



**World
PT Day
2026**

ISIFO SOHLANGOTHI

Umuntu oyedwa kwabane
uzoba nesifo sohlangothi
empilweni yakhe,
kodwa cishe zonke izifo
zohlangothi zingavinjelwa



Siyini isifo sohlangothi?

Isifo sohlangothi senzeka lapho ukuhamba kwegazi eliya ebuchosheni kwehla noma kuvimbeke ngokuphelele. Isifo Sohlangothi siyisimo esiphuthumayo futhi sidinga ukwelashwa ngokushesha.



Isifo sohlangothi esi-ischaemic sidalwa ihlule legazi emthanjani eya ebuchosheni elivimbela ukuhamba kwegazi



Isifo sohlangothi se-haemorrhagic sidalwa ukuqhuma nokopha komthambo wegazi ebuchosheni



I-Transient ischaemic attack (TIA) ukuvimbeka kokugeleza kwegazi okwesikhashana, okubuye kubizwe ngokuthi "i-mini stroke". Lokhu kungaba uphawu oluxwayisa ukuthi umuntu angase abe nesifo sohlangothi esikhathini esizayo

Abeluli bemisipha namathambo bangasiza kanjani ukuvimbela isifo sohlangothi?

Ama-physiotherapist adlala indima ebalulekile ekwehliseni ingozi yokuba nesifo sohlangothi, ikakhulukazi ngokusiza abantu ukuthi bazivocavoc futhi bazinakekele ukuze bazophila kahle isikhathi eside. **Imizuzu engamashumi amathathu (30 minutes) yokuzivocavoca izinsuku ezinhlanu ngeviki inganciphisa ingozi yesifo sohlangothi ngo-25%.** Ukuzivocavoca kwehlisa amathuba okuba nesifo sohlangothi kuphinde kwehlise namathuba okuphinda ube nesinye isifo sohlangathi uma uke waba naso phambilini.

Ama-physiotherapist angakusiza ukuthi:



wandise ukuzivocavoca, okwehlisa umfutho wegazi (blood pressure), kuthuthukise amazinga e-cholesterol nokulawulwa kukashukela egazini, kwehlise isisindo somzimba futhi kusize ekulawuleni ukudangala nokucindezeleka



unciphise isikhathi osichitha uhlezi, baphinde bakubonise izindlela ezincane zokunyakazisa umzimba empilweni yakho yansuku zonke



bakhombise izindlela zokuzivocavoca eziphephile nezihambisana nezidingo zakho, ikakhulukazi uma unezinye izimo zempilo ezenza kube nzima ukuzivocavoca



I-physiotherapy ingasiza kanjani ngemva kwesifo sohlangothi?

Ukuvuselelwa kohlangothi olulimele (rehabilitation) kuyingxenye ebalulekile yokululama ngemva kwesifo sohlangothi. Kusiza abantu ukuthi babuyele ekwenzeni imisebenzi yansuku zonke, kuthuthukise impilo futhi kusize ukuzimela.

Ukuvuselelwa kohlangothi kuvamise ukuqala phakathi kwamahora angama-48 okuqala, lapho umuntu eselutholile usizo lokuqala. Ukuqala kusenesikhathi kungasiza ekululameni nasekwandiseni ukuzethemba. Ukululama ngemva kwesifo sohlangothi kudinga ukusebenza kweqembu lezempilo, okuhlanganisa ama-physiotherapist kanye nodokotela, abahlengikazi, ama-occupational therapist kanye nama-speech pathologist. Kubalulekile ukuthi kwenziwe uhlelo lokwelashwa oluhambisana nezidingo zomuntu ngamunye.

Ama-physiotherapist aphine abe nendima ebalulekile ekuvikeleni ukwenzeka kwesinye isifo sohlangothi. Basebenzisana nabantu ukwenza **izinguquko empilweni** yansuku zonke ezinganciphisa ingozi yokuphinde babe nesifo sohlangothi, baphile impilo engcono futhi basize ukugwema ukukhubazeka okudalwa isifo sohlangothi. Imiqulu kazwelonke neyamazwe omhlaba ayakugququzela ukwenziwa **kwe-physiotherapy njalo futhi ibe sezingeni elifanele** ekulashweni kwesifo sohlangothi, kumele ihambisane nezinhloso namandla omuntu.



Kungani i-physiotherapy iyingxenye ebalulekile ekululameni ngemva kwesifo sohlangothi?

Ngemva kwesifo sohlangothi, abantu abaningi baba nezinkinga zokunyakaza, ibhalansi, ukuhamba, ukusebenzisa izingalo, amandla omzimba, ukuqina komzimba (fitness), ukukhathala kanye nokuzimela. Ama-physiotherapist angochwepheshe bokuzivocavoca futhi angasiza abantu abake baba nesifo sohlangothi ukuthi:

- bathuthukise **ukunyakaza namandla** ezingalweni nasemilenzeni ukuze bakwazi ukubuyela ekuzimeleni nasekwenzeni izinto abazithandayo.
- bafunde **ukuhamba** kanye nokuhamba ibanga elide nangokushesha
- bathuthukise **ibhalansi** ukuze kuncishiswe ingozi yokuba u-73% wabantu abasinde esifweni sohlangothi bayawa phakathi nonyaka wokuqala ngemva kwesifo
- bancephise ukuqina **kwamalunga nemisipha kanye nobuhlungu**
- bathuthukise **ukuqina komzimba** ukuze inhliziyo namaphaphu kusebenze kangcono
- bathuthukise **isimo sengqondo**, bancephise **ukukhathala** futhi basize ukulwa **nokudangala**
- bazijwayeze **imisebenzi yansuku zonke** efana nokusukuma esihlalweni, ukuhamba ngesikhathi bekhluluma, ukugqoka, nokusebenzisa izingalo ukwenza imisebenzi efana nokusebenzisa okhiye noma ukuvula ompompi

Kumele uzivocavoc kangakanani?

I-physiotherapy yokuzivocavoca inobufakazi bokuthi ithuthukisa ukusebenza komzimba, ukuhamba, ibhalansi kanye nezininga lempilo kuzo zonke izigaba zokululama — kusukela ngesikhathi usesibhedlela kuye nalapho ususekhaya. I-physiotherapist ingakusiza ukuthi wandise izinga lokuzivocavoca ukuze ufinyelele kulokhu okuyinhloso kuwe. Ungaqala kancane ukuze ufinyelele kwizinhloso zakho:



Yenza ukuzivocavoca kwe-aerobic okuphakathi nendawo okungenani imizuzu eyi-10, izikhathi ezi-4 ngeviki



Hlana unyakaza usuku lonke ukuze unciphise isikhathi sokuhlala



Uhlose ukuhamba phakathi kwezinyathelo eziyi-6 500 kuya kweziyi-8 500 ngosuku



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8 kuMandulo

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