OrthoNepal · Germany and Switzerland
Germany: Am Zuckerlottchen 7 · 55271 Stadecken-Elsheim
Switzerland: c/o Sona Makkos · Solibodenstrasse 20 · 8180 Bülach
www.orthonepal.org · info@orthonepal.org
German association: Mainz District Court · Register no. VR 42731

OrthoNepal – Together for Better Mobility

Project overview and news | October 2026



How a personal connection inspired us to help

Dear readers,
dear friends of OrthoNepal,

Some experiences stay with us for many years. That is how it was for me with Nepal. During my travels, I was deeply moved by the people in the remote mountain regions and the difficult conditions in which they manage their daily lives. I was particularly concerned by how hard it is for many of them to get medical care.

As a doctor, I could not put these experiences out of my mind. An injury, a deformity or a painful joint condition can severely restrict mobility and affect the life of an entire family. Poor roads, long distances and a lack of money often make it impossible to reach a suitable hospital and receive the treatment that is needed.

After retiring from medical practice, I began turning these thoughts into a concrete project. My former trekking guides, Bijay Bahadur Shrestha, Pradeep Bahadur and Brijesh Shrestha, have become friends. Through them, I established contact with orthopaedic surgeon Dr Saju Pradhan and the Rotary Club of Lalitpur. Together with Dr Kumar Kailash and Dr Mukti Timilsena, the chief physicians at the Nepal Orthopaedic Hospital in Kathmandu, we developed the idea of bringing orthopaedic care to people who would otherwise have little access to it.

Our goal: We bring high-quality medical treatment, free of charge, to people in need in remote regions – directly to where it is needed.

With support from family, friends and people we know, we were able to fund our first major medical project. In March 2025, my wife Claudia and I personally accompanied our first health camp in Phidim in eastern Nepal.

Today, we continue this commitment together with our members, supporters and partners in Nepal: as OrthoNepal.

Namaste

Dr med. Dietmar Mauer
Chair of the Association for Orthopaedic Healthcare in Nepal e.V.

Who we are

Under the shared name “OrthoNepal – Together for Better Mobility”, two closely connected associations in Germany and Switzerland work together:

- The Association for Orthopaedic Healthcare in Nepal e.V., based in Stadecken-Elsheim, Germany, is a registered association with recognised charitable status.
- The Swiss Support Association for Orthopaedic Healthcare in Nepal is based in Bülach. At the time of this issue, charitable status and a donations account are being arranged.

We all work on a voluntary basis. We pay our own travel and accommodation expenses.

What motivates us

We want to help people who cannot get the medical treatment they need because of poverty and a lack of access to care. We are especially committed to those who have little opportunity to change their circumstances on their own.

For us, empathy means paying attention, listening and turning compassion into dependable support. We approach people with respect for their dignity, their life stories and their own abilities.

Our aim is to reduce physical impairments through expert treatment, relieve pain, improve mobility and enable greater independence. For a child, this can make the journey to school easier. For an adult, it can mean being able to work again or manage daily life more independently.

What we have achieved so far

In March 2025, a health camp lasting several days took place in Phidim in eastern Nepal. More than 1,300 people were examined and treated as outpatients, and around 100 operations were performed. All services provided were free of charge for the patients. These included examinations, necessary diagnostic tests, medication and surgical care.

Subsequent outpatient visits in Gherabari and Bhadrapur reached around 300 more people. This was made possible by the collaboration of the Nepal Orthopaedic Hospital, the participating Rotary Clubs, local institutions and our supporters.

These experiences strengthened our resolve to continue our work. They also made one thing clear: some conditions can only be treated in a specialist hospital and require longer-term support. We therefore also support treatment for children in need at the Nepal Orthopaedic Hospital in Kathmandu. The first children with orthopaedic deformities have now undergone successful operations. According to the reports received so far, they are doing very well; their mobility and health have improved.

How we take responsibility

Our partnership is based on clear responsibilities: the Nepal Orthopaedic Hospital (NOH) is responsible for medical care. The Rotary Club of Lalitpur supports local organisation, administration and financial management. Our associations handle fundraising, project funding, coordination, oversight and reporting.

The professionals in Nepal understand the medical needs and local conditions. Their experience forms the foundation of our projects.

We aim to show clearly how funds are used and what support they make possible. This includes agreed budgets, documented expenditure and reports on the medical care provided.

Where we stand today – and what comes next

The severe storms and floods of recent weeks have caused extensive damage in several regions of Nepal. Disrupted transport routes make access to medical care even more difficult. For people who already live far from a hospital, this can cut off their last available route to essential treatment.

Our focus is on orthopaedic care after the acute phase of the disaster. Even when the immediate danger has passed, injuries, pain and restricted mobility remain. We want to help affected children and adults receive the treatment and follow-up care they need. Once roads and paths are sufficiently passable again, we will assess, together with the Nepal Orthopaedic Hospital, where our medical support can be most useful. Our partners' assessments, safe transport options and available donations will determine the next steps.

Our strategy combines two areas of work:

Health camps remain our main focus

Together with our partners, we want to make further medical camps possible in places where the need is great and access to orthopaedic care is particularly difficult – including regions affected by the storms. Careful preparation and suitable local conditions are essential.

We also support further treatment for children in Kathmandu.

Depending on medical need, targeted follow-up treatment for people affected by the storms may also be provided at NOH. When supporting children's treatment, we take into account not only the medical care itself but also travel, an accompanying caregiver and the necessary aftercare. An individual budget is planned for each child we support.

We want to grow step by step and commit only to projects for which we can reliably arrange both funding and care together with our partners.

Exploring the beauty of Nepal – our trekking tours continue

Annapurna Circuit · April 2026



Help us make a difference

We need further financial support to carry out our next projects. Every donation helps people receive the medical care they need.

Become an ambassador for OrthoNepal: Tell your friends and contacts about our project, share our website or put us in touch with potential supporters. Every personal recommendation helps us reach more people who can support our work.

As a member, you can support and help shape our work over the long term.

Thank you to everyone who helped us get started and continues on this journey with us.

Namaste

On behalf of the board of the German association

Dr Dietmar Mauer · Anja Henseler · Sascha Weckerle

On behalf of the board of the Swiss support association

Sona Makkos · Dr Dietmar Mauer · Dr Stephan Bauer

Information and donations: www.orthonepal.org
Contact: info@orthonepal.org