**http://www.hiranandanihospital.org/content/physio.html**

Physiotherapy

Physiotherapy Hospital In Mumbai

Physiotherapy is a health care profession that provides treatment to individuals to develop, maintain and restore maximum movement and function throughout life. Dr L H Hiranandani Hospital's Centre for Physiotherapy and Physical Rehabilitation is located on 8th floor of the hospital and is spread over 5000 sq. ft. It employs the most advanced equipments procured from the world's leading manufacturers. A team of experienced physiotherapists at the Hospital judiciously chart the course of your recovery helping you regain your independence thus rebuilding your self-esteem and positive attitude.

Services Offered

Orthopedic Rehabilitation

The treatment encompasses a wide variety of medical and surgical Orthopedic conditions such as Arthritis, Joint replacement surgeries, amputations, fractures and several pain producing muscular and bony disorders, strains and sprains.

Exercise stations, considered the best in the world, help in strengthening the muscles.

Post trauma Rehabilitation

It aims to enhance and restore functional ability and quality of life in individuals with physical impairments or disabilities inflicted by accidents, amputations, fractures etc.

Post Joint Replacement Rehabilitation

Physical rehabilitation plays a vital role in rebuilding strength, agility, and range of motion in patients after any joint replacement surgery. Strength and balance is improved by exercising on various pneumatically controlled exercise stations and computerized balance trainers.

Neuro rehabilitation

Physiotherapy in neurological disorders is concerned with rehabilitation of individuals with brain or spinal cord injury.

Patient - focused and customized healthcare strategies are designed for individuals with following conditions

Stroke

Head Injury

Spinal Cord Injury

Multiple sclerosis

Parkinson's disease

Gullian Barre Syndrome

Peripheral Nerve Injury

Muscular Dystrophy

Balance and Co-ordination Training: is vital element of rehabilitation program. The MTD trainer has a platform that can measure and train balance, symmetry, speediness, strength, capacity as well as coordination. It consists of number of computerized tasking, which enhances the perception, cognition and anticipation. The exercises on MTD can be tailored for patients as per the body weight and requirement. The training by MTD trainer is supported by visual and audible feedback.

On MTD, balance can be trained while performing various activities in different body positions such as sitting, squatting, one leg standing, toe standing, forward bending, backward bending, jumping, etc

Weight supported Harness system: It is used for patients with poor trunk control to help them walk safely without falling. Stroke patients can be ambulated on treadmill using the harness system.

Tilt table: It is used for postural orientation and standing with support in paralyzed patients.

Go to the top of this page

Spine Rehabilitation

Various spine related problems like Spondylosis, which cause neck and back pain, disc problems and postural disorders, are treated using advanced manual therapy and joint mobilization techniques on highly specialized manual therapy table.

Sports Rehabilitation

It plays a vital role in multi-disciplinary management of sports injuries. We aim to treat and fully rehabilitate an athlete after his injury or surgery and regain his ability to participate in sports in shortest possible time. Most advanced exercise equipments that help improve strength, stamina, endurance, flexibility, balance stability, proprioception, speed and agility are used.

ISOKINETIC SYSTEM of Strengthening: ISOKINETIC multi-joint and work simulator are computer aided biomechanical testing, training and rehabilitation equipments. Individualized exercise regimes are designed for effective rehabilitation. It has Biofeedback system, where patients can follow their training displayed on screen in real time. It enables the patients to perform movement realistically at desired target speed with minimum force. Performance can be displayed and recorded for evaluation and progress chart.

HUR training stations are based on pneumatic air resistance technology system. They help build functional fitness by increasing and maintaining flexibility, strengthening and toning of muscle, increasing static and dynamic endurance. They have step-less (smooth) adjustment of resistance, which avoids overloading of joints and connected tissues thus making it more safer and effective training system.

Pulmonary Rehabilitation

Pulmonary rehabilitation is an integral part of the clinical management and health maintenance of patients with sub acute or chronic lung conditions. It helps train respiratory muscles and develops physical and respiratory endurance in such patients.

It is indicated in respiratory conditions like

Chronic bronchitis

Asthma

Cystic fibrosis

Bronchiectesis

Interstitial lung disease

Thoracic surgery

Go to the top of this page

Pain Management & Electrotherapy

Physiotherapy is an integral part of pain management and is effective in different conditions like spondylosis, frozen shoulder, