1. Replace the logo of human mechanic to human mechanic clinic.--- done
2. Add clinic mail id – done.
3. Replace advanced machineries to advanced equipments.and chang the logo also --- done.
4. In about us section Put the clinic picture instead of sirs picture. – to be given by client.
5. In we treat section :-
6. sciatica :- sciatica treatment --- done

Replace the TENS section to TMS (tissue magnetic stimulation) and LASER TREATMENT and spinal decompression unit

1. Frozen shoulder syndrome :- treatment --- done

Matrix therapy and laser therapy and TMS

1. Neck pain:- treatment part :- replace ultrasound therapy to laser and TMS --- done.
2. Completely remove pinched nerve section --- done.
3. Hip pain :- --- done

Hip pain causes

Add AVN ( Avascular necrosis) :- osteonecrosis of the hip is a painful condition that occurs when the blood supply to the head of the femur is disrupted.

Hip pain treatment=

Human mechanic treatment plan includes :-

* Chiropractic adjustment
* Manual technique
* Physical exercise
* Decompression unit
* Tissue magnetic stimulation
* Laser therapy

1. Arthritis :-

Change the picture with knee arthritis . --- done.

1. Add some more condition – done.

1. Post fracture rehabilitation :-



## Why?

Most fractured (broken) bones will heal in usually six weeks. But that is only **half of the problem**.

Unfortunately when you have enough stress placed through your body to fracture a bone there's usually a lot of other soft tissues and structures that have been damaged in the process. Add to that the common use of immobilisation in plaster, you'll have **joint stiffness** and considerable **muscle weakness.**

## When Should You Commence Physiotherapy?

## Typically, physiotherapist will attempt to prevent post-fracture stiffness and weakness in the adjacent joints and muscles during the first six weeks while your fracture is healing. After six weeks or later if X-rays show poor healing, your physiotherapist can work on regaining full joint range of motion and muscle strength that operate near or over the fracture site.

## POST FRACTURE REHABILITATION :-

## High magnitude/ power tissue magnetic stimulation :- high power magnetic field , which help in promote the healing .

## Myobalance rehabilitation protocol :- we analysis the fracture part for the treatment with nervous system involvement , myobalance rehab teach us to treat without enhancement of pain.

## Matrix therapy :- matrix rhytmus therapy is work tissue cellular level relaxation through cellular vibration production of same frequency as the normal cellular frequency .

## Myofascial release :- relaxation of tight musculature which restrict the normal movement of joint .

## Strengthening exercise :- strengthening of joint surrounding muscle is important to normalise the range of motion and prevent the trick movement.

1. Sports injury rehabilitation :-

## Understanding Typical Sports-related Injuries

## **Sprains and strains** :- [Sprains](https://medlineplus.gov/sprainsandstrains.html) occur when ligaments are stretched too far or torn. Bones are connected by ligaments, so sprains and strains occur in the joints. The most common sprains are in ankles or wrists. You may feel painful swelling and bruising, and experience a temporary inability to move your joint.

Strains occur when a muscle or tendon is torn. Tendons connect muscles to bones, and when they are pulled too far, a strain occurs. The most common strains occur in the back or hamstrings. You may feel painful swelling or spasms, and you may experience a temporary inability to move the muscle.

**Knee injuries :-** Knee injuries are frequent problems for many athletes. Runners may experience what is known as runner’s knee, which is a tenderness near the knee cap. You may also experience pain on the sides of your knees and tendinitis.

Knees can be more severely injured with bruising to the bone or damage to cartilage and ligaments. [Four major ligaments](https://medlineplus.gov/kneeinjuriesanddisorders.html) support the knee, and all can be damaged during sports activity. Knee injuries often occur from a lack of warming up, running too hard or too often, and blows or twists at the knee.

**Swollen muscles** :- When certain muscles swell, they fill a tough membrane called the [fascia](https://www.niams.nih.gov/health_info/sports_injuries/). The fascia does not expand, so nerves and blood vessels are put under pressure, and the muscle itself may suffer damage. This painful condition is called compartment syndrome. It occurs in response to a one-time injury to the muscle, after repeated blows in certain sports like boxing, or due to long-term overuse.

**Achilles tendon injuries :-** The Achilles tendon extends from the calf muscle to the heel. This tendon is commonly stretched or torn during sports activities. They occur from overuse and when stretching is not incorporated regularly in a training routine. They can be season-ending injuries.

**Shin splints** :- This term describes pain along the shin bone, or tibia. This is the bone on the front of the lower leg. Shin splints are often experienced by runners.

They can occur when an athlete fails to warm up or stretch. They also occur due to overuse, engaging in activity on hard surfaces, and if you wear unsupportive shoes. People with flat feet may be more likely to get shin splints.

**Dislocations** :- Contact sports and high-impact sports can cause dislocations, which happen when bones that form a joint become separated.

If a joint becomes dislocated, the athlete will feel intense pain, and nerves may also become damaged due to the dislocation. The joint will need to be put back into place, and you may need to wear a sling until swelling subsides, usually several weeks.

Rehabilitation is often recommended if your shoulder is dislocated. This therapy can restore strength and range of motion.

**Fractures** :- A bone may break from either a one-time injury or from repeated stress over time. A one-time injury is an acute fracture which requires emergency treatment. A stress fracture happens in sports with repetitive impact. The pain in a stress fracture worsens when the athlete bears weight on the fractured area.

**SPORTS INJURY REHABILITATION** :- Contrary to popular belief, it isn’t wise to push through the pain of an injury. Seek medical treatment if you meet any of the following conditions:

* You are experiencing severe pain, swelling, or numbness.
* You can’t put any weight on the affected area.
* You are experiencing increased pain, swelling, and instability in a previously injured area.

#### **That being said, you can effectively treat many minor sports injuries at home using the RICE method of rest, ice, compression, and elevation.**

An experienced chiropractor is also able to help in a number of ways. LASER THERPY , TISSUE MAGNETIC STIMULATION , DECOMPRESSION UNIT , CHIROPRACTIC ADJUSTMETS for normal body posture

In human mechanic clinic we use advanced core strengthening exercise programme DYNAMIC NEUROMUSCULAR STABILISATION ( rehabilitation programme for athletes to improve their performance and skills in their respective zone .

1. Tennis elbow / golfers elbow:-

Tennis elbow (lateral epicondylitis) is a painful condition that occurs when tendons in your elbow are overloaded, usually by repetitive motions of the wrist and arm.Despite its name, athletes aren't the only people who develop tennis elbow. People whose jobs feature the types of motions that can lead to tennis elbow include plumbers, painters, carpenters and butchers.The pain of tennis elbow occurs primarily where the tendons of your forearm muscles attach to a bony bump on the outside of your elbow. Pain can also spread into your forearm and wrist.

## DIAGNOSIS :- During the physical exam, your doctor may apply pressure to the affected area or ask you to move your elbow, wrist and fingers in various ways.In many cases, your medical history and the physical exam provide enough information for your doctor to make a diagnosis of tennis elbow.

TREATMENT **:-** Practitioners are the health care leaders and very well trained in the treatment of low back pain as well as other spinal conditions. Chiropractic treatments are safe, gentle, natural, and highly effective. Above all it is a non- invasive treatment!! Also, the treatments are designed to work on the root cause of your problem and not simply hiding up the symptoms you experience.

Tennis elbow is the condition which affects our normal lifestyle as well as daily activities . foe the treatment of tennis elbow we use EXTRACORPORAL SHOCKWAVE THERAPY ( high impact therapy whih help in fast healing and early recovery ) and LASER THERAPY .

Recommendations :-

In the front picture of doctors and degree of doctors

Backside recommendation lines

Add 2 new section

1. Gallery and blogs
2. Contact us section in every page .