




Healthy movement. Healthy communities.

Impact Report 2018





A Clinic in Every Community, and Community in Every Clinic

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Letter from our CEO

Compassion. Collaboration. Community. Those beacons serve as guides for **Move Together**.

Compassion is about the sharing of each other's strength and lessening of each other's loads. The compassion that has continuously been shown to us on the journey of fulfilling our mission of *increasing **access to quality rehabilitation medicine near and far, and the pursuing of our vision of a clinic in every community, and community in every clinic***, is something that we appreciate every day. We've seen it in the form of hospitality around the world, in the sharing of vulnerable conditions and situations, the providing of encouraging words and encouraging smiles. And it means everything to us. It keeps us going.

Collaboration makes any and all things that we attempt possible. In the pursuit of building things that are good and sustainable, you at times find barriers that require transcending. At those times, the compassion shown by our partners, participants, and supporters is indispensable. The seen and unseen, the known and unknown, all of the collective efforts of heart, art, and time from others help us to convert our ideas of sustainable solutions into reality. We thank you all individually, and we send a special thanks to our larger collaborators, the American Physical Therapy Association, the Municipality of Villa Nueva, Guatemala, and the Widener Pro Bono Network.

Community is a connective force that is dynamic, immeasurable, and foundational. At its best, it is built upon compassion, collaboration, love, passion, and purpose. Community reminds us of the amazing Move Together staff who are the engine that drives us forward. Community brings to mind the patients and family members seen in the clinics that we have partnered with around the corner and around the world. Community leads me to think of PT Day of Service. In almost sixty countries on a single day, colleagues and friends choose to come together to contribute in positive ways to their communities. Community is indeed a powerful force.

Our organization is predicated on the transformative power of movement. We believe that when people are able to maximize their movement, they are able to maximize their lives. The journey of living out that belief continues in 2019. If you are reading this, we would love to collaborate and share community with you on this journey. When compassionate hearts come together in the pursuit of good, anything is possible, and everything can change. We can Move Together towards a better world.

Best,

Dr. Efosa Guobadia DPT, PT
President & CEO



Move Together's Impact by the Numbers

During 2018, we had **\$145,364** of total investment which helped fund our efforts. These programs impacted community members in 57 countries and all 50 states. As we grow, we continue to find passionate individuals who share our mission of **"increasing access to quality rehabilitation medicine around the corner and around the world."** This year alone we saw an impact of:

3,297

VOLUNTEERS

12,529

PATIENTS TREATED

15,826

TOTAL LIVES IMPACTED

Since 2017, Move Together has been able to support **15** total clinics (11 clinics supported and funded in the United States 🏠💰, and 4 clinics funded, equipped, and built internationally 🏠💰). We had an impact of:

\$277,727

TOTAL INVESTMENT

8,080

VOLUNTEERS

17,497

PATIENTS TREATED

25,373

TOTAL LIVES IMPACTED





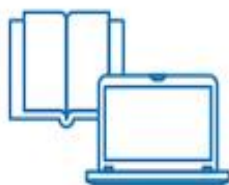
Mission, Vision, and Programs

Move Together's mission is to increase access to quality rehabilitation medicine around the corner and around the world.

