

READAPT News

'Here, hope is reborn'

QUARTERLY NEWSLETTER – DECEMBER 2025 – No. 03

REHABILITATION PROFESSIONS REVISITED AT THE CNAO



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Local expertise, a legacy rooted in the CNAO
Knee brace, standing frame...



INTERVIEW: Mr Cheikh Saad-Bouh DIOUF Special Adviser on disability issues.

Nouvelle **année**,
un engagement renouvelé

Le **CNAO** s'engage à
renforcer la **médecine**
physique et la **réadaptation**
ainsi que l'accès aux
technologies d'assistances.



‘Here, hope is reborn’

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A WORD FROM THE DIRECTOR

As we begin this new year 2026, I would like to extend my sincerest wishes for health, peace and success to all the staff of the National Centre for Orthopaedic Fittings, to the supervisory authority, to our partners, to our patients and to the entire national and international community. I would also like to take this opportunity to proudly celebrate Senegal's brilliant victory in the Africa Cup of Nations, a success that illustrates the determination, commitment and excellence of which our country is capable when it rallies around a common goal.



This issue marks the publication of the final newsletter of 2025, an initiative that forms part of the institution's commitment to strengthening its communication, to better sharing with its partners, patients and the public the Centre's main activities and achievements, and to highlighting the Centre's key milestones, innovative initiatives and training activities. It highlights the remarkable work carried out daily by our teams to improve the care and rehabilitation of people with disabilities.

Through assistive technologies, the CNAO restores dignity and independence and improves quality of life. This deeply human mission is underpinned by the constant commitment of our technicians (physiotherapists, occupational therapists, orthopaedic technicians, etc.), our medical and support staff, as well as all the administrative staff who work every day to ensure the Centre runs smoothly.

Aware of the challenges posed by changing patient needs and rising standards of care, we also have significant ambitions for the centre's development. As part of this drive, particular attention is being paid to improving and modernising the CNAO's infrastructure, in order to provide a more suitable working environment for staff and a more functional and comfortable setting for patients.

At the same time, strengthening and modernising technical equipment is a priority. The acquisition of new equipment and the improvement of production tools in the workshops will enable us to optimise the manufacture of devices, increase the precision of the devices produced and reduce waiting times for patients.

It is my hope that this publication will help to raise the profile of our work and strengthen the ties between all those involved in promoting better care for people with disabilities.

I hope you enjoy reading this.

**Colonel Seydina Ousmane BA, MD Director of
the CNAO**

Eye health at the CNAO: staff in the spotlight

As part of the “Bokk Naa Ci” project, the National Centre for Orthopaedic Fittings (CNAO), in collaboration with SENLUNETTE (a Senegalese company based in Thiès specialising in eyewear) and the Ouakam Military Hospital, organised a day of free screening and treatment for vision problems.

The event, held on 26 April 2025 at the CNAO premises, was dedicated to staff and their families.

This initiative forms part of a wider effort to promote occupational health and staff wellbeing, in line with the adage ‘charity begins at home’.

It also laid the foundations for a promising partnership with SENLUNETTE, with a view to improving access to visual assistance technologies.



IN BRIEF » » » » » »

Capacity-building on cost accounting at the CNAO

On 10 and 11 September 2025, the CNAO hosted an awareness-raising workshop on hospital cost accounting, organised by the Directorate of Public Health Establishments (DEPS). Led by Mr Moussa LO, accompanied by Ms Aïssatou B. Diallo and Ms Nogaye DIEYE, the session brought together the Centre’s administrative, financial and medical-technical managers.

The workshop aimed to provide staff with a better understanding of cost accounting and the implementation of a cost monitoring system. This initiative lays the foundations for a more rational and efficient management of the CNAO’s resources.

IN PICTURES: THE CNAO AT THE 10TH EDITION OF SISDAK



CNAO MISSION TO TOGO: a strengthened partnership for training

As part of its policy on capacity building and human resources development, the National Centre for Orthopaedic Appliances (CNAO) undertook an official mission to Lomé, Togo, in September 2025, to regularise the academic and social status of Senegalese students enrolled at the National School of Medical Auxiliaries (ENAM).

Led by the Director of the CNAO, Dr Seydina Ousmane BA, accompanied by the Head of the Prosthetics Department and the Head of the Legal Department, the mission's main aim was to formalise cooperation between the two institutions and to ensure better study conditions for the students.

The objectives centred on the signing of a partnership agreement between the CNAO and the ENAM, the settlement of outstanding tuition fees, administrative and social support for students, and the definition of the terms of collaboration with the OADCPH.

During their visit, the delegation held several strategic meetings with:

- the OADCPH, to discuss prospects for technical collaboration;
- the ENAM management, to discuss the content of the training programme and to approve a draft agreement incorporating selection criteria, insurance and mutual commitments;

In addition, a visit to Benin provided an opportunity to meet with the heads of training institutions, including the Faculty of Health Sciences, to draw inspiration from their model of physiotherapy education.

The mission concluded with a meeting between the Director of the CNAO and Professor MIJIYAWA, Director of ENAM and former Minister of Health of Togo.

During the meeting with Senegalese students training at ENAM, Dr BA reaffirmed his commitment to clearing arrears, improving their living conditions and ensuring their professional integration upon completion of their training.

Delegation visit to ENAM



INTERNATIONAL SUMMIT ON SOCIAL HEALTH AND DISABILITY IN AFRICA (SISHA)



As part of the organisation of the first International Summit on Social Health and Disability in Africa (SISHA), the organisers paid a visit to the National Centre for Orthopaedic Fittings (CNAO).

