



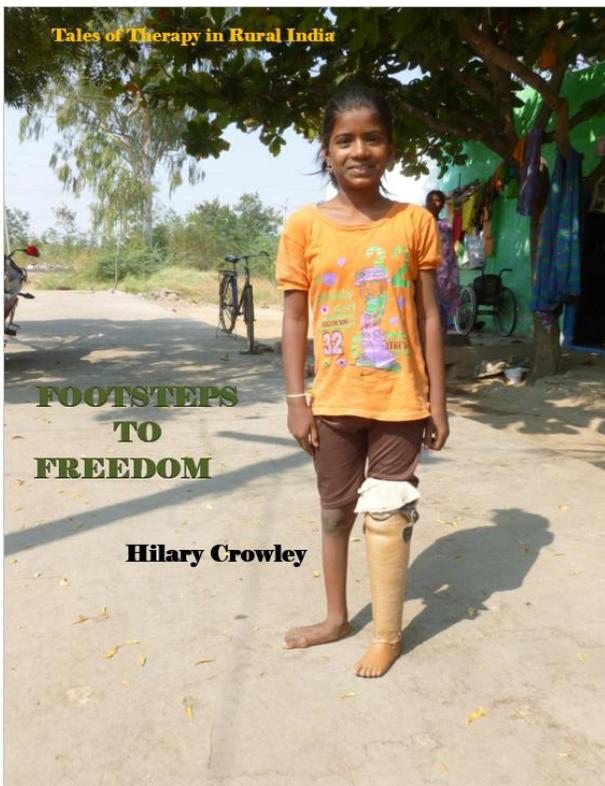
Global Health Division
Canadian Physiotherapy Association

FOOTSTEPS TO FREEDOM – Tales of Therapy in Rural India

FOOTSTEPS TO FREEDOM – Tales of Therapy in Rural India is a book about the development and progression of a Community Based Rehabilitation program in South India, named Samuha Samarthyaa. The story progresses from the turmoil of leaving home to spend a year with Samuha as a physiotherapy trainer, to life-changing experiences accumulated over 25 years of involvement with Samuha. The book follows six children from infancy to adulthood and documents their progress. It also discusses the initiation of a Canadian charity in Prince George, BC, to support this work, named Samuha Overseas Development Association (S.O.D.A.) and shows how money was raised to build a spinal cord injury unit for adults, as well as an Early Intervention Centre for children with disabilities.

I have been writing for many years. At one time I was editor of Dispatches, our Global Health newsletter. I had accumulated a few short stories about my experiences in India, particularly one story about Babumiya, who suffered a spinal cord injury in his village. I have been taking an annual writing course in Wells, BC, and three years ago I spent my time there writing about my experiences in India. I received such positive comments and encouragement from the instructor and fellow writers that I decided to persevere. At the end of this course, the instructor asked us all to make three commitments about our future writing and my main commitment was to write a book on my experiences in India. Three years have gone by, and I have it published! I hope this book will encourage more therapists to pursue careers in overseas development work and enlighten others on life experiences in the majority world.

For those interested in acquiring this book, they can order by email at hcrowley@mag-net.com and can purchase by e-transfer for \$27, including shipping. More information on the work of Samuha is available at www.samuha.ca.



Footsteps to Freedom – Tales of Therapy in Rural India transports the reader into rural India during the height of the polio epidemic. This book explores how a volunteer physiotherapist from the British Columbia Interior turns adversity into advantage when she conquers her fears of the unknown and leaves home to immerse herself in work with the differently abled in rural South India, leading to life-changing experiences.

This journey describes how children with polio progress from crawling in their village through rehabilitation and education to become adults leading productive lives. See life through the eyes of these children and follow their footsteps through these pages as you travel from Canada to rural India with interludes in England.



Hilary Crowley is a physiotherapist living in Summit Lake, north of Prince George, British Columbia. She took a leave of absence from the Prince George Hospital in 1994 to help train a team of local disability workers in rural South India. This experience opened up more opportunities for overseas development work, which she embraced, travelling to Bhutan, Tibet and Ladakh. Hilary continues to volunteer her time in India. She has also become involved in enhancing services to Indigenous communities in rural Canada. Hilary has founded a charity, SODA, in Prince George to support Samuha's work in India.

www.samuha.ca

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