We aim to achieve this through our 3 pillars



Increasing the quality and quantity of clinics



Empowering clinicians



Catalyzing servant leaders

Within each pillar, we have 4 programs

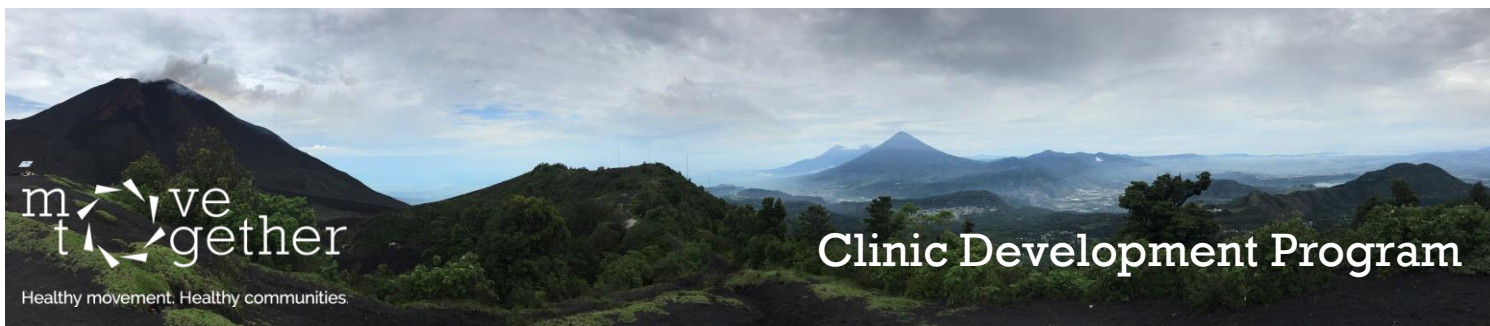
Clinic Development Program

Pro Bono Incubator Program

PT Day of Service

Catalyst Club





The Clinic Development Program (CDP) strives to increase access to care through structural solutions within underserved communities. In each community we enter, we seek to understand the culture, develop a shared vision, and create a collaborative plan that guides us on our collective path. The goal is to enhance our partner clinics by supporting and developing the infrastructure and operations, thereby leading to sustainable solutions. We achieve this by sharing equipment, resources, and education with local leadership, providers, and students. Whether building a new clinic or converting a vacant space to a functional treatment center, the CDP focuses on cultural immersion and collaboration to create sustainable and positive change in communities around the world.

In May 2017, Move Together built a sustainable rehabilitation clinic in Villa Nueva, Guatemala in a single day! We treated 184 patients in 3 days. Most importantly, the clinic has flourished ever since. In 2018, our local colleagues treated nearly 3,000 patients in over 10,000 treatment sessions. The Villa Nueva clinic continues to treat an average of 700 patient sessions per month and has added Occupational Therapy, Psychology, and Adaptive Sport services.



In 2018, we continued to work with local Guatemalan municipalities to establish our second and third sustainable physical therapy clinics. In May, Move Together facilitated the start of a new clinic in San Pedro Sacatepéquez, a small town of 31,000 people about 90 minutes outside of Guatemala City. This clinic is the first clinic to serve the town and five surrounding municipalities. Move Together then established a third clinic in August in San Cristobal Acasaguastlán, Guatemala. Each clinic continues to operate on the same sustainable model that has led Villa Nueva to success.

Lastly, Move Together helped prepare for the grand opening of a new national hospital in Villa Nueva, which houses a rehabilitation wing. The hospital helps serve the public in Villa Nueva and is the first new hospital in Guatemala in the past 25 years. Move Together donated equipment to the facility by providing 14 treatment tables and will continue to help equip the rehabilitation wing in 2019.



To ensure sustainability, we aim to empower local clinicians. This is Londy, and she manages the physical therapy clinic in Villa Nueva, Guatemala. Londy and her staff have grown the clinic since its inception in May 2017. Under her guidance, the clinic has grown to see nearly 700 patient sessions per month. The clinic has also added Occupational Therapy, a psychologist, and an adaptive tennis program. Now Londy is mentoring others in Guatemala about how to run a successful clinic. Thanks, Londy for the amazing work that you do!

This is Mayor Buch from San Pedro Sacatepéquez. Last year, he began having back pain. He had to travel two hours into Guatemala City to get physical therapy treatment. Knowing his community members couldn't do the same he decided to bring physical therapy to his community. Last May, Mayor Buch and Move Together collaborated with the town to start their first physical therapy clinic. It's now functioning with local students and PTs. Most importantly, the community members now have access to care. Mayor Buch said, "We Choose PT," and we are so glad he did.



