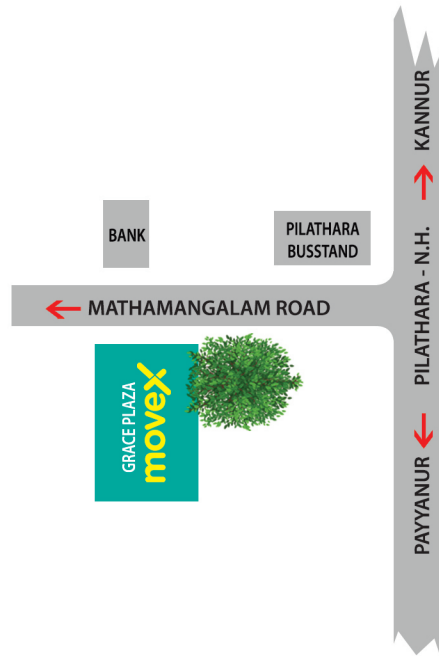


- We specialize in "hands on" manual therapy.
- Our skills are ideally suited to work with individual patients in the treatment of their injuries by joint manipulation, exercise therapy and electro therapy.
- We offer health advice and preventive therapy. Our goal is to achieve patient independence through excellence in education, manual therapy and exercise.
- We offer long term solutions to back pain, sports injuries and other aches and pain.
- We use advance rehabilitation protocol for post-operative cases.
- We use world class standard equipments.
- We offer medical fitness, physical fitness and mental fitness.



We are located....



For appointments and enquiry

**+91-9567014747**

[contact@movex.co.in](mailto:contact@movex.co.in)

Operating hours

**Monday to Friday : 9.00am to 6.00pm**

**Saturday & Sunday : 9.00am to 1.00pm**



GRACE PLAZA, OPP. CHERUTHAZHAM BANK,  
MATHAMANGALAM ROAD,  
**PILATHARA. Tel. 9567014747**  
[www.movex.co.in](http://www.movex.co.in)

A State-of-the-art Physiotherapy services in accordance with International Standards...



**CENTER OF ADVANCED  
PHYSIOTHERAPY | FITNESS | WELLNESS**

ESTD : 2013

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# PHYSIOTHERAPY KEEPS YOU MOVING

## Physiotherapy

Physiotherapy is a health profession that promotes individuals' wellness, mobility and independent function by:

- Promoting physical activity and overall health. Preventing disease, injury, and disability.
- Managing acute and chronic conditions, activity limitations, and participation restrictions.
- Improving and maintaining optimal functional independence and physical performance.
- Rehabilitating injury and the effects of disease or disability with therapeutic exercise programmes and other interventions.
- Educating and planning maintenance and support programmes to prevent re-occurrence, re-injury or functional decline.
- Physiotherapy services are those that are performed by physiotherapists or any other trained individuals working under a physiotherapist's direction and supervision.



## We look for

### Spinal problems

Including spondylosis, back pain, sciatica, stiff/painful neck, referred arm & leg pain.

### Joint problems

Arthritis, injury, pain, stiffness, swelling eg: knee pain, frozen shoulder.

### Injuries

To muscles, ligaments, cartilage, tendons eg: tennis elbow, heel pain.

### Work related

Conditions such as repetitive strain injury, Ergonomic problems.

### After surgery

Rehabilitation after orthopaedic surgery eg: hip & knee replacement.

### Fracture

Physiotherapy improves healing time and gain full function once the bone have healed.

### Obstetrics

Including ante and post natal exercise/ advice & treatment for back pain and other musculoskeletal conditions associated with pregnancy.

### Podiatric problems

For foot pain, including biomechanical foot assessment, gait analysis, orthotic prescription, treatment of plantar fasciitis, heel pain, metatarsalgia, Morton's neuroma.

### Oedema Reduction

### Sports

Strains and sprains, contusions, shoulder pain, knee pain etc.

## we providing

### Spinal Decompression Therapy

We are using World no 1 Spinal Decompression therapy system for Neck and Lower back. It will give you 100% pain reduction than normal traction system.

### Ultrasound Therapy

1 MHz and 3 MHz

### Electro Therapy

IFC, TENS, High-Volt, Microcurrent, VMS, Russian, Trabert, Monophasic, Galvanic and NMES.

### Osteopathic Manual therapy

Manipulation, Mobilization

### Soft tissue manual therapy

Trigger Point Release, Myofascial Release, Instrument assisted Soft Tissue Mobilization, Muscle Release Technique, Active Release Technique, Soft Tissue Mobilization, Sports Massage.

### Dry Needling

### Kinesio Taping

### Exercise Therapy

Ranging exercises, Strengthening exercises with weight, bands and tubes, Stretching, Stability training.

### Cryo Compression System

### Moist Heat

### Knee CPM

### Patient Education

About condition, do's and don'ts, Injury management and prevention, Lifestyle modification, Postural education.

### Home exercise Prescription

### Home care physiotherapy

### Fitness and Sports Specific Fitness (Ladies)

