



PHYSIOTHERAPY

ADD MUSCLE TO YOUR RECOVERY



HINDUJA HEALTHCARE
Surgical

The treatment that **supports** every treatment

Physiotherapy is a primary healthcare profession that promotes wellness, mobility and independent function. It's a scientific discipline used to support and treat a diverse range of conditions by improving the movement of muscles, joints and limbs. Physiotherapy plays a significant role in the recovery of most conditions, and is effective in preventing further damage.

Physiotherapists have the advanced understanding of how the body moves, what keeps it from moving well and how to restore mobility. They assess and analyse the effect of illness, disability, injury and inactivity, and develop specific treatment plans based on their assessment and the individual Patients goals.

Although it is commonly used in rehabilitation after injuries and surgery, as well as to ease pain, physiotherapy has a wider scope.

Physiotherapists are skilled in the assessment and hands on management of a broad range of conditions including:

- Cardiac Rehabilitation.
- Neurological Rehabilitation
- Physiotherapy in Orthopaedics
- Physiotherapy in Obstetrics and Gynaecology
- Pain Management
- Physiotherapy in sports injuries
- Physiotherapy in Paediatrics
- Physiotherapy in Geriatrics
- Ergonomics



1

CARDIAC REHABILITATION

The physiotherapists work in close conjunction with members of the medical team to reduce the average length of a patient's stay in the hospital, and strive to optimise the patient's physical functions for a better outcome. The services are rendered in the intensive care unit (ICU) and followed up in patient rooms (wards) with regular follow ups on an OPD basis. The team of therapists ensure that patient is mobilised at the earliest to prevent any post-operative complications.

2

NEUROLOGICAL REHABILITATION

The Neuro-Rehab program is aimed at maximising the potential of a patient's suffering from stroke, multiple sclerosis, parkinson's disease, spinal cord injuries, etc.

3

PHYSIOTHERAPY IN ORTHOPAEDICS

Physiotherapists works closely with Orthopaedic surgeons to ensure early mobilisation and rehabilitation of patients with musculo-skeletal disorders and dysfunctions. After discharge from the IPD, the patient is asked to come on OPD basis for complete rehabilitation after surgery.

4

PAIN MANAGEMENT

Pain management forms an integral part of the services offered by physiotherapists. Most people at some time or other suffer from back or neck pain, disability on account of

knee pain or multiple joint pains (Polyarthralgia). Physiotherapy aims to not only treat the pain and other symptoms, but also to help identify the causes and provide self-management strategies.

5

PHYSIOTHERAPY IN SPORTS INJURIES

Sport is a vital part in an individual's lifestyle today. It provides exercise, social contact, relaxation, competition and promotes good health. It may also cause injuries, many of which can be prevented. Many common injuries like ligament sprains and tears, muscles and tendon strains, joint injuries, overuse injuries and stress fractures etc are prevented and treated with physiotherapy.

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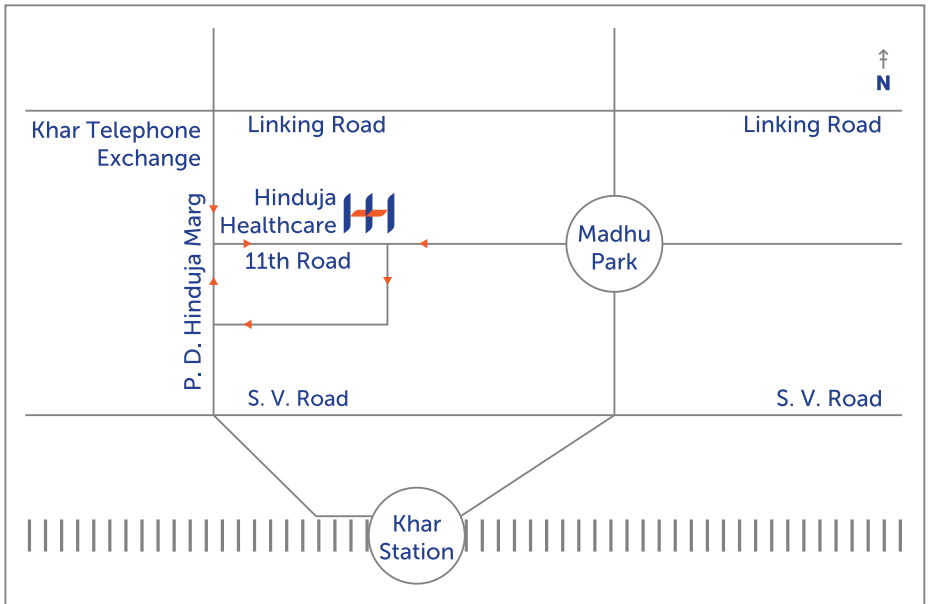
PHYSIOTHERAPY IN PAEDIATRICS AND GERIATRICS

The primary focus for physiotherapists is to observe individual strengths and abilities and to promote a functional, quality developmental process. The plan includes prevention, early identification, evaluation, diagnosis, treatment and rehabilitation.

7

ERGONOMICS

Problems arising on account of faulty postures and occupational hazards are of common occurrence and affects people from all walks of life. A comprehensive program including evaluation and advice to a patients is devised to reduce difficulties faced by such people.



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