

5. The caring aspect of massage was emphasised.
6. Ultrasound was thought controversial in pregnancy.
7. 'Sam-Brown' supportive belt could be worn to support the sacro-iliac joints and stabilise the pelvic ring.
8. Manipulation was also thought to be controversial in pregnancy.
9. Education plays a vital part in the treatment routine. Patients must be taught how to carry over correct postural positions of the body in everyday activities. They must understand the anatomy and movements of the spinal column and pelvis in order to minimise unnecessary stresses and strains. Patients should be

taught how to move from sitting to standing, or from lying to sitting; the correct sitting posture, standing positions and manner of lifting. Education must also prepare the patient for the post-natal period.

In conclusion positions of optimal comfort for exercise, sleep, relaxation, first stage labour and delivery were discussed. A thorough knowledge of each patient's condition is essential before exercises are commenced and the physiotherapist must make adaptations where necessary for each individual patient, always bearing in mind that injudicious exercise will do more harm than good.

## VALUE OF QUALITY OF MOVEMENT FOR PREGNANCY

Most people are ignorant about their bodies and how they work. Many people are starved of movement as they do not participate in sport or organised exercise after leaving school. Various occupations, careers and nature encourage laziness or exercise inactivity. Marriage leaves even less time for sport. Thus most women are unfit at the beginning of pregnancy. Advancing pregnancy leads to increasing stiffness and unwillingness or inability to move. Exercise classes are put off, especially if people continue working. Labour comes as a surprise as it is physically harder than expected. Thus the mother is faced with post-natal recovery and adjustment, flabby muscles, an aching back and very little time. This vicious cycle can be prevented by organised, correct and regular movement.

To achieve fitness for labour, at least twelve weeks of ante-natal training is recommended, usually from 24-36 weeks, which leaves another 4 weeks for more exercise or rest, whichever is appropriate. Once pregnant women start exercising, they continue into labour. They feel better as aches and pains disappear, they relax and look better as they master correct movement,

become co-ordinate and feel in control of their bodies. It is too late to wait until labour starts, when they feel stiff and inco-ordinate and have difficulty in performing the task.

Abdominal muscles work at an increasing mechanical disadvantage in pregnancy, thus exercises are performed in lying and posture control is stressed. One aims at normal movement checking abnormal or excessive movement and suggesting a suitable home routine. Any movement which is painful or uncomfortable is discontinued and possibly a different starting position is all that is required.

The exercise routine is followed by relaxation training, normal breathing changes expected in labour, pushing techniques, advice on bra's and breast care and problems encountered on taking the baby home.

Patients are familiarised with hospital routine on admission and taken on a tour of the labour and post-natal wards. Time for discussion and questions contributes to relaxation.

Exercises to music followed the short dissertation.

H. B. Kastell

## REPORT ON THE THIRTEENTH GENERAL MEETING OF THE NATIONAL COUNCIL

The Thirteenth General Meeting of the South African Society of Physiotherapy was held in the Beattie complex of the University of Cape Town on 26 and 27 April 1979. Forty delegates attended, the full voting strength being fifty-five. Several observers also attended.

The Chairman, Mrs. K. M. Levy, welcomed delegates and observers and gave a special word of welcome to Professor A. J. Brink, President of the South African Medical Research Council and Dean of the Faculty of Medicine at the University of Stellenbosch, and to Mr. J. J. Craig, President of the South African Society of Physiotherapy.

Professor Brink gave the opening address, in which he outlined the activities of the Medical Research Council and challenged physiotherapists to involve themselves in research projects, particularly in the clinical sphere.

In delivering his Presidential address, Mr. Craig discussed the implications of first-contact physiotherapy practice and the importance of establishing the principle of first-contact practice. Mr. Craig's speech was published in the June issue of the Journal.

In her comprehensive Chairman's report Mrs. Levy commented first on the role which the National Committee of Representatives, which met for the first time in January 1976, had played in the affairs of the Society since its inception. The National Committee of Representatives, as a truly representative body, had

not only acted in an advisory capacity to the National Executive Committee but had been the originator of several motions submitted to this Council Meeting for a final decision. One matter already passed by postal vote had enabled the Special Groups/Associations to elect representatives to and submit resolutions to Council, and at this point the Chairman welcomed the first official representatives of the Special Groups/Associations. Mrs. Levy also stressed the national interest and concern of the National Executive Committee and welcomed the fact that nominations for this Committee for the first time included the names of four nominees from outside the Transvaal.

The Chairman also outlined the work of the Professional Board over the last two years. Every effort is being made to have the prescription of the whole country in respect of the profession of physiotherapy re-gazetted. The list of acceptable registrable overseas qualifications has been completely revised and criteria for the acceptance for registration of additional qualifications have been laid down. There is also a move to establish a further set of criteria for post-basic courses of a shorter duration than one year which might contribute towards a credit system recognised by the Public Service Commission for salary purposes.

Although salary scales and conditions of service for physiotherapists in provincial employ were still far from satisfactory, the Chairman thanked the Depart-

ment of Health, and in particular the Secretary for Health, for their interest in our profession. It was considered essential that the remaining two diploma courses in physiotherapy be changed to degree courses, both from the point of salary structure and from the point of increasing the academic content of the undergraduate syllabus. It seems likely that a degree course will be implemented soon at the Medical University of Southern Africa, but problems are still being encountered with the change to degree status at Pretoria.

