

Are you suffering from

ORTHOPEDIC-

Osteoarthritis, Rheumatoid arthritis, Spondylitis, Back pain, Slip Disc, Post Traumatic Joint Stiffness / Pain etc.



SPORT'S-

Tendinitis, bursitis, Muscle Strain, Ligament Sprain, Recurrent dislocation and Instability of Joint, Sport Specific disorder etc.



NEUROLOGIC-

Stroke, Hemiplegia, Paraplegia, Cerebral Palsy, Spinal cord Injury, Parkinsonism, Nerve Injury



CARDIOTHORACIC-

Asthma, Bronchitis, Breathing Problem, CABG, Heart Transplant, Cardio thoracic Surgery.



.... *Physiotherapy can help you.*

WE PROVIDE -

- ◆ Sport specific training and rehabilitation.
- ◆ Specialised post surgical rehabilitation for surgeries like knee & Hip replacement Arthroscopic surgeries, CABG, Neurosurgery etc.
- ◆ Expertised fitness & cardio training and obesity management.
- ◆ Occupational therapy, ergonomic advice & work specific training.
- ◆ Antenatal training and postnatal rehabilitation.

OUR EXPERTS

Dr. Ritesh Kharnal

B.P.T., M.P.T

(Masculo Skeletal & Sport's)



GK Clinic

Greater Kailash Hospital

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GK Physiotherapy Clinic

PHYSIOTHERAPY is a health profession that helps people to maintain or regain as much movement, activities and independence as possible.

How can a Physiotherapist help?

- 1) Physiotherapists are health professionals who are well trained to assess the underlying cause of the condition altering the active lifestyle or movement of the body.
- 2) They design an individual activity program according to the person's need, taking account of the medical history.
- 3) Educate patient about their condition.
- 4) Make patients learn self management techniques that help to improve independence and function.
- 5) To progress in your program so it does not become too easy or boring for you.

RESEARCH SHOWS...

IN OSTEOPOROSIS

Exercise Therapy has been proved to increase the Bone Mineral Density and thus prevent Osteoporotic fractures.

At Greater Kailash Physiotherapy Clinic

- We provide personalised and efficient care.
- Greater Kailash Physiotherapy Clinic is a well furnished, well equipped centre to provide you everything you need and expect.
- In-patient and Out-patient services are available.
- We work as a team within the clinic.
- We work on evidence based practices.
- Specialised therapist for Ortho, Neuro, Cardio & Sports Units.

RESEARCH SHOWS...

AFTER A HEART TRANSPLANT

The exercise training starts soon after the transplant increases the patient's ability to be physically active.

OUR AIM

To minimize your time and expenditure whilst getting the best, fastest and most lasting results.

OUR GOAL

To help you maintain or regain active lifestyle as fast as possible.

RESEARCH SHOWS

IN CHILDREN WITH DELAYED MILESTONES

If physiotherapy is started at an early stage children are more likely to reach normal milestones.

Workshops on issues like:

- ♦ Back and Neck pain
- ♦ Knee pain and Osteoarthritis
- ♦ Stroke Rehabilitation
- ♦ Rehabilitation of developmental delay in children
- ♦ Management of Parkinsons Disease
- ♦ Antenatal and Postnatal Rehabilitation
- ♦ Obesity Management
- ♦ Healthy Lifestyle and General Fitness
- ♦ Ergonomic
- ♦ Sports Rehabilitation

RESEARCH SHOWS

LUMBAR DISC SURGERY

Physiotherapist guided, intensive exercise program is shown to be effective in reducing pain and disability after Lumbar Disc Surgery.

