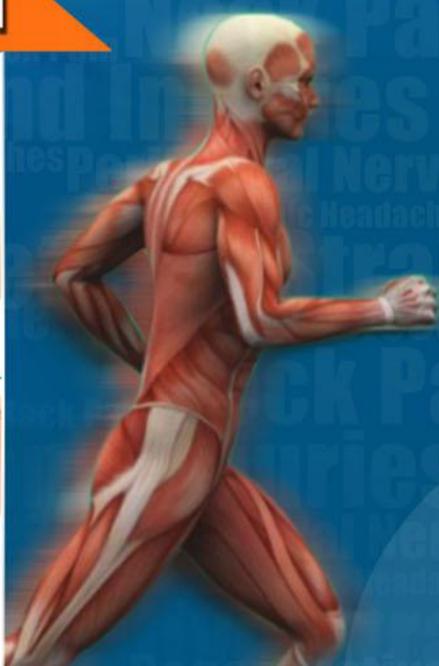


## Musculoskeletal & Sports

### Physiotherapy & Rehabilitation



PREHABILITATION

REHABILITATION

ERGONOMICS

# Restore your Function

## Move Well. Live Well

A unit of Progressive Physio Care & Research Pvt. Ltd.

**MUSCULOSKELETAL REHABILITATION** is a supervised program designed for people with Impairments or Disabilities due to Disease, Disorder, or Trauma to the Muscles, Tendons, Ligaments, Bones or Joints. Rehab programs has been proven to improve functional mobility, relieve symptoms, prevent recurrence and promote overall well-being of the individual.

At **PROGRESSIVE CARE**, we provide expert care and support as our approach goes well beyond addressing pain. We provide effective therapies to facilitate your return to an active lifestyle, including work, hobbies, or simply pain-free living and promote precision of motion.

### Conditions Treated

#### HEAD & NECK

- Cervical Spondylosis
- Cervicogenic Headache

#### SHOULDER, ELBOW & HAND

- Frozen Shoulder
- Rotator Cuff Injuries
- Tennis Elbow
- Golfers Elbow
- Carpal Tunnel Syndrome

#### SPINE & HIP

- Disc Herniation
- Spondylolisthesis
- Mechanical Low Back Ache
- Coccydynia
- Osteoarthritis of Hip

#### KNEE, ANKLE & FOOT

- Osteoarthritis
- Ligament Injuries
- Meniscal Injuries
- Patellofemoral Dysfunctions
- Ankle Sprain
- Retro Calcaneal Bursitis
- Plantar Fasciitis
- Metatarsalgia

#### OTHER

- Fracture Rehabilitation
- Repetitive Stress Injuries
- Wound Management
- Scar Management
- Diabetic Foot Care

#### Physiotherapy For Plastic & Reconstructive Surgeries

- ▶ Flexor & Extensor Tendon Injuries
- ▶ Free Functional Muscle Transfers
- ▶ Tendon Transfers
- ▶ Nerve Repairs
- ▶ Post Burn Contractures
- ▶ Other Reconstructive Procedures

### Treatment Approaches Used

- Manual Therapy
- Kinesiotaping
- Dry Needling
- Neurodynamics
- Cryotherapy
- Bracing and Orthotics

#### Electrotherapy

- Laser (Class IIIIB)
- Vacuum Therapy
- Pointer Excel II
- EMG Biofeedback
- Other Modalities

**Prehabilitation** is a patient specific and injury specific exercise program customized prior to an anticipated orthopedic surgery, which involves strength training and improving functional capacity for successful outcome of orthopedic and sports injuries. Prehabilitation is mainly useful for individuals opting for ligament reconstruction surgeries, total knee, hip & shoulder replacements.

**Ergonomics** is a scientific study of people at work. Goal of ergonomics is to reduce & eliminate repetitive stress injuries associated with overuse and bad posture. We perform a comprehensive evaluation and prescribe a customized exercises, so, they can work injury free & prevent any further dysfunctions.