

Services

Physiotherapy

Physiotherapy in Brampton



Physiotherapy is the primary health care profession that promotes wellness, mobility, and independent function. Physiotherapists have advanced understanding of how the body moves, what keeps it from moving well, and how to restore mobility. --The Canadian Physiotherapy Association With modern technology and a patient-centered approach, we work with you to get you back to the life you want to live quickly.

Physiotherapists are skilled in the assessment and management of a broad range of conditions; plan a suitable course of action and to implement that plan using a variety of techniques which could involve a combination of activities including: hands-on treatment, electrical modalities, and specific exercise instruction to address muscle imbalances and joint problems, and a wide variety of other techniques. Additionally, education to the client is always provided in order to assist the individual in understanding their condition and preventing it from re-occurring.

Benefits of Physiotherapy

- Reduced Pain
- Enhanced strength and Flexibility
- Improved metabolic system and cardiovascular activity
- Optimum Weight management
- Posture Correction
- Free and Mobile friendly joints

Physiotherapy services we offer

- **Manual Therapy:** Exercises to reduce stiffness and pain among joints and Muscles
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Therapeutic Programs: We offer Customized Physiotherapy Programs as per the necessity of the Injury curing procedure.

- **Bodily Reflex Exercises Programs:** This type of program comprises exercise which enhances body mobility and Flexibility. Patients are offered postural correction exercises along with muscle imbalances improvising
- **Personalised Treatment**
- **Customised Therapeutic Exercise program**
- **Geriatric Rehab**
- **Orthopaedic Rehab**
- **Neurological Rehab**
- **Post Surgical Physio Treatment**
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- **Modern Physiotherapy Techniques:** Patients are here offered with exercises like Taping, Mulligan Technique and Active Release Technique.
- **Deep Friction Massage:** This segment comprises of Soft Tissue Massage and scars tissue Breakdown therapies.
- **General therapies:** Patients are offered with general conditioning regimes and Gait retraining therapies.
- **Our Speciality:** We offer our patients with some of the latest electrical Therapies and modern
- **Physiotherapy methodologies** such as TENS, IFC, Ultrasound, Decompression, Laser Therapy, Paraffin Wax Bath, Shockwave Decompression.
- **Rehab Exercise education**