



WINTER 2025 NEWSLETTER



**SPINE WEEK,
DEC 1-5, 2025**



Bridging Continents: Advancing Spine Rehabilitation in Nepal

Earlier this month, I had the honor of leading the first physiotherapy symposium at Tribhuvan University Teaching Hospital. Dr. Richard Wohms was the catalyst, convincing me that my participation would be valuable and was much needed. Once I arrived, Dr. Prayush and Dr. Nishal organized everything so I could fully focus on teaching.

What made this special was the collaborative exchange. The symposium was open to local physiotherapists for CEUs, fostering a shared learning space. I designed my sessions to be interactive, learning as much from them as they from me. The knowledge shared on rehabilitation techniques and local healthcare challenges was invaluable.

Dr. Shushil Shilpakar's generous tour of Patan's temples, intricate wood carvings, and cultural landmarks, like Swayambhunath and Pashupatinath, immersed us in Nepal's rich heritage. This experience was profound and truly unforgettable.

I'm also thankful to the neurosurgeons, both local and U.S., for welcoming me into the OR. While collaborating to advance patient care was exciting, equally profound was building relationships with people who share a passion for global healthcare. This is just the beginning, laying the foundation for future collaboration.

With Gratitude,
Bill Pfister Jr., DPT, CLT
Founder & CEO
Experience Physical Therapy | Experience Total Health
www.experience-pt.com



**DR. SUSHIL SHILPAKAR WAS GIFTED THIS BRONZE SPINE
FROM NSF IN COMMEMORATION OF HIS RETIREMENT.**



2026 Annapurna Fundraising Trek Details

Dominated by the majestic Annapurna and Dhaulagiri ranges, central Nepal offers one of the most breathtaking trekking experiences in the Himalayas. This classic route north of Pokhara ventures deep into pristine wilderness, unveiling 360-degree panoramas of towering snow-capped peaks. Beginning in the lush lowland villages near Pokhara, the trail ascends through the narrow Modi Khola Gorge beneath the dramatic spire of Machhapuchhare (6,997m), guiding trekkers into the sacred heart of the Annapurna Sanctuary. The journey leads to Deorali Pass, high above the Kali Gandaki River—the deepest valley on Earth—flanked by two of the world’s highest mountains: Annapurna I (8,091m) to the east and Dhaulagiri (8,167m) to the west. Revered by the local Gurung people as a divine realm, the sanctuary is a rare and spiritual landscape that leaves a lasting impression.

From the traditional village of Ghandruk, the trail winds through dense bamboo groves and vibrant rhododendron forests, steadily climbing to the sanctuary at 4,070m. This natural amphitheater is encircled by a crown of Himalayan giants rising over 6,000 to 8,000 meters, their glaciers carving through the cliffs below. For mountaineers seeking a greater challenge, nearby trekking peaks such as Tharpu Chuli (Tent Peak, 5,663m), Hiunchuli (6,441m), and the Fluted Peak offer thrilling climbs. Starting from the serene lakeside city of Pokhara, the Annapurna Base Camp trek is often described as one of Nepal’s most iconic journeys—an adventure filled with diversity in terrain, culture, and unmatched alpine beauty that every trekker should experience at least once in their lifetime.



APRIL 23 - 28, 2026

**FOR MORE INFORMATION ABOUT THE
2026 TREK TO ANNAPURNA, PLEASE
REACH OUT TO MICHİ WOHNS,
MICHİWOHNS@GMAIL.COM
206-369-7770**

JANUARY 2026



UPCOMING VOLUNTEER TRIPS & EVENTS:

- Saturday, February 7, 2026 NSF Fundraising Dinner & Auction, Rainier Club, Seattle, WA
- March 2026 Fellow, Sandeep Bohara, will be traveling to the US
- April 20-24, 2026: Spine Week at TUTH, Kathmandu & Pokhara, Nepal
- April 23-28, 2026: Spring Fundraising Trek to Annapurna

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Please consider donating:
www.nepalspinefoundation.com

Contact Michi Wohns to sign up for the trek or if you are interested in volunteering.