

# Physiotherapy

## Treatments are Available for:

Joint Pain  
Back Pain  
Neck Pain  
Knee Pain

Heel Pain  
Stiff joints  
Tennis Elbow  
Sports Injuries

Muscle Sprains  
Paralysis (Stroke)  
Facial Palsy  
Cerebral Palsy

Parkinsonism  
Spinal Problems  
Skeletal anomalies  
Nerve injuries

## Unique features:

- Spl exercise program for senior citizens
- Delivered mothers Fitness Program
- Functional Rehabilitation following illness
- Muscle strengthening & fitness programs

## Available Treatments

### *Electrotherapy*

- Interferential Therapy (IFT)
- Shortwave Diathermy (SWD)
- Ultra Sonic Therapy (UST)
- Electrical Stimulation (ES)
- Electrical Traction (TRAC)
- Wax Bath
- InfraRed Radiation (IRR)
- Transcutaneous Electrical Nerve Stimulation (TENS)



### *Exercisetherapy*

- Classical Exercise Therapy
- Soft Tissue & Spinal Manipulations
- Proprioceptive Neuromuscular Facilitation
- Neurodevelopmental Therapy
- Peripheral Nerve Stretching
- Joint Mobilizations
- Ergonomics
- Massage
- Suspension Therapy
- Isokinetic Exerciser – Cybex
- Cont. Passive Mover (CPM)

### *Chest Physiotherapy*

- Chest Physiotherapy and Spirometry (Lung Function Tests)