

EDITORIAL

OUR VISITORS

The importance of bringing specialist physiotherapy teachers to this country had been realized for sometime; in particular someone who was an expert in Proprioceptive Neuro-muscular Facilitation. So it was that a small voice on a dark November evening in London in 1960 led to Miss Dena Gardiner coming to South Africa under the auspices of the South African Society of Physiotherapy.

Also from London is Miss Doreen Allen who is in Pretoria for six months.

The visit of these two experts is a wonderful opportunity for this country. Seldom do we have the benefit and stimulation of visitors of this calibre and we extend to them both a most sincere welcome.

Miss Dena Gardiner, F.C.S.P., a teacher of physiotherapy and author of a standard textbook, used by students in this country, "resigned" last year to specialize in Proprioceptive Neuro-muscular Facilitation. She has had great experience in Rehabilitation and has recently spent two long periods in the U.S.A. studying the technique of P.N.F., and we are now more than fortunate, in having her with us conducting courses throughout the country. Her delightful personality has made friends for her wherever she goes, and as an ambassador for physiotherapy she is doing great work.

Miss Doreen Allen, S.R.N., M.C.S.P. is Physiotherapist-in-charge of the Cerebral Palsy Unit, St. Thomas' Hospital, London. During her six months appointment at the Pretoria Cerebral Palsy School, we are again most fortunate in having her with us, as she has kindly consented to give various lectures and a post-graduate course on her methods of treating cerebral palsy. She embraces various various techniques such as the Bobarth Method,

P.N.F. and the Delorme Method of resistance exercises in her work.

Gone are the days when members of our profession were expected to give massage and a little heat when treating any case sent to them. Now a physiotherapist must have a working knowledge of many techniques and the use of a variety of machines and apparatus. The concept of physiotherapy is changing and each field is narrowing down making specialization vitally important. After a good all-round basic training in school and then in general practice at a hospital or private practice we find physiotherapists settling down to their chosen branch of the profession and specializing in one particular branch.

Here we now have two experts in our midst, who have vast experience, and are willing and prepared to share their knowledge with us.

To maintain the standard in South Africa it is so essential that we, as practising physiotherapists have the opportunity of seeing and hearing what is going on in other countries. Techniques and methods are being developed, experience is being gained in many spheres overseas, and to help us to keep apace we must make very effort to bring to our country, experts in their own fields in a variety of branches of our profession. By inviting experienced physiotherapists to South Africa, we can introduce new ideas to the whole country, giving all members of our profession the chance of learning first hand for themselves what is otherwise only available second-hand or at great personal expense by visits abroad.

May Miss Dena Gardiner and Miss Doreen Allen prove to be the advance guard of many future visiting specialist physiotherapists whom we will be privileged to have in South Africa.

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