This man came to our physical therapy clinic with some swelling in his legs. Dr. Cole was able to care with his hands, heart, and words. He saw a need for medical follow up, and thanks to a close collaboration with the physician, the patient was able to be seen the next morning. For any ongoing or continued needs, he would come back to the PT clinic. This is what sustainability, relationships, and collaboration can do; empower a whole team to take quality care of a patient. This is what it looks like to be a global healthcare provider.

This is Edgar; he is one of the patients we saw on Day 1 of the opening for the San Pedro Sacatepéquez clinic. He came to our clinic to have his neck treated, and in less than 60 minutes, he gained range of motion, reduced his pain, and had exercises to become more independent. He had such a great experience that he came back the next day for his wife to be treated. This is how momentum is created to help provide change in the communities we help serve.



Move Together is preparing collaborative activities in 2019 to further improve quality of care in each of its established clinics and will be growing to 5 partner clinics in the upcoming year.



San Pedro Sacatepéquez



National Hospital of Villa Nueva



San Cristobal



Villa Nueva

The local Guatemalan clinicians and leadership have continued to develop each clinic's community and capacity while providing the great care to the people of their communities.

Since 2017, they have had **17,497** total treatments.



"An enriching experience that allows you to make a large difference within a community and grow tremendously, both personally and professionally."

Anonymous January 2018 Trip Participant



Cultural Immersion and Service Experiences

Move Together operates approximately 2-4 service trips per year through the Clinic Development Program. Each trip is split into four parts to understand the community we help to serve. The four parts are:

Cultural Immersion, Constructional/Educational, Clinical, and Casual



Cultural Immersion

As a group, we participate in activities such as sports games, coffee farm tours, and meetings with local leadership to better understand the individuals and communities we are serving.

Constructional / Educational

To provide better access to care, we work hand in hand with local PTs, students, and community members to either build a brand-new clinic or enhance an existing clinic through education and resources.



Clinical

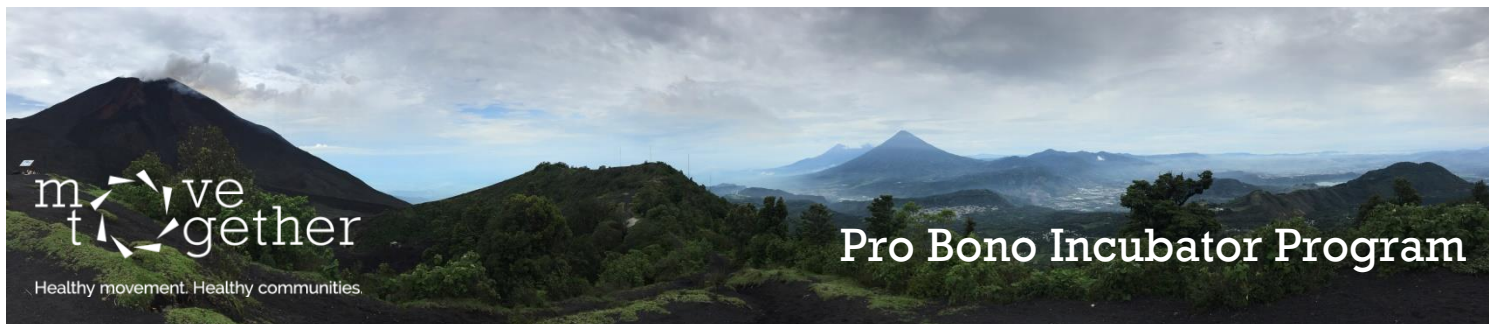
Participants work side by side with local PTs and students to deliver treatment to the local community. Sustainable impacts are made through education and influencing each patient's plan of care with evidence based treatment recommendations.



Casual

Each experience wraps up with the opportunity to experience the beauty and history of the communities we visit, as well as reflect on the trip as a group.