The prosthetics and orthotics sector plays a central role in the summit's themes and is an essential component of the scientific presentations. As such, the visit to the CNAO was included in the summit's official programme, in recognition of its status as a centre of excellence in Senegal and its pivotal role in the functional rehabilitation and inclusion of people with disabilities.

Following the visit, the teams expressed a shared commitment to strengthening and sustaining their collaboration, particularly regarding the challenges of rehabilitation, social inclusion and the development of services dedicated to people with disabilities.

"This visit represents a major opportunity for African cooperation, in the service of sustainable and equitable inclusion," said Dr Seydina Ousmane Ba, Director of the CNAO.

This summit is the first international event with a strong African focus, dedicated to rehabilitation on the continent. It brought together multidisciplinary participants, including rehabilitation doctors, social sector professionals, disability care providers and technical experts from several African countries (Tunisia, Gabon, Côte d'Ivoire, Algeria) and Senegal, with the aim of addressing disability from a comprehensive and inclusive perspective.



WORLD DAY OF REMEMBRANCE FOR ROAD TRAFFIC VICTIMS

On 25 November, the National Centre for Orthopaedic Prosthetics (CNAO) played an active role in the World Day of Remembrance for Road Traffic Victims, organised by the National Road Safety Agency (ANASER) at the King Fahd Palace.

The official ceremony was attended by Mr Yankhoba DIEME, Minister of Land and Air Transport, alongside the Director General of ANASER and numerous institutional stakeholders and partners involved in road safety. On this occasion, the authorities reaffirmed the State's firm commitment to safer mobility, whilst issuing a strong call for individual and collective responsibility, emphasising that changing behaviour remains a key lever for preventing accidents and saving lives.

The day also featured a panel of experts focusing on the challenges of prevention, road safety and post-accident care; a tour of the 'themed' stands, highlighting awareness-raising initiatives, safety measures and mechanisms for caring for victims.

Through its involvement, the CNAO reaffirms its key role in the functional rehabilitation and post-accident support of victims, combining care with social inclusion.



Towards strengthened governance of Physical Medicine and Rehabilitation: the CNAO at the heart of the national system

The National Centre for Orthopaedic Fittings (CNAO) is a Public Health Establishment (EPS), established by Law No. 98-12 of 2 March 1998 on the creation, organisation and operation of EPSs, in particular Article 20 thereof. To enable it to fully carry out its mission as a non-hospital healthcare facility, the State established the CNAO as a public health institution by Decree No. 2004-1410 establishing the National Centre for Orthopaedic Fittings as a public health institution.

However, in light of the aforementioned texts, the CNAO does not have a specific organisational structure, let alone a mode of operation commensurate with its status and missions.

A centre of excellence in Physical Medicine and Rehabilitation

In organisational terms, the CNAO is now positioned as a National Centre for Physical Medicine and Rehabilitation (MPR). Initially dedicated to the care of war wounded through prosthetics and functional rehabilitation, the CNAO has gradually expanded its range of services well beyond motor prosthetics.

Its scope of practice now covers all types of disability, with specialist consultations in traumatology, neurology, ENT (hearing impairment), ophthalmology (visual impairment), diabetology, dermatology (albinism), neuropaediatrics (cerebral palsy, epilepsy), and occupational therapy, amongst others.

A lack of coordination with the healthcare pyramid

Despite this strategic positioning, it must be acknowledged that adherence to the healthcare pyramid remains insufficient in the areas of rehabilitation and functional recovery. The apex of the system, represented by the CNAO, has no legal or functional link with the base, comprising the Regional Orthopaedic Fitting Centres (CRAO).

Community-Based Rehabilitation (CBR), although advocated by the World Health Organisation (WHO), has not yet been effectively implemented at regional level. Indeed, the CRAOs operating within certain EPSs have no formal legal status and are not linked to any operational framework with the CNAO. This situation prevents the CNAO from fully exercising its technical oversight.

Towards Regional Centres for Physical Medicine and Rehabilitation (CRMPR)

With this in mind, the CRAOs should evolve into genuine Regional Centres for Physical Medicine and Rehabilitation (CRMPRs), in line with the 2050 national agenda focused on territorial equity and the territorialisation of public policies.

Establishing a legal and functional link between these regional centres and the **National Centre for Physical Medicine** (formerly the CNAO), as a centre of reference, would enable the creation of a coherent structure in line with the national healthcare pyramid:

- the base, consisting of community-based rehabilitation (CBR);
- the intermediate level, comprising the regional CRMPRs, the Talibou Dabo Centre and the Rehabilitation Centre at the Ouakam Military Hospital;
- the national level, represented by the National Centre for Physical Medicine and Functional Rehabilitation (formerly CNAO), responsible for all types of disability.

The CNAO, the umbrella organisation for physical medicine and rehabilitation in Senegal

Ultimately, the aim is to position the CNAO as the national umbrella organisation for physical medicine and rehabilitation, encompassing prosthetics and orthotics, physiotherapy, speech and language therapy, balneotherapy and other related disciplines. This leading role would also include the supply of inputs to peripheral facilities, through the establishment of a central purchasing body aimed at ensuring self-sufficiency in orthopaedic components and rehabilitation equipment.

Unlike other medical services within the EPS, the CRMPRs would exclusively admit patients with functional impairments, thereby justifying the application of a specific scheme. Their location outside traditional hospital settings would facilitate access for people with disabilities and their families, whilst promoting a holistic approach integrating care, social support and monitoring of social and professional reintegration.

A matter of regional equity

To date, only seven out of fourteen regions have a CRAO. In the interests of regional equity, it appears essential that each region should eventually be equipped with a centre for physical medicine and rehabilitation.

Ultimately, the CNAO management advocates for the legal affiliation of all physical medicine departments within healthcare facilities to the CNAO, in order to ensure holistic, effective and efficient management of functional rehabilitation, fully aligned with the national healthcare pyramid.



SETTLEMENT OF SOCIAL SECURITY DEBTS: the CNAO secures a payment schedule and a waiver of IPRES surcharges

The National Centre for Orthopaedic Fittings (CNAO) attaches particular importance to social security debts, notably those owed to the Senegalese Pension Fund (IPRES) and the Social Security Fund (CSS). In this context, the CNAO management requested a meeting with the IPRES General Management on 25 November 2025 to examine mechanisms for clearing the Centre's social security debt. This initiative is part of the ongoing efforts already undertaken: in December 2024, payments of 25,000,000 CFA francs to IPRES and 10,900,000 CFA francs to the CSS were made to enable the resumption of benefits.

Despite these payments, the CNAO remained liable to IPRES for a principal amount of 82,926,381 CFA francs and 33,754,297 CFA francs in surcharges. This debt stems in particular from contracts not formalised during the period 1994–2004, as well as missing declarations between 2015 and 2024.

During the meeting, the Director of the CNAO called for a waiver of the surcharges and a payment plan for the principal amount. This approach was motivated by a desire to ensure a peaceful retirement for the Centre's staff and to comply fully with current regulations.

In response, the Director of Benefits at IPRES commended the CNAO's commitment and the responsibility shown in upholding staff members' social rights. He reiterated IPRES's constant willingness to support organisations seeking to rectify their financial situation.

Following the discussions, the IPRES General Management approved the CNAO's request. It was agreed that the principal would be repaid in 48 monthly instalments of 1,700,000 CFA francs, commencing on 5 January 2026. A waiver of late payment charges was also granted.

It should be noted that, to date, the CNAO is up to date with its monthly payments, demonstrating its firm commitment to rigorous and responsible management.

Mady SAKHO
Head of the Legal Department at the CNAO

SUMMARY OF THE BUDGETARY ANALYSIS – 4th quarter

In the fourth quarter, expenditure amounted to 356,576,660 CFA francs.

Expenditure amounted to 333,177,720 CFA francs.

Monitoring of departmental activities

Departmental performance shows generally satisfactory results:

Consultants: 114.22% achievement

Consultations: 131.31%

Physiotherapy: 94.80% The prosthetics and orthotics service: 69.53%

A comparison with the same period in 2024 reveals a positive trend across all areas of activity.

Resource monitoring

Revenue from fees: 117,736,660 CFA francs.

Operating grant: 81,250,000 CFA francs paid

State/social partners grant: 7,590,000 CFA francs paid, including the third-quarter allocation

Special health incentive grant: not paid

Status regarding IPRES

Since September 2024, the CNAO has been up to date with its current outstanding payments to IPRES. However, arrears remain amounting to:

82,926,381 CFA francs (principal)

33,754,297 CFA francs (surcharges)

The principal will be cleared over 48 monthly instalments of 1,700,000 CFA francs, starting on 5 January 2026.

A discretionary remission has been granted on the surcharges.

To date, 5,100,000 CFA francs, corresponding to three monthly instalments, have already been paid.

Summary table of IPRES's debt status

IPRES APPLICATION			
Headings	Penalties	Payment in 2026	Remaining
Outstanding principal			82,926,381
January		1,700,000	81,226,381
February		1,700,000	79,526,381
March		1,700,000	77,826,381
Total	-	5,100,000	-

Ms SYLLA Amy Gueye AC
Mr Papa Bouna NDIAYE CG



ORGANISATIONAL EVALUATION: the CNAO committed to a process of continuous improvement

By circular letter No. 0023333/MSHP/CAB/CT1 of 4 November 2025, the Ministry of Health and Public Hygiene (MSHP) instructed healthcare facilities to receive an evaluation team, at the request of the World Health Organisation (WHO), for the period from 10 to 30 November 2025.

The National Centre for Orthopaedic Fittings (CNAO), one of the targeted facilities, thus received Mr OUASSIM, a representative of BDO, who was responsible for the assessment.

This mission covered several strategic areas, including: financial management, accountability, policies and procedures, accounting, procurement, reporting, internal controls, staffing and organisational structure.

Following the recommendations made, the CNAO management has implemented corrective and structural measures, including:

- finalising the Establishment Plan, a strategic document setting out the Centre's direction for the next five years;
- updating the financial statements within the Accounting Agency's department;
- training certain managers in internal audit, with a view to appointing an internal auditor;
- strengthening the capabilities of paramedical staff, notably through training on wheelchairs;
- the engagement of a materials accounting expert to support the relevant Division;
- ensuring the effective functioning of the Information and Monitoring and Evaluation Department, in order to improve the management and monitoring of activities.

Through these actions, the CNAO reaffirms its commitment to basing its governance on transparency, performance and continuous improvement, for the benefit of users and staff.

Mady SAKHO
Head of the CNAO Legal Department

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□ INTEGRATION OF REHABILITATION AND REHABILITATION DATA INTO DHIS2

From 26 to 30 May 2025, a decisive milestone was reached for thousands of people with disabilities, who have long been overlooked in both statistics and public policy. In a context where rehabilitation and access to assistive technologies remain insufficiently documented, a strategic workshop laid the foundations for lasting change within the national health system.

Organised by the National Centre for Orthopaedic Fittings, in collaboration with the Health and Social Information Systems Division of the Ministry of Health's Directorate of Planning, Research and Statistics, the main objective of this initiative was to support the definition and integration of rehabilitation and assistive technology indicators into the national health data management platform, DHIS2. The challenge was clear: to better reflect the real needs of the population and enable more equitable and effective service planning.

