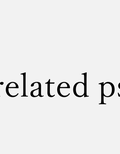
6. Cost-Effectiveness

- Tele-rehab reduces travel costs, clinic overheads, and time off work for patients.
- This is crucial in a country where many people live below the poverty line and healthcare budgets are limited.

【Challenges to Address】

- Internet limitations and higher prices of the internet and electricity issues in some areas.
- Digital literacy: Not all patients or providers are tech-savvy.
- Cultural acceptance: Some communities may initially distrust remote services.

Conclusions by RAZI



Tele rehab in Afghanistan isn't just a modern convenience—it’s a lifeline for patients in remote and underserved regions. By bridging the gap between patients and providers, it supports inclusive, accessible, and consistent rehab care, especially crucial in a post-conflict setting.

Conclusions by KOJI



I believe tele-rehab could benefit patients in Afghanistan, and there is a demand for tele-interventions in education.