

Specially for marathon runners

- Get tips from experts having knowledge over the years to put it into practice
- Guidance on improving your running efficiency
- Do's and don'ts for final race day preparation, including a useful checklist
- Training tips for marathon and half marathon runners - including injury prevention
- Gait analysis - can be complex but the benefits are running ahead
- Instructions for conditioning of marathon runners - Pilates will help

Scope of Services

- General Rehabilitation
- Cardiac and Pulmonary Rehabilitation
- Orthopaedic/ Musculoskeletal Rehabilitation
- Neurological rehabilitation
- Post surgery rehabilitation
- Physiotherapy for mechanical ventilation patients
- Physiotherapy in geriatrics (above 60 years)
- Physiotherapy in obstetrics and gynaecology
- Physiotherapy for sports injuries
- Physiotherapy for paediatrics
- Obesity management
- Pain management - Taping, Dry needling, Cupping
- Yoga sessions for antenatal and postnatal care
- Manual therapy & manipulations and mobilization techniques
- Chiropractic techniques
- Biomechanical assessments
- Orthotic prosthetic exercises

- Electrotherapy modalities
 - Short wave diathermy
 - Ultrasound therapy
 - Interferential therapy
 - Electrical muscle stimulation
 - Infrared rays (IR) therapy
 - Transcutaneous Electrical Nerve Stimulation (TENS)
 - Paraffin wax therapy
 - Laser therapy
 - Cervical and lumbar tractions
 - Moist heat pack
- All Exercise Therapy
 - Treadmill
 - Static cycle
 - Suspension quadratus table
 - Bobath ball techniques
 - Dumbbell exercises
 - Ankle Exercises
 - Knee ratchet exercise
 - Shoulder wheel exercise
 - Rope and pulley exercise
 - Theraband exercise

Book an Appointment
079-66770000



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www.kdhospital.co.in

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કુસુમ ધીરજલાલ હોસ્પિટલ

On Our Mission To Improve Your
Abilities And Functions



PHYSIOTHERAPY

“Sometimes it may be very painful to get moving again, but if you stop moving, you’ll get stuck”

Emergency +91 79 6677 0001

Website : www.kdhospital.co.in

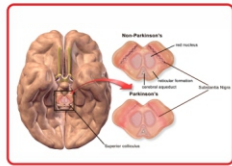
At KD Hospital, with its wide range of services, the focus of physiotherapy department is on solving the medical problems of patients with a focus on furnishing accessible, affordable, safe, efficacious, professional, ethical, and comprehensive care and services to the patients.

Our physiotherapy centre is created in such a way that all types of patients can come and avail the useful services. The high-quality healthcare treatment solutions and wide range of healthcare services provided by our physiotherapists empower you to get back your happy and active life and keep away all sorts of pain and disabilities. A dedicated team of well-trained staff and physiotherapist are experts in their domain and offer you the highest standards of care and healthcare professional assistance without any unnecessary delays.

Neurophysiotherapy For



Paralysis



Parkinson's



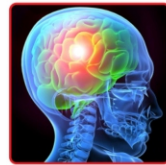
Ataxia



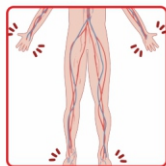
Vertigo



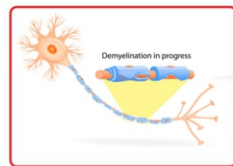
Spinal cord injury



Head injury



Diabetic neuropathy



Multiple sclerosis

Advanced neurophysiotherapy



Functional electrical stimulation (FES)



Early Treadmill training (BWSST)



SEBO Glove/SEBO Flex

Other facilities

- ▶ Speech Therapy
- ▶ Clinical Psychology
- ▶ Special Education

Orthopaedic physiotherapy

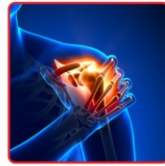


Pain physiotherapy



Sports injuries

Physiotherapy after fracture/joint replacement/ ligaments/muscle injuries



Frozen shoulder



Slip disc rehabilitation



Knee/hip joint pain



Neck/back pain

Geriatric physiotherapy (physiotherapy for old- aged)

Balance & Coordination training

Advanced Orthopaedic Physiotherapy



Chiropractic training



Taping techniques



Dry needling



Cupping therapy



Manual Therapy (Maitland and McKenzie Techniques)



Ergonomic Training

Paediatric Rehabilitation For



Cerebral Palsy



Autism



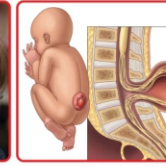
Attention Deficit Hyperactivity Disorder (ADHD)



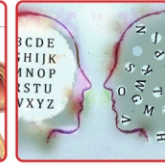
Sensory Processing Disorder (SPD)



Down's syndrome



Spina Bifida



Dyslexia

Advanced Paediatric Rehabilitation



Neurodevelopmental Therapy (NDT)



Sensory Integration (SI) Therapy



DIR Floortime 101

Cardiac Rehabilitation

Bariatric Rehabilitation

Antenatal post-natal exercises

Aerobic anaerobic exercises

Fitness training