

SPORTS REHABILITATION AND ERGONOMICS CLINIC

(Offered by RxDx Physiotherapy department)



DON'T ALLOW BACK PAIN TO RULE YOUR LIFE

Back pain is one of the most common medical problems, affecting 8 out of 10 people at some point during their life. Back pain is the second most common medical complaint, after the common cold.

Back pain can range from a dull, constant ache to a sudden, sharp pain. Acute back pain comes on suddenly and usually lasts from a few days to a few weeks. Back pain is called chronic if it lasts for more than three months. Back pain that becomes worse after sitting in one position for a long time may be caused by poor posture or by a badly-designed chair. Stress, anxiety and emotional worries can lead to muscle tension which results in aches and pains in the back. Bending and lifting is the number one cause of serious back problems.

BACK CARE EXERCISE PROGRAMME

Our back care exercise program includes the complete assessment by the physiotherapist and also the do's and don'ts to avoid injuries. Physiotherapist will be educating you with appropriate stretches and exercises according to your condition.

Most of repetitive stress injury (RSI) occurs due to improper posture, lack of stretches at work station.

The core strengthening plays a major role in bringing your back, back to normalcy.

What is Core?

Core is the lumbo-pelvic-hip complex. The core is where our center of gravity is located and where all movements begin. There are 29 muscles that attach to the lumbo-pelvic-hip complex. If the extremity muscles are strong and the core is weak, there will not be enough force created to produce efficient movements. A weak core is a fundamental cause of inefficient movements that leads to injury.

A core stabilization training program is designed to help an individual gain strength, neuromuscular control, power, and muscle endurance of the lumbo-pelvic hip complex.

FRACTURE REHABILITATION

We offer out-patient physiotherapy for all types of fracture patients using wax bath and advanced exercise equipments.

JOINT REPLACEMENT REHABILITATION

We offer Out-Patient Physiotherapy for joint replacement patients like Total Knee Replacement, Total Hip Replacement, and Hip Hemi-arthroplasty. Rehabilitation includes exercises, thera band, exercise tubes, static cycle and many advanced exercise equipments.

REHABILITATION OF SPORTS INJURIES

Sports rehabilitation is a multi-disciplinary approach to treat injuries sustained through sports participation so the athlete can regain normal pain-free mobility. Our Physiotherapy team is well trained and experienced in rehabilitating sports injuries.

The primary goal is to return to pre-injury activities, whether the athlete is a professional, amateur or casual player.

Sports rehabilitation typically begins with a pain management treatment program. Some modalities utilized for pain relief include ice or heat application, ultrasound and electrical stimulation. Followed by conservative

treatment our physiotherapist will help you in rehabilitation using advanced exercise equipments and train you according to the relevant injury and sports.

For more information, please email us at

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Visit us at www.rxdx.in

Wishing you a speedy recovery!