The National Executive Committee was keen to continue the policy of inviting an overseas guest annually to conduct courses around the country, both to encourage stimulating exchange of ideas and to increase the revenue to the Fund for the Propagation of Professional Knowledge. Should members be assisted by this fund to study overseas it was felt that they should be required to disseminate their knowledge by holding similar courses on behalf of the Society.

In her report on the affairs of the World Confederation for Physical Therapy the Chairman discussed the amendment to the ethical principles of the Confederation which allowed first-contact practice provided that this did not conflict with the ethical principles of the individual member-organisations. Arising out of this report, Council passed an amendment to our own ethical principles stating that members would not undertake treatment of any patient except when referred by a registered medical practitioner or registered dentist, except in an emergency or in case of some other exceptional reason or unless he has direct access to the patient's doctor.

After reporting on the membership of the Society, now standing at 1173, Mrs. Levy concluded her report by thanking the outgoing President, Mr. Craig, the out-going National Executive Committee members and, in particular, the Office Secretary, Mrs. Jean Wells.

#### Other reports

The General Treasurer, Miss H. Baines, gave a very comprehensive report as well as presenting the Income and Expenditure Accounts, Balance Sheets and Estimates for the period July 1978 to June 1979. The financial statements for both the General Fund and the Fund for the Propagation of Professional Knowledge were adopted.

Comprehensive reports were given by the Journal Editor (including the financial report and estimates prepared by the Journal Treasurer), the Appointments Information Secretary, the Special Groups/Associations, the representatives of the Society on national organisations and the Branches of the Society. All these reports appeared in the Agenda for the Council Meeting and may be read by contacting your Branch Secretary or any of your Branch delegates to Council.

#### Amendments to the Constitution

Several motions concerning procedure at Council and the expenses of Council Members were carried at a Special Council Meeting held at the same venue immediately before the opening of the General Meeting. No less than 13 further Amendments to the Constitution or Bye-Laws were passed at the General Meeting. This concern of the members in the affairs of their Society is heartening, representing as it does a new sense of responsibility on the part of the ordinary member in all parts of the Republic. It is hoped that the Constitution in its new form will prove an effective working document for some years to come; the Constitutional Sub-Committee are not averse to the work involved in

implementing the amendments passed but are concerned at the cost of frequent reprinting of the Constitution.

#### Resolutions

Nineteen Resolutions, Amended Resolutions or Additional Resolutions were carried, four were not carried, one fell away when not seconded and two were withdrawn. It is not possible to outline all these Resolutions in this report. They appear in the Minutes of the Thirteenth General Meeting of the National Council and members were asked, through their Branches, to indicate if they wished to receive a copy of the Minutes, which will be circulated shortly. The Branch delegates will also have reported back to their Branch members.

The new National Executive Committee is now engaged in implementing the Resolutions passed, either directly or through the Professional Board and the South African Medical and Dental Council. Minutes of National Executive Committee Meetings are sent to all Branch Secretaries and report on the progress made in this respect. One development has been the formation of a new sub-committee — the Investigating Committee for salaries, conditions of service and registration of post-graduate courses. This sub-committee has already met twice under the Chairmanship of Miss P. Bowerbank.

An Additional Resolution passed by Council approved the Society's affiliation to the South African Neurodevelopmental Therapy Association; this requires ratification at the next Council Meeting before an official representative can be appointed as it involves an Amendment to the Bye-Laws. No less than ten Additional Resolutions were discussed by Council. Since delegates hold no mandate for Resolutions not discussed at Branch level, any Additional Resolutions passed have to be ratified at a subsequent Council Meeting. It is obviously preferable not to introduce Additional Resolutions unless an urgent need has arisen.

#### Election of Office Bearers and Executive Committee

The following were elected to Office:

President: Mrs. K. M. Levy

Vice-Presidents: Professor J. C. Allen, Professor J. C. de Villiers, Professor H. F. Pompe van Meerdevoort, Professor F. P. Retief, Professor T. L. Sarkin

1st Vice-Chairman: Miss S. Irwin-Carruthers

2nd Vice-Chairman: Mrs. F. Glauber

General Treasurer: Miss H. Baines

Journal Editor: Mrs. J. A. C. Gilder

Committee Members: Miss P. Bowerbank, Mrs. V. Fogarty, Mrs. L. Hack, Mrs. N. Lennard, Mr. C. Liggins, Miss L. Pretorius and Miss E. Smith.

For the first time in the history of the Society we have a physiotherapist as our President, and no-one is more worthy of this honour than Mrs. Molly Levy, who has served the Society over several decades as General Secretary, as Chairman and as member of numerous sub-committees and who is the present Chairman of the Professional Board.

Also for the first time in the history of the Society, two members, including the 1st Vice-Chairman, were elected to the National Executive Committee from branches outside the borders of the Transvaal, viz. from the Western Province Branch and from the Natal Coastal Branch. This is a welcome first step in making the National Executive Committee more truly national.