# 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.

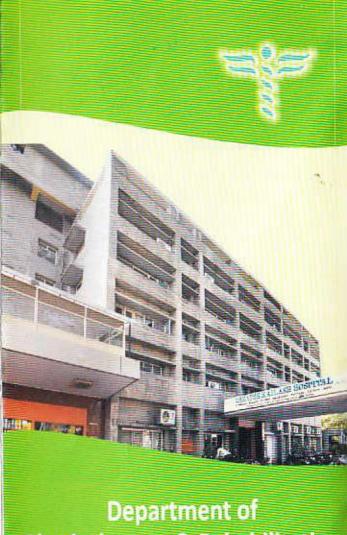
## **OUR EXPERTS**

## Dr. Ritesh Kharnal

B.P.T., M.P.T (Masculo Skeletal & Sport's)







Physiotherapy & Rehabilitation

# GREATER KAILASH HOSPITAL

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# GK Physiotherapy Clinic

people to maintain or regain as much movement, activities and independence as possible.

## How can a Physiotherapist help?

- 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.
- They design an individual activity program according to the person's need, taking account of the medical history.
- 3) Educate patient about their condition.
- Make patients learn self management techniques that help to improve independence and function.
- 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.