Over five days of intensive work, participants carried out an exhaustive review of the data collection tools used at all levels of the healthcare system, from health posts to hospitals. The data required for the implementation of the ATscale project were identified, analysed and compared with existing tools to verify that they were effectively taken into account. Where gaps existed, the tools were revised, updated and adapted to the realities on the ground.

The workshop took place in a participatory atmosphere, bringing together key stakeholders in disability management, rehabilitation and accessibility to assistive technologies. Discussions, organised into thematic groups, enabled the identification, reformulation and validation of indicators structured around key areas such as: rehabilitation and functional re-education services, human resources, funding, procurement, logistics, as well as accessibility to assistive equipment and technologies.

At the conclusion of the work, several concrete outcomes were achieved. Indicators relating to rehabilitation and assistive technologies were identified, revised and validated. Data collection tools, including reports, registers and monitoring forms, were harmonised.

The forms and indicators were configured within the DHIS2 platform and subjected to technical validation with all participants. A follow-up and monitoring plan was also developed to ensure the quality and continuity of data collection. Beyond the technical aspects, this initiative marks a major step towards greater recognition of rehabilitation and technical assistance needs within the national health information system. By bringing previously marginalised data to the fore, it paves the way for better-informed decisions, a fairer allocation of resources and, above all, a tangible improvement in the quality of life of those affected.

The next steps have already been identified. They include finalising the configuration of forms in DHIS2, and organising training, monitoring and coaching missions at rehabilitation and functional re-education facilities. Through this collective and cross-sectoral effort, the health system is gradually equipping itself with the tools needed to ensure that no one is left behind.

Ms Ndeye Arame FALL
Head of Social Services/Bokk Na Ci Focal Point

❑ Training orthopaedic technicians in international standards for prosthesis manufacturing



Training to serve better: the CNAO strengthens national expertise

As part of the Bokk Naa Ci project, the National Centre for Orthopaedic Fittings (CNAO) organised two training sessions in February and December for prosthetists, orthotists and physiotherapists from the Regional Centres for Orthopaedic Fittings (CRAO).

This initiative aims to strengthen the skills of orthopaedic prosthetics professionals to improve the quality of certain locally manufactured assistive devices (prostheses, orthoses and wheelchairs) in order to offer a better quality of life to people with physical disabilities. The objective is clear: to raise the skill level of local professionals in order to bring about a lasting improvement in the quality of assistive devices manufactured and fitted in Senegal.

Among the highlights, a basic WHO training course on wheelchairs and adapted seating brought together 20 professionals from several regions. Combining theory

and practical sessions, the module covered physical assessment, prescription, personalised wheelchair fitting, pressure ulcer prevention, mobility techniques and the making of adapted cushions.

Beyond assembly, participants worked on the individualised fitting of devices, ensuring comfort, safety and independence for users.

These sessions also aim to align practices with international standards, strengthen the autonomy of regional teams and reduce inequalities in access to assistive technologies.

Through this ongoing training initiative, the CNAO reaffirms its role as the national reference body in physical medicine and rehabilitation, working to improve the quality of life for people with disabilities, older people and patients living with chronic conditions.

❑ BASIC TRAINING ON WHEELCHAIRS AND ADAPTED SEATING: WHO MODULE



- Provision of vehicles for advanced strategies in the regions



- Provision of orthopaedic equipment



- Panel



❑ Visit by the ATscale project donor: strengthening rehabilitation through training and partnership

From 1 to 6 December 2025, Senegal hosted a visit from the ATscale project donor, now known as 'Bokk Naa Ci'. This visit forms part of the national drive to improve access to assistive technologies, which are essential for the independence and inclusion of people with disabilities.

- **A highlight of the mission** was a national roundtable held on 4 December at the Directorate of Planning, Research and Statistics (DPRS) of the Ministry of Health and Public Hygiene (MSHP), bringing together technical and financial partners, and rehabilitation stakeholders around a common objective: **to mobilise additional resources and consolidate responses to the sector's growing needs**. The discussions highlighted persistent structural challenges, notably the lack of qualified human resources, limited infrastructure and regional disparities. In response, the Bokk Naa Ci project has placed a central focus on skills development, through a **training programme for physiotherapists and orthopaedic technicians from all regions, centred on the prescription, fitting and management of wheelchairs**.

This training component serves as a strategic lever for sustainably improving the quality of rehabilitation services. Aligned with the 2023–2027 National Plan, the project thus opens up concrete prospects for more inclusive and equitable care.

On the sidelines of the round table, Dr Seydina Ousmane BA, Director of the National Centre for Orthopaedic Prosthetics (CNAO), met with Mr Rong WEIDONG, Economic and Commercial Counsellor at the Chinese Embassy, in the presence of Mr Henri BONNIN, representative of UNOPS, to explore ways of strengthening equipment for the benefit of rehabilitation services.





began:

It all started with a simple but essential idea: ***to make daily life easier for people with disabilities.***

As a trained carpenter, I was told one day that the National Centre for Orthopaedic Fittings was looking for someone capable of making equipment adapted for people with reduced mobility. I came on the recommendation of my training supervisor.

The very first task I was given was to make a walking frame for a child. At the time, the workshop was poorly equipped. So I improvised with the resources available, notably unused wooden pallets. I went on to make several walking frames for children aged between 4 and 10.

When the Director saw the result, he encouraged me and said something that made a deep impression on me:

“We absolutely must keep you on.”

That’s how the trust was built, and I was officially brought into the team.

What innovations have you introduced over time?

Innovations often stemmed from observing conditions on the ground and real needs. For example, at

At first, the plans were drawn in pencil, which lacked precision as the lines would fade. So one day, I decided to use a pen to ensure clearer and more reliable markings.

As for the shoe grips, I was approached by a disabled person who slipped a lot when walking. I had an idea about how to make the grips, but my main problem was where to find the non-slip material. I searched for a long time and one day, a friend who worked in Taïba (now the site of the Senegalese Chemical Industries – ICS) told me about industrial carpet offcuts. ***“The sample of discarded industrial carpet that a friend brought me was the final straw.”*** ***This innovation proved so effective that it is still in use today.***

We also designed **local knee joints** for people with above-knee amputations, to enable them to bend their knees and sit down. At the time, the prostheses available were rigid and not very functional. This improvement significantly enhanced the independence of the beneficiaries.

How do you view the CNAO’s development since you started?

The CNAO has undergone a remarkable transformation. When I first started, the administration consisted of barely 4 or 5 people. Today, the teams are larger and the services have diversified considerably.

However, certain challenges remain:

- ongoing staff **training**, which is essential for maintaining high standards of quality, particularly in the fitting of hearing aids;
- **the aesthetics of dentures**, as comfort and design are now essential factors;
- **motivation**, so that the new generation retains the same love for the profession and the same passion that drove the pioneers.

What was the working environment like when you started out?

Back then, everything had to be built from scratch. There were no specialist training schools or sophisticated equipment. We learnt on the job, driven by a strong determination and great creativity.

We also established a real social life within the organisation: football matches, group activities, ‘tong-tong’, group outings, etc. This strengthened team cohesion and fostered a healthy, supportive working atmosphere.

What message would you like to pass on to the next generation?

It is essential to bring a personal touch to your work and your environment, and never limit yourself to what is taught.

With determination, commitment and creativity, it is always possible to innovate and make progress.

The CNAO has enormous potential. We must preserve, strengthen and improve it, so that it continues to serve present and future generations effectively.

❑ ACHIEVEMENTS



GENOU C.N.A.O.

- + Simple
- + Mono axial
- + Bois – poly pro - métal
- + Assemblage de x pièces
- + Petit et grand modèle
- + Intégré à emboîture
- + Fixation sur tube par emboîtement



Standing frame for adults and children
 (bois, métal, polypro)
 (wood-metal, polypropylene)

Local end cap manufacturing process
 (wood, carpet, PVC)





What is balneotherapy? Is there a difference between it and aquagym?

Water has been used as a therapeutic medium since ancient times. Today, science confirms its benefits, optimising its use in rehabilitation. Hydrotherapy refers to any therapeutic use of water (hot, cold, fresh or mineral) in various forms such as baths, showers, jets or steam.

Balneotherapy, on the other hand, encompasses active or passive rehabilitation techniques carried out whilst immersed in fresh water at 32–37 °C. It differs from thermalism (thermal waters) and thalassotherapy (seawater) in that it focuses not on the physical and chemical properties of the water, but on facilitating movement.

In everyday language, it is often called aquagym or aquatic gymnastics. These two techniques (balneotherapy and aquagym) are different but can be complementary.

Balneotherapy, also known as aquatic physiotherapy, is a gentler form of treatment through bathing, often in warm water, aimed at pain relief, muscle relaxation, vasodilation or the patient's relaxation, and on the other hand, improving joint mobility, facilitating movement and proprioceptive work. Whereas aquagym is a gentle form of exercise accessible to everyone, it is a simple method of getting fit that meets our daily physical exercise needs as well as our quest for well-being. It is also a fun activity in the pool or at the beach, involving a series of fitness movements (muscle strengthening, cardio) against the resistance of the water.

What are the principles behind balneotherapy?

This approach is based on three main effects: thermal, mechanical and psychological. Firstly, the thermal effect stems from the water temperature (34–37 °C), which has a soothing and muscle-relaxing effect, thereby making painful exercises on dry land easier. The perceived weight is inversely proportional to the depth of immersion in the water. Indeed, the mechanical effects stem from Archimedes' principle: when immersed up to the shoulders, the reduction in weight reaches around 90% of body weight, falling to 50% at the navel and almost zero at the knees (in fresh water, one feels 90% of body weight at the knees; 50% at the navel and 20% at the shoulders). This reduces osteoarticular stress, mobilises impaired limbs – particularly those with neurological impairments – and counteracts gravity. Furthermore, the resistance of the water during muscular movement allows for gradual progression, which is all the more significant with increased speed or a larger contact surface (fins, paddles). At depths of over 1 metre, hydrostatic pressure corresponds to the pressure exerted by the water on the submerged body. It increases with depth. In balneotherapy, it helps to stimulate blood and lymphatic circulation, improve balance and reduce the risk of falls. It promotes venous return, reduces oedema and strengthens the respiratory muscles.

Finally, the psychological effects are significant: water reduces stress and anxiety whilst improving self-esteem by making movement easier; balneotherapy boosts a sense of personal efficacy and self-confidence.

Other psychological effects: it encourages social interaction, which helps reduce isolation; moving freely with impaired limbs, mobilising a painful joint or walking without pain boosts motivation. The sessions break the monotony, create a relaxed atmosphere and restore the sense of movement.

These synergistic effects improve the patient's mobility, strength, endurance and compliance, with minimal risk.

What equipment is required?

To practise these activities, pools with gradually increasing depths (0.8–1.5 m) are used, equipped with access ramps, temperature control, a filtration/disinfection system (chlorine or UV), as well as accessories such as kickboards, floats, fins, paddles and aquatic parallel bars. Safety features include a non-slip floor, lifting seats and cardiorespiratory monitoring.

Can anyone undergo balneotherapy? In what circumstances is it recommended?

Before any session, a consultation with a rehabilitation doctor is mandatory to rule out any contraindications, such as skin infections (open wounds, infected pressure sores), uncontrolled faecal and urinary incontinence, severe respiratory/cardiac failure, unstable coronary artery disease, unstable hypertension, uncontrolled epilepsy or claustrophobia...

The benefits of balneotherapy apply to a wide range of conditions:

- neurological (stroke, MS, Parkinson's disease for motor facilitation),
- orthopaedic/rheumatological (osteoarthritis, prosthetics, low back pain for joint relief),
- rehabilitation sports cardiovascular/respiratory (post-operative rehabilitation, COPD for endurance), obstetric (pregnancy for low-impact strengthening), paediatric or geriatric (balance, chronic pain).

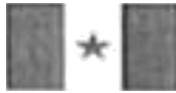
Balneotherapy in Senegal...

In Senegal, aquagym is well established in coastal towns and is mainly practised in the sea with the 'dolphins' in Ngor, Rufisque, Mbao... However, balneotherapy is only just beginning to emerge in physio-rehabilitation departments, such as at Fann University Hospital or in private centres in Dakar. The CNAO is promoting its integration for neuromuscular disabilities, adapted to the tropical climate (warm water to combat humidity).

Challenges include a lack of infrastructure and equipment, the availability of the service at the CNAO (a project to build a balneotherapy and aquagym centre), limited access in rural areas, and the need for training for physiotherapists, with prospects for inclusive rehabilitation through North-South partnerships.

In conclusion...

Balneotherapy, which is accessible and effective, enhances rehabilitation in physical and occupational therapy. In Senegal, its development will boost patients' independence, in line with the CNAO's objectives.



REPUBLIQUE DU SENEGAL
UN PEUPLE - UN BUT - UNE LOI

ii* D I I K I I D I I X I I K I I

GENERAL DIRECTORATE OF ADMINISTRATION TERRITORIALE
THE

Récépissé de Déclaration de CREATION de
l'association •°§ 2 2 6 0 T /MISP/DGAT/ DLPL/DAPA

Le Directeur général de l'Administration territoriale,

Vu le Code des obligations civiles et commerciales,

donne récépissé à Monsieur le Président

d'une déclaration en date du : 28 septembre 2024

regarding the establishment of an association entitled

SENEGALESE ASSOCIATION OF PHYSICAL
MEDICINE AND REHABILITATION
(ASMER)

is located at: Villa No. 4, 167, Anyit• 2, Dakar

Established on: 28 September 2024

four ille



DEC. 2025



Statuts
Procès-verbal

List of founding members

COMPOSITION OF THE EXECUTIVE COMMITTEE

Ydina Uusmailc BAPrésident
IU . I irna DIABYSecrétaire général
Djibril Mademba Rafet DIOUFTrésorier général

Dakar, le 17 NOV 2025

LE GOUVERNEUR DIRECTEUR GENERAL
Ministère de l'Intérieur
Direction de la Sécurité
du Point E
William MANE

Ce numéro est à rappeler dans toute correspondance.

NB : Dans un délai d'un mois, la déclaration faisant l'objet du présent récépissé devra être rendue publique au JOURNAL OFFICIEL.
Toute modification apportée aux statuts et tous changements survenus dans l'administration ou la direction de l'association devront être déclarés dans un délai de trois mois, et mentionnés en outre sur un registre tenu au siège de ladite association, registre qui pourra être présenté aux autorités administratives ou judiciaires, sur leur demande, sans déplacement au siège social.

AT EXPO AFRICA 2027 FIRST EDITION

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in Africa*



1,000 participants from
over **25** countries

strategic partnerships
strategic and
collaboration

Exhibition - Conferences - Workshops

OVERCOMING DISABILITY: *Looking beyond the obstacles ...*

Interview with Mr Cheikh Saad-bouh DIOUF, Special Adviser to the President of the Republic on disability issues

Could you introduce yourself and tell us briefly about your background?

My name is Cheikh Saad-bouh DIOUF. I am a lawyer, visually impaired, and Special Adviser to the President of the Republic on disability issues.

After attending the National Institute for the Education and Training for Young Blind People (INEFJA), at Idrissa Diop Secondary School and Malick Sy Sixth Form College in Thiès, I continued my studies in France at



the University Robert Schuman in Strasbourg, where I obtained a Master's

II in Law and European Studies, specialising in Contracts and Public Works. Professionally, I have worked in France and Senegal, notably at the Human Rights Directorate of the Ministry of Justice. My voluntary and political work has always focused on promoting the rights of people with disabilities.

When did visual impairment come into your life?

I went blind at the age of 11. It was a profound shock, marked by pain and doubt. But thanks to my parents' support, I realised that disability was not an insurmountable 'end in itself'.

They taught me that I had lost my sight, but not my life. That realisation was a turning point.

What were the main challenges you faced in your personal and professional life?

Three major personal challenges:

▪ **Accepting the disability, an essential step in rebuilding my life.**

In this regard, the role of parents is just as fundamental. I give thanks to God and thank my parents. I was lucky to have wonderful parents who supported me on my journey towards acceptance. They believed in me and instilled in me the firm conviction that my life could still be a success. They spared no effort to ensure I could continue my studies at INEFJA. And it was at INEFJA that I began my recovery. It was there that I truly understood that 'all is not lost when you lose your sight'.

▪ **Adapting to a new environment**, particularly during my studies in France, far from my family, in a different culture, with a lifestyle that demanded great discipline and a high degree of independence. I had to learn to fend for myself: getting around, managing my accommodation, adapting to the bitter cold and a different culture.

▪ **Academic success, culminating in the award of a Master II** in Law and European Studies, specialising in contracts and public works (public procurement) in 2007, and becoming one of the first Senegalese graduates in this field.

Professionally, the main obstacle remains how others view you: prejudices, doubts about your abilities. A degree isn't always enough to open doors. *The real disability isn't always physical; it's often social.*

What helped you to "overcome your disability"?

Family support, faith, resilience and a refusal to limit my ambitions. INEFJA was a defining environment: there I discovered the power of peer **emulation** "peer emulation" and realised that excellence is possible despite blindness. Education, sport and culture have enabled me to rebuild my life.

You are an adviser to the President of the Republic on disability issues... Tell us

First and foremost, I would like to express my sincere thanks to His Excellency Mr Bassirou Diomaye Diakhar FAYE for the trust he has placed in me by appointing me Special Adviser to the President of the Republic on disability issues.

My role is to advise the authorities on public policies relating to disability, ensure that these are taken into account in all reforms, and convey the concerns of people with disabilities to the highest levels of government.

It is a role that bridges the gap between institutions and citizens, between political vision and the realities on the ground.

How do you go about your role as an adviser on a day-to-day basis?

My days are filled with memos to the President, institutional meetings, hearings and field visits.

I am in constant contact with the authorities, organisations representing people with disabilities and technical partners.

In what way does your disability enrich your role?

My personal situation has naturally led me to commit to the cause of disability.

I face the same challenges and constraints as other people with disabilities. I know the limits of accessibility. I know what it means to be unable to access a public building, to lack accessible documents, to be turned down for a job. This gives me a direct and practical understanding of the issues and enables me to devise appropriate, realistic and sustainable solutions.

Is disability still a barrier to accessing senior positions?

Yes, unfortunately. Barriers persist because of social perceptions. However, a significant shift is underway, with a more inclusive political will and better representation of people with disabilities in decision-making circles.

What role does disability play in public policy today?

The inclusive vision championed by the President of the Republic, His Excellency Bassirou Diomaye Diakhar FAYE, and the Prime Minister, Mr Ousmane SONKO, is now a real source of hope for the entire community of people with disabilities. The inclusion of disability is now embedded in Vision Senegal 2050 and the National Development Strategy. It is based on clear priorities: inclusive and special education, adapted training, employment, economic empowerment, social protection and accessibility.

What progress remains to be made?

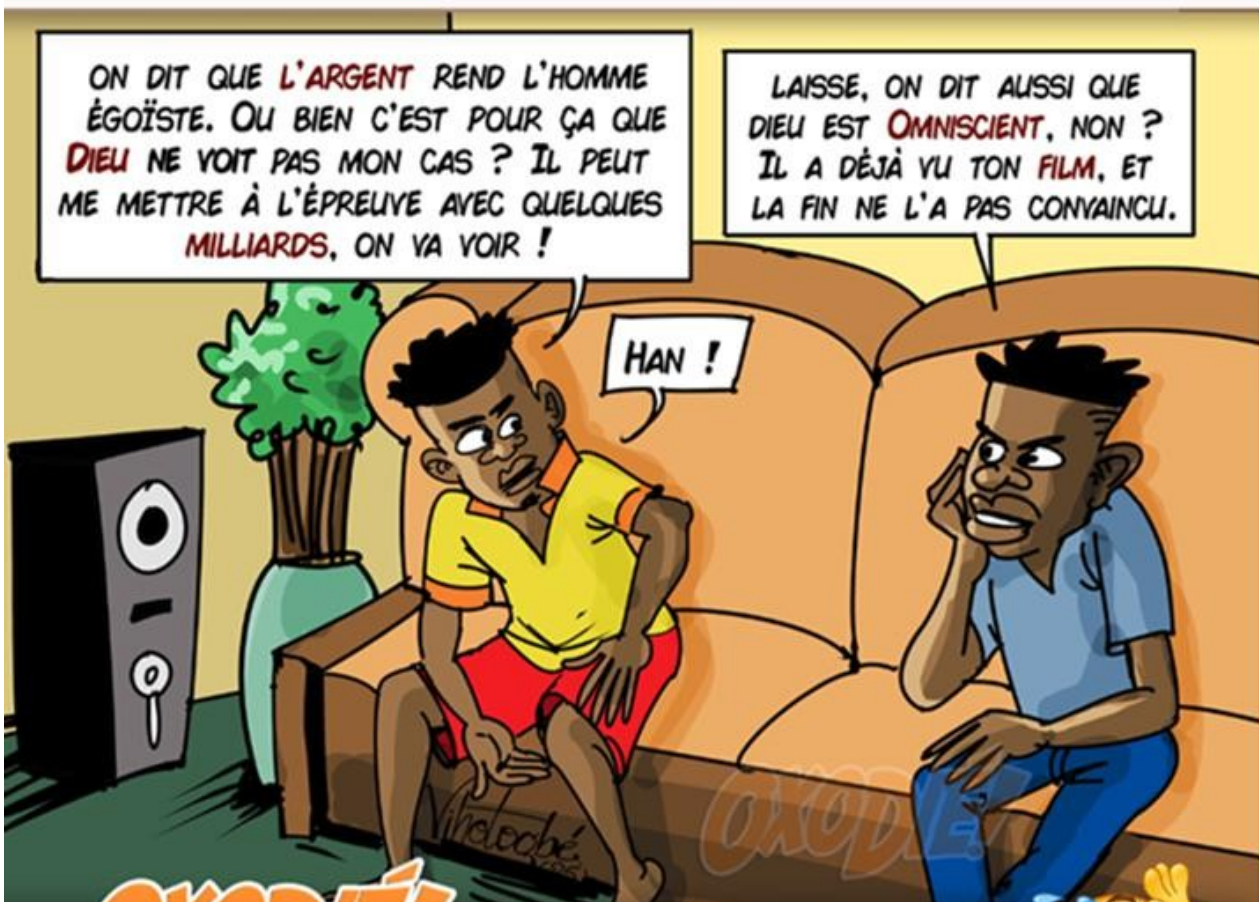
Despite these efforts, there is still a long way to go: the legal framework needs to be strengthened, and access to education, employment, funding and assistive technologies needs to be improved. Accessibility to buildings, transport and public services remains a priority. Inclusion must become second nature, not just a slogan. The vision set out by the President of the Republic, His Excellency Bassirou Diomaye Diakhar FAYE, through the Senegal 2050 agenda reminds us that **progress is not measured solely by economic growth, but by a country's ability to care for the most vulnerable and to ensure that everyone has their place in the national community.**

What message do you have for people with disabilities?

I tell them to believe in themselves, to persevere and to pursue knowledge with determination. Nothing is handed to you on a plate, but anything is possible with determination.

In your view, what does "overcoming disability" really mean?

Overcoming disability means succeeding in life despite the obstacles. It means ensuring that disability is neither a barrier to dreams nor an obstacle to fulfilment.



ARMÉE-NATION CONCEPT: a reality at the National Centre for Orthopaedic Fittings in Dakar

The Army-Nation concept is being put into practice at the CNAO through exemplary collaboration between the armed forces and the centre’s civilian staff.

This synergy is particularly evident in the significant support provided by **the Chief of the General Staff of the Armed Forces**, who makes qualified military personnel available to the centre, effectively reinforcing the civilian teams on site.

Beyond technical support, this collaboration illustrates a shared vision: to put the army’s expertise at the service of the nation, for the benefit of the people, in a spirit of complementarity, solidarity and strengthening of the



Staff Sergeant
Adama SOUMARE
Head of the Verification Division



Staff Sergeant
Mamadou Lamine MANE
Deputy Head of the
Materials Accounting



Sergeant Major
Ousmane CISSE
Head of the Security Office



Sergeant Major
Ramatoulaye BA
Secretary



Staff Sergeant
Samba Seck MBENGUE
Head of the Vehicle Fleet

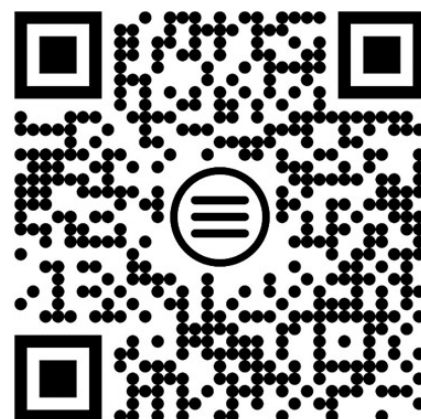


Mr Baïdy Souleymane MBENGUE
Head of Human Resources



Mr Birama Louis GOMIS
Head of the Information Systems
and Monitoring and Evaluation
Department

The CNAO in a few clicks



Nos Partenaires



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MOPALE



Sightsavers

VILLE DE DAKAR



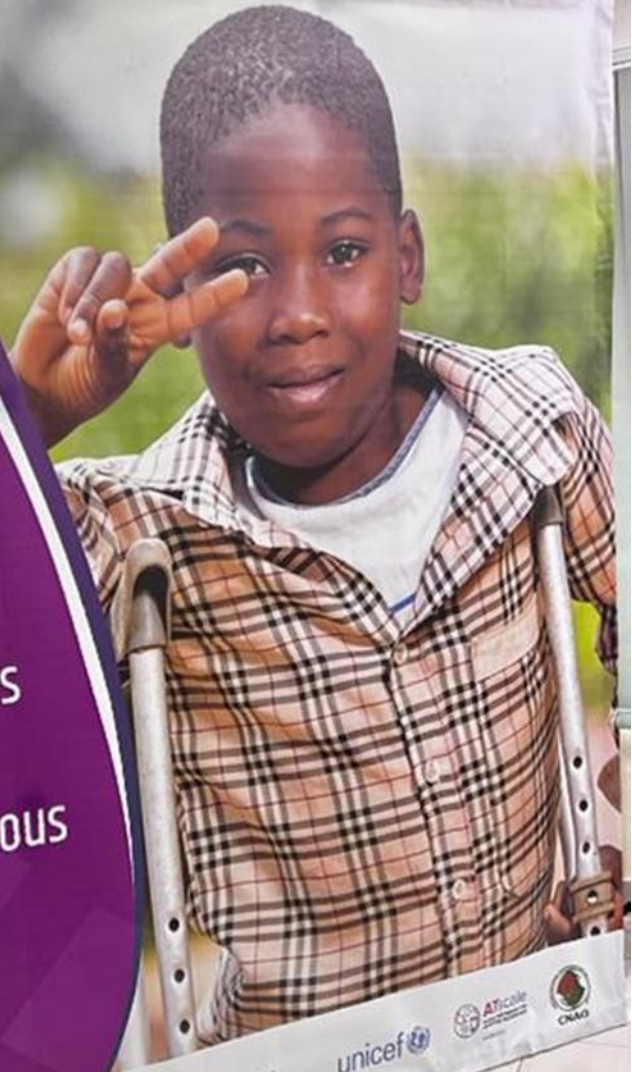
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Renforcer les investissements
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produits d'assistance pour
améliorer l'accessibilité pour tous
et partout au Sénégal.



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