



Post Operative Rehabilitation

- ◆ Total knee Replacement
- ◆ HIP Replacement
- ◆ ACL & PCL Injuries
- ◆ Sports Injuries



*Rehabilitation for surgery
Beat down risk recover Faster...*



Fitness

- ◆ Pro Training and Conditioning
- ◆ Personal Training Sessions
- ◆ Functional Training
- ◆ High Intensity Interval Training
- ◆ Aerobic Exercises



Healthy body makes a happy person!!

Ahalia  Diabetes Hospital

Ahalia Campus, Palakkad 678557 | Ph: 04923-225 555
E-mail: mail.adh@ahalia.in | Web: www.ahaliadiabetes.org



Department of Physiotherapy



We make you work with out pain..

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Pain Management



- ◆ Neck Pain
- ◆ Shoulder Pain
- ◆ Arthritis
- ◆ Low Back Ache
- ◆ Knee Pain
- ◆ Post Traumatic Stiffness

*Today it hurts
tommarow it works.*



Modalities for Pain Management

- ◆ Interferential Therapy
- ◆ Ultra Sound Therapy
- ◆ Electrical Stimulation
- ◆ Wax Therapy
- ◆ Traction
- ◆ Continuous Passive Motion (CPM)
- ◆ Transcutaneous Electrical Nerve Stimulation



Obstetrics & Gynaecology

- ◆ Hyperemesis gravidarum
- ◆ Urinary Incontinence
- ◆ Antenatal & Postnatal Exercise



Neuro Rehab

- ◆ Stroke Rehabilitation
- ◆ Balance & Co-ordination
- ◆ Functional Re-education

*Committed to
enhancing
quality of life!!*