

## **HUMAN MECHANIC CLINIC**

### **# INTRODUCTION :-**

The secret to our success in treating our patients efficiently to get quick results is our emphasis on thorough, specific and accurate DIAGNOSIS.

Human mechanic clinic offers specialized treatment like :-

1. Back or spine mechanic
2. Neck mechanic
3. Shoulder mechanic
4. Knee mechanic
5. Posture mechanic
6. Sports injury mechanic

### **# FAQs :-**

1. What is Physiotherapy?

Physiotherapy is a healing method focused on mobility. Physiotherapists help patients regain mobility, as far as possible. They assess, diagnose and treat disabilities.

2. How can we help you in Pune?

A physiotherapy session is usually around 45 minutes, depending on the criticality of the problem. Our experts help with basic and advanced movement exercises to improve the patient's mobility.

3. Why do Physiotherapy Exercises?

Physiotherapists use exercise therapy to strengthen the muscles of patients and ensure muscle function is at an optimal level. Physiotherapy exercises have been medically proven to be one of the most effective ways to prevent and reduce pain. It also helps to restore a balanced emotional mental state which is crucial for holistic treatment.

4. What is special in human mechanic clinic ?

We have more advanced and effective modalities like a. Super inductive system , b. Drop tab...Which we introduce first time in pune .

## # Conditions we treated :-

1. Neck pain



2 . back pain



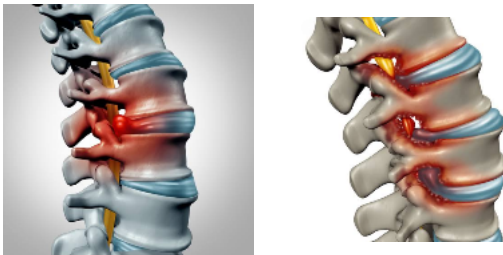
3. Arthritis



4. Frozen shoulder



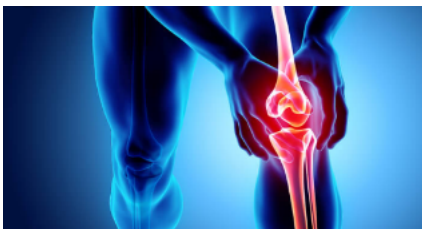
5. Slip disc & other spinal injuries



6. Sports injury



7. Knee pain



8. Plantar fasciitis



9. Postural alignment by chiropractic techniques



10. Gait abnormality

#### # MODALITIES WE HAVE :-

1. CLASS 4 laser therapy :- Class IV Laser laser therapy has become standard of care for many musculoskeletal injuries. Laser therapy can alleviate pain, reduce inflammation and accelerate recovery from a wide range of acute and chronic clinical conditions.



2. Super inductive system :- Salus Talent® Pro is a unique therapeutic device worldwide for transcutaneous magnetic stimulation. It delivers a new method of treatment of musculoskeletal problems where with the application of very strong pulsed magnetic fields up to 3Tesla (=30.000Gauss), is produced inducted (without contact) muscle and nerve contraction as well as tissue stimulation.



3. Matrix rythmus therapy :- Matrix Rhythm Therapy is a method developed by scientists from clinical-based scientific studies related to cell biology, conducted at Erlangen University in Germany.

The headpiece of this specially shaped therapy device is designed to cause the same physiological vibrations that are unique to our body. These vibrations are mechanically applied externally to the Body to stimulate the skeletal muscles and the nervous system harmonically and rhythmically without causing pain. As a result, metabolism will return to normal in a very short period of time, thus restoring the healing and renewal process in the tissues at a cellular level.



4. Drop table :- During this method, a chiropractor provides a sudden thrust to a patient's spinal or pelvic area. As the doctor makes the thrust, the area of the patient's body being worked on is simultaneously dropped by the table.



5. Inter ferential therapy ( IFT ) :- Interferential Therapy or (IFT) is a type of electrotherapy treatments that use electric currents to stimulate tissue which provides pain relief, reduction of swelling and many other health benefits.



6. Chiropractic & osteopathic technique:- Types Of Chiropractic Adjustments =

A). Direct thrust technique. This technique, also referred to as spinal manipulation, focuses on the spine and is perhaps the most well-known chiropractic adjustment.

B). Spinal mobilization.

C). Myofascial release.

D). Muscle energy technique.

E). Indirect positional technique.

F). Cervical spine manipulation.

G). Functional technique.