

# The Body Remembers

Physiotherapy for  
traumatized refugees

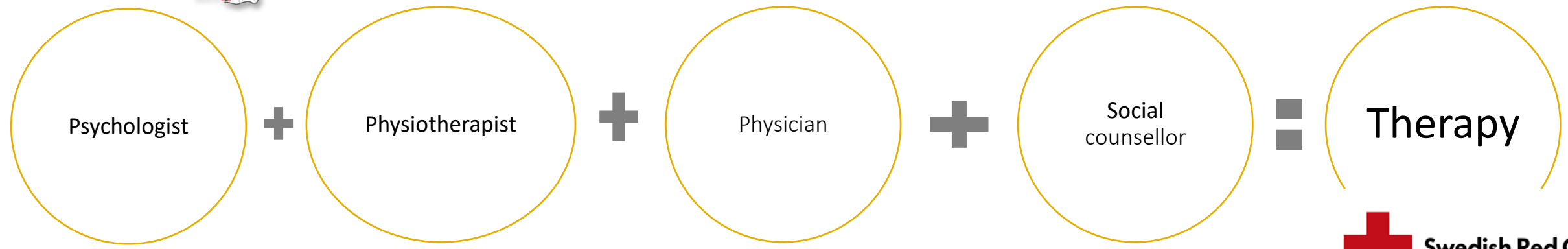
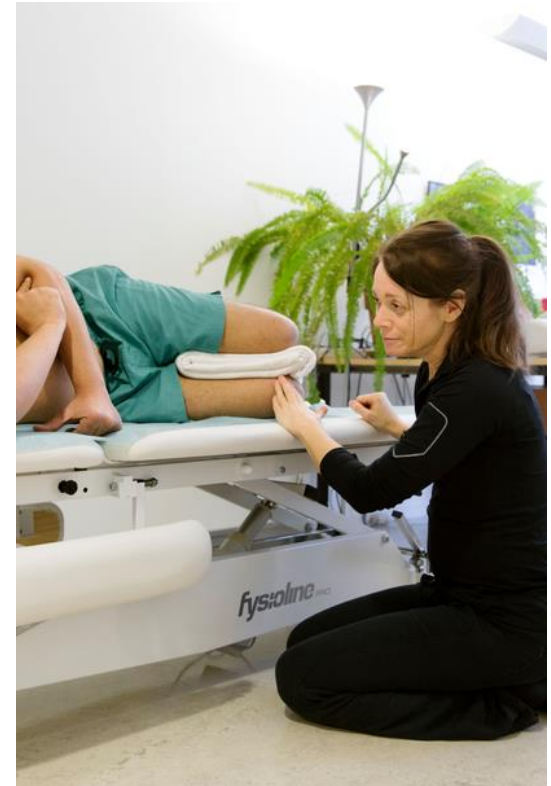
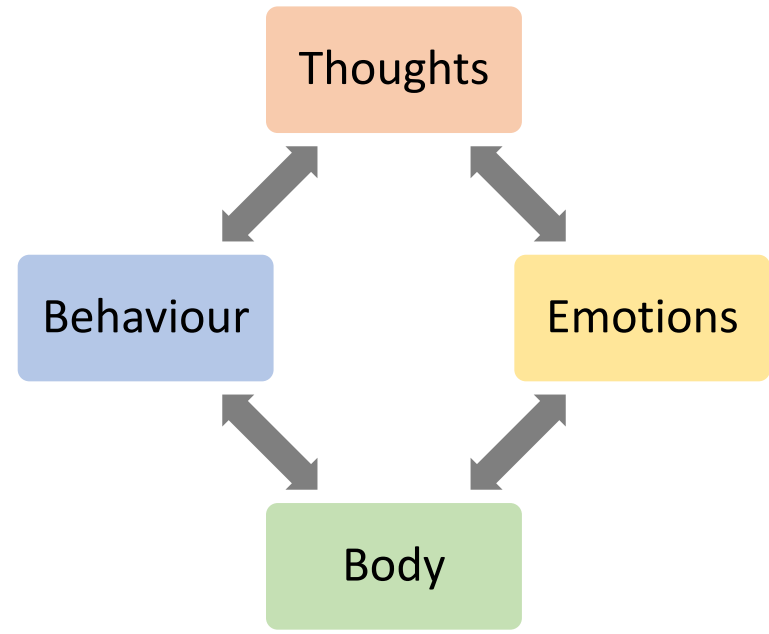
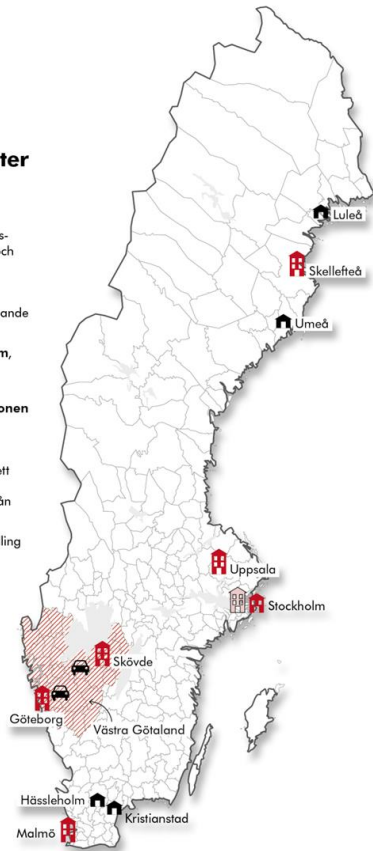
Patricia Rocca, physiotherapist

