



# GCC Physio Care

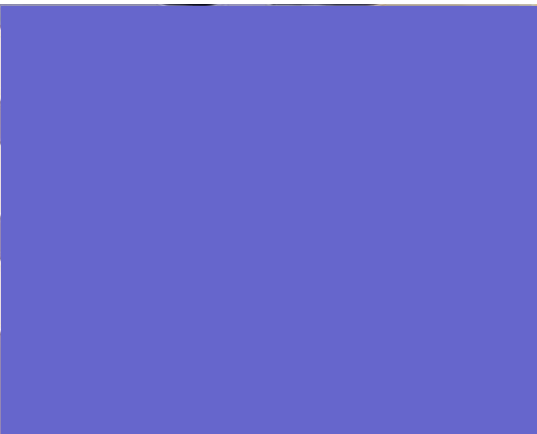
Physiotherapy – adding life to your years!



GCC Physio Care



GCC



[www.gccphysiocare.com](http://www.gccphysiocare.com)



## Physiotherapy – adding life to your years!

Physiotherapy brings about a positive change in an individual's ability to lead a healthy and active life. For elders and people with chronic ailments, physiotherapy plays a vital role in restoring and maintaining a level of physical function which permits independent living.

Physiotherapy has various benefits some of which are pain relief, restoration of joint mobility, improved strength and coordination and better cardio-respiratory function.

Physiotherapy lays emphasis on maintaining functional freedom at home, workplace or even during a favorite leisure activity. Physiotherapy offers a range of specialized services of benefit to patients with heart and lung disease, traumatic injuries, workplace and athletic injuries, amputations, arthritic joints, stroke, brain injury, spinal cord and nerve injury, cancer and pre- and post surgical needs.

## GCC Physiotherapy Center

We are a well equipped physiotherapy centre with 12 years of service to the society geared to help you on the road to better and faster recovery. Our team of well qualified & vastly experienced therapists are competent in diverse areas, all dedicated to ease the burden of pain, illness, disability, disease, ageing and prolonged inactivity.

Our physiotherapy sessions are one-to-one which enable us to build a rapport with you, explain the findings of an individualized in-depth assessment and to develop a tailored treatment and exercise plan for you.

## Specialists @ Physiotherapy Center

### Musculoskeletal Physiotherapy:

Primarily deals with treating muscle, bone and joint dysfunction.

Treatment is available for several acute and chronic conditions such as:

- ☹ Back and neck pain or stiffness
- ☹ Muscle strains / contusions
- ☹ Joint sprains / stiffness / instability
- ☹ Arthritis
- ☹ Muscle imbalances / weakness
- ☹ Muscle spasm
- ☹ Tendonitis / bursitis
- ☹ Occupational injury, surgery, sporting injuries.



A variety of different treatment methods are used to help speed up the healing process and reduce the likelihood of reoccurrence. Some of our treatment methods include:

- 😊 Manual Therapy
- 😊 Electrotherapy (ultrasound, interferential, TENS, shortwave diathermy etc.)
- 😊 Heat and Cryotherapy
- 😊 Therapeutic exercise
- 😊 Ergonomics and Posture correction
- 😊 Taping, Bandaging, Splinting

## Benefits of Musculoskeletal Physiotherapy

- 😊 Relief from annoying pain
- 😊 Better muscular strength
- 😊 Good posture
- 😊 Drugless recovery
- 😊 Better movement pattern and range

## Sports Physiotherapy:

Sports Therapy serves people of all ages engaged in sports at any level of competition either recreational or professional. We help sports persons overcome their injuries and help them return to their previous levels of activity and provide advice on preventing future issues



## Benefits of Sports Physiotherapy

- 😊 Speedy recovery from sports injuries
- 😊 Prevention of possible sports injuries
- 😊 Better flexibility to the body
- 😊 Systematic adaptation of body to sporting activity
- 😊 Enhances efficiency
- 😊 Regain confidence and strength

## Physiotherapy in Obstetrics and Gynecology (Antenatal Clinic):

We help in the postural care and physical fitness of women during pregnancy and after childbirth using Pilates Exercises. Pilates is an excellent way to keep fit during and after pregnancy. Pilates corrects muscle imbalances by strengthening the deep postural muscles.

## Benefits of Pre & Postnatal Pilates

- 😊 Prepares the pelvic floor for increased weight to carry
- 😊 Improves relaxation skills for comfort during pregnancy and for labour
- 😊 Improves awareness of use of breath control for labour
- 😊 Promotes improvements in posture
- 😊 Prepares upper body for demands of infant care and breast feeding
- 😊 Prevent problems caused by joint instability e.g low back pain, sacroiliac pain etc.
- 😊 Getting your figure back - and looking good!!!



## Neuro Physiotherapy (Adult and Paediatric)

We rehabilitate a wide range of neurological conditions in adult for e.g. Stroke, Cerebellar disorders, Parkinsons etc. and congenital disorders like cerebral palsy. We aim at improving the functional capability of the patient to the optimum.

### Benefits of Neurological Physiotherapy

- 😊 Facilitates recovery
- 😊 Prevents deterioration
- 😊 Regains functional independence
- 😊 Better quality of life
- 😊 Relives pain
- 😊 Helps in relaxation



### Cardiorespiratory Physiotherapy:

This deals with people who have difficulties with normal breathing and in performing day to day activities efficiently due to easy exhaustion. It helps the seniors and post operative patients who have difficulties in breathing and coughing.

### Benefits

- 😊 You'll be more active.
- 😊 Your endurance will increase.
- 😊 More oxygen-rich blood will circulate through your body,
- 😊 Making you less tired and more alert.
- 😊 You'll burn more calories.
- 😊 Prevents lung infections.



### Pain Mitigation Therapy

We provide a multitude of treatment options for mitigating pain, including use of physical modalities. Common pain syndromes include low back pain, mid back pain, neck pain, muscle pain and aches, fibromyalgia, minor ligament injuries, arthritis pain and other joint problems, sciatica and other spinal nerve problems like neuralgias (pinched nerve, trapped nerve).

### Benefits of Pain Mitigation

- 😊 Alleviate distress
- 😊 Improve overall efficiency
- 😊 Prevents depression
- 😊 Better mobility

### Physiotherapy Home care

We provide homecare physiotherapy at your doorstep .Our aim is to bring you back to your optimum normalcy post any surgery or dysfunction.

### Corporate Physiotherapy

Prevent/treat work-related disorders in order to improve productivity. We conduct seminars and workshops at corporate firms to promote awareness of work-related problems and their prevention.

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