We believe that every good idea to improve access to care should be funded. That is why we created the Pro Bono Incubator (PBI), an application-based grant program designed to support the development and innovations of new and existing pro bono programs in the United States. The Pro Bono Incubator is a program that has three main offerings:

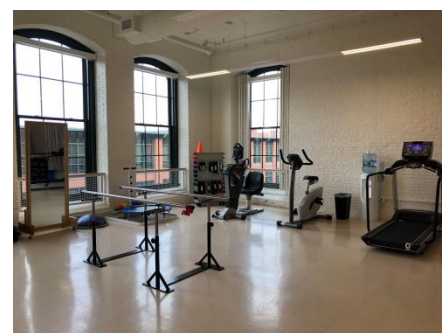
Mentoring



Connections/Resources



Funding



We have a pool of experienced mentors who offer their knowledge to help develop new and existing pro bono programs. This benefits not only the mentee but also the mentors, who desire to stay involved in the pro bono community. Secondly, we have resources available such as the Pro Bono Playbook and a relationship with the Pro Bono Network to offer resources and support to individuals interested in pro bono rehabilitation work. This year we disbursed over \$10,000 in funding among 5 recipients chosen from a pool of 14 applicants.

\$20,600 Awarded to fund 11 projects over 2 years

246 Clients impacted for grants awarded

136 Evaluations performed

1,174 Client contact hours provided by grants

204 Rehabilitation professionals engaged in Pro Bono Incubator

\$27,108 Saved on Medicare reimbursement

Grants have been awarded to fund two brand new pro bono clinics, opioid-use reduction programs, equipment, and rent more accessible space to better serve local patient populations.

A few of this year's applications included innovations for. . .



"One of the things that I have learned – and continue to be confronted with – is that it is so important, so critical to give people a voice, a position, worth, and meaning. When they participate in my program, they feel seen, they feel heard, and they feel significant. . . This project is about physical therapy, but it is also about dignity, independence, and living a full life."



Carol-Ann Nelson of Destination Rehab, a 2017 PBI grant winner

Shared events of some of our PT Day of Service participants across the world:



Queensland, Australia: PT Students held a health screening fair to assess the BMI of participants and provide education on how to follow a healthy lifestyle.

Kenya: PTs served 300 people by holding a health service event to provide education on low back pain, exercise, diabetes, hypertension, and nutrition.

Léogâne, Haiti: Faculty and students from *Faculté des Sciences de Réhabilitation de Léogâne* held a pro bono clinic. It was a full day PT

assessment and treatment.

New York, New York, USA: NYPTA Greater New York District raised over \$2,600 for the Terry Fox Foundation 5K in NYC which supports cancer research.

Eugene, Oregon, USA: Faculty and students from the University of Oregon Health Center volunteered at Food for Lane County in Eugene by helping put together over 4,000 lbs of food into boxes to be distributed to those in need.



Tijuana, Mexico: PTs and students from the San Diego area traveled with the SDSU Flying Samaritans for an interdisciplinary pro bono clinic with PT, Medical, Dental, Pharmacy, and Public Health. Approximately 100 patients were seen at this clinic.



Minnesota, USA: Participants partnered with “Free Bikes 4 Kids,” Over 10,000 bikes were cleaned, prepped, and repaired to donate to kids!!

Athens, Ohio, USA: DPT students from Ohio University raised over \$5,000 for the Buckeye Blitz Quad Rugby Team.

Castries, St. Lucia: Over 50 personal care items, laundry detergent, and socks were collected and donated for children.



Lexington, Kentucky, USA: University of Kentucky DPT students gathered a group to landscape at Greenhouse17, a safe house that gives refuge, home, food, and work opportunities to families experiencing abuse.





The Catalyst Club is our critical mass of friends, family, students, and professionals helping us take strides towards our vision. It's a structured way for anyone to get more involved with Move Together and play an active role in increasing access to quality rehabilitation medicine around the corner and around the world. Supporting us on social media, fundraising, organizing a local service event, and implementing a leadership structure within their organization are all ways they support our mission.