Red Cross Centre for persons  
affected by war and torture,  
Malmö, Sweden

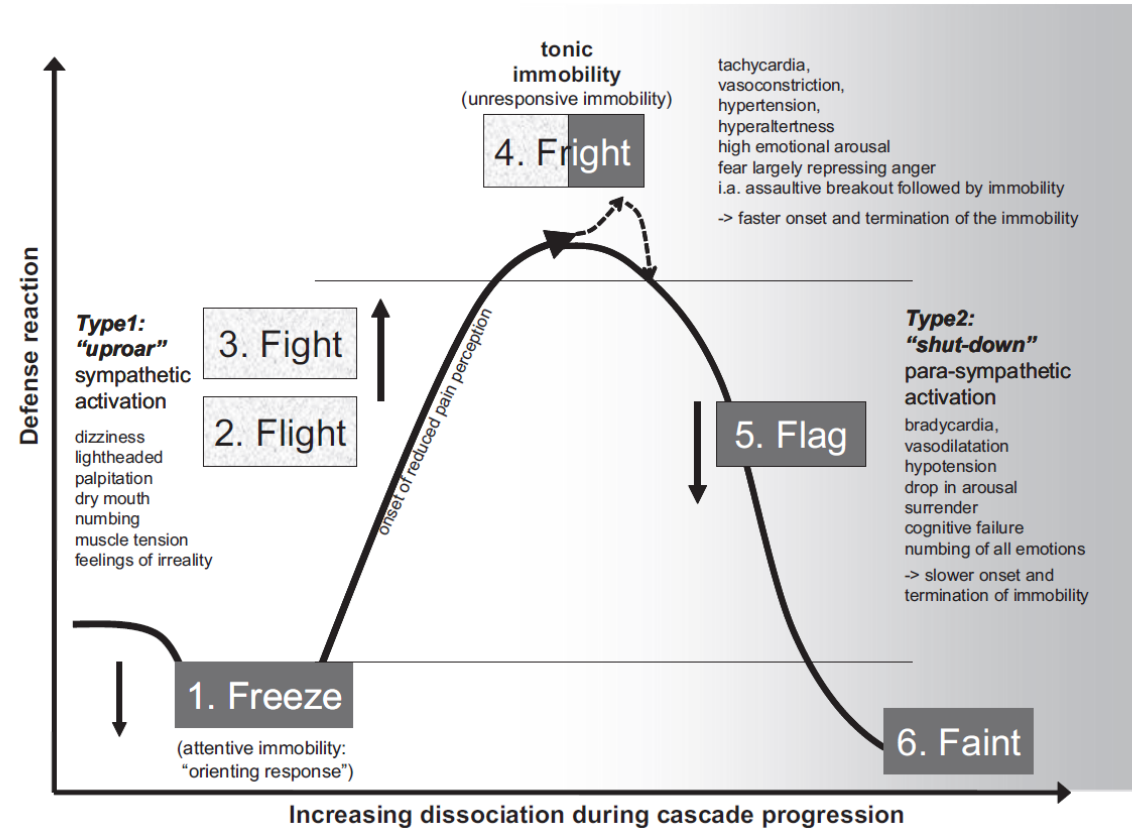


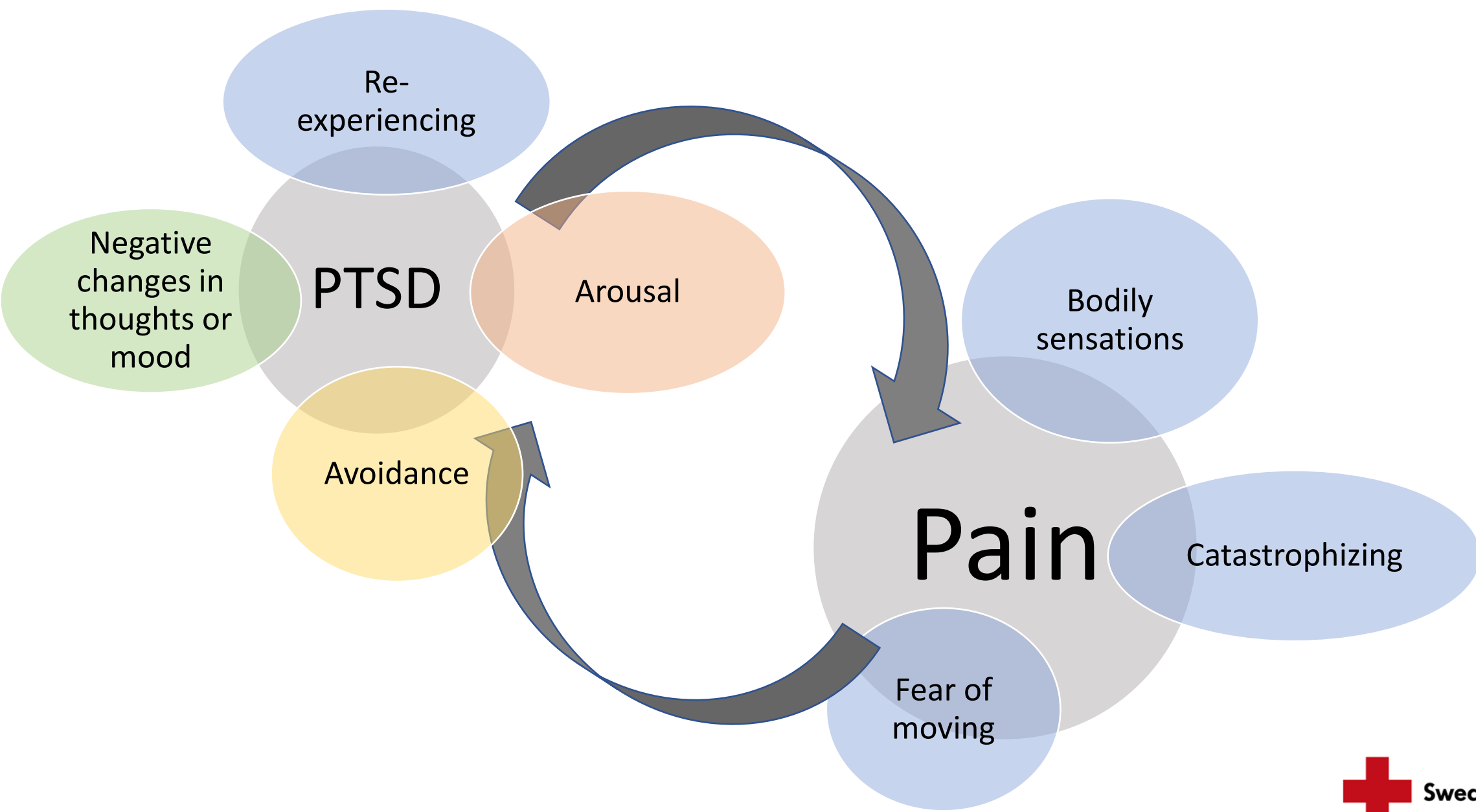
**Röda Korsets  
vårdverksamheter  
– här finns vi:**

- 🏠 Röda Korsets behandlingscenter för krigsskadade och torterade finns i **Malmö, Göteborg, Skövde, Uppsala, Skellefteå**. I Stockholm finns en liknande stiftelseledd verksamhet.
- 🏠 Filialer finns i **Hässleholm, Kristianstad, Umeå** och **Luleå**.
- 🚗 I Västra Götalandsregionen finns två mobila behandlingsteam; ett team med fokus på Vänersborgstrakten och ett team för ungdomar och unga vuxna som utgår från Göteborg.
- 🏠 Röda Korsets vårdförmedling finns i Stockholm.



# Reactions to perceived or real stress/danger





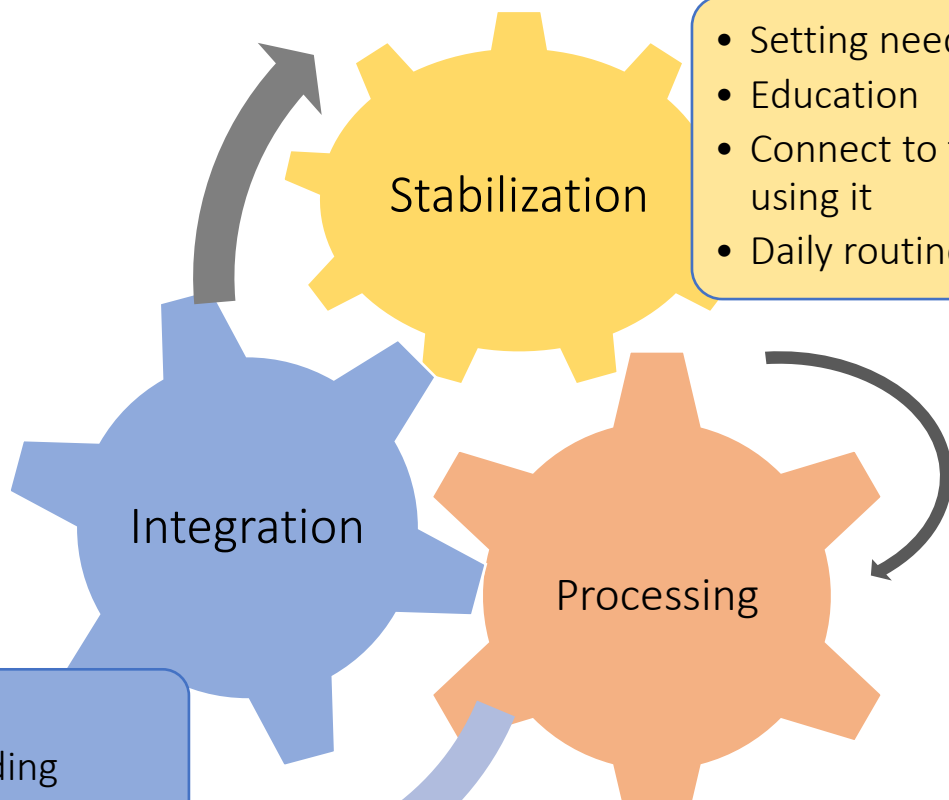
Cardiovascular diseases  
Diabetes  
Sensitivity for infections

Concentration and memory problems  
Sleeping difficulties  
Anxiety  
Depression



Higher risk of suicidality  
Premature mortality  
Lower quality of life  
Tendency to isolation

Muscle tensions  
Sensitivity for pain  
Headaches  
Back- and neck pain  
Digestion problems  
Numbness, weakness  
Dizziness



- Setting needs and goals
- Education
- Connect to the body by using it
- Daily routines

- Self-caring
- Understanding
- Coping
- Independence

- Physical activity
- Body Awareness
- Exposure
- Education
- Express needs





”The day and night after sport activities I feel tired in a different way, in a good way. I am more relaxed; it is easier to fall asleep and I don’t wake up as many times as usual.”

”The day after the group training and playing football I have a lot of pain, but it’s a ”good pain” ... ..it reminds me of playing football as a teenager ...it doesn’t stop me from doing things anymore.”



”...for me, the most important thing is how my kids see me when they get back from school and we talk about our days...  
...instead of ”nothing”, or just being home, in my bed - I can now tell them I have been out playing football with some friends.”

”Physical activity has changed me. I have begun to like myself again and I have begun to enjoy speaking to other people. I was isolated for 4-5 years, I didn´t like to speak with other people, but now after being in the group I feel changed, I feel different. I feel reliant when speaking to people, and confident...Trust in myself and others, to be able to speak and communicate. And our sessions here opens up our eyes and mind, to be able to think in new ways and see things in a new way.”





Tack ขอบคุณ شكر تشكر  
hvala mahad קאנט  
ευχαριστίες  
teşekkürler धन्यवाद  
gracias 謝謝

If you have any questions:  
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