Our 3 Catalyst Club pillars are

Service Participation Financial Sustainability Operational Support

Each Catalyst Club member participates annually in each pillar. The Club's servant leadership and collective actions will catalyze sustainable and responsible change in communities around the world. Below is a general look at the options:



Financial Sustainability: individual or group fundraiser; monthly donations of any amount of your choosing; and/or monthly coffee subscription with our partner Papa's Legacy Coffee.

Service Participation: PT Day of Service (if unable to participate, you can discuss another activity with our leadership team).

Operational Support: combine your passion and special gifts to influence our programs, projects, and team in fulfilling our mission and pursuing our vision.

Partnerships and Sponsorships

Every partnership and sponsorship, we establish is based on mutual enhancement between our partner organization and Move Together as we seek to fulfill mutual objectives. From funding, to cross promotion and marketing, to collaborative services, we are open and excited to explore partnerships and sponsorships with a diverse set of organizations. We are believers in the maxim that we can go further together!

Our Partners

In June 2017, we were proud to introduce our first partner: the American Physical Therapy Association! Thanks to all at the APTA for their support. We have also worked closely with the Municipality of Villa Nueva, Guatemala for our Clinic Development Program throughout the years.



We are proud to partner with Papa's Legacy Coffee, who donates 25% of each coffee purchase to a charity of your choice. Papa's Legacy a way to drink delicious Guatemalan coffee while contributing to Move Together's mission.



Our PT Day of Service Sponsors

Platinum Sponsors



Gold Sponsors

Academy of Geriatric Physical Therapy

Clinicient



Silver Sponsors

The McKenzie Institute USA

Illinois Physical Therapy Association

Indiana Chapter of APTA

Academy of Acute Care Physical Therapy

Northern District of Virginia Physical Therapy Association

Julie Wiebe, PT

Tx:Team

APTA of Massachusetts

Bronze Sponsors

Wisconsin Physical Therapy Association

Oregon Physical Therapy Association

RehabVisions

California Physical Therapy Association

HPA The Catalyst

RockTape

Arizona Student Special Interest Group

MedBridge

Section on Women's Health of APTA

Nevada Chapter of APTA

Individual Sponsors

Aaron Embry

Matthew Mesibov



“Move Together sets the standard for changing the world. If you are looking to get involved, there is no better organization to be a part of. You will change the lives of others and develop lifelong friends in the process.”

- Anonymous Move Together Participant



Plans For 2019


January 4-13: Clinic Development Program to Villa Nueva, San Pedro Sacatepéquez, and National Hospital in Guatemala.

March/April: Pro Bono Incubator applications open!

May 10th-13th: World Confederation for Physical Therapy in Geneva, Switzerland

October 12th: The 5th Annual Global PT Day of Service





Efosa Guobadia CEO
Josh D'Angelo COO
Terence Bellew CFO

Volunteers

April Fajardo
Ciara Burgi
James Sanderson
Ron Peacock Jr.
Rebecca Kretschmer
Robin Murphey
Taylor Stone
Mary Kimbrough
Ken Banting
MeMe Earnest
Maggie Delaney
Adriene Reavis
Beth Horn
Laura Vinci de Vanegas
Cara Whalen Smith
Jessica Burger

Director of Communications
PBI Program Director
Director of Impact
Catalyst Club Program Director
Donor Relations Coordinator
Content Developer
PBI Intern
Communications Intern
Graphics Intern
Social Media Intern
Research and Design Intern
Donor Impact Intern
Catalyst Club Program Member
CDP Council Guatemala Lead
Rwanda CDP Project Co-Lead
Rwanda CDP Project Co-Lead

Thank you to everyone for helping us in this journey to better care for individuals around the corner and around the world. Now, let's Move the world Together.

move
together

Healthy movement. Healthy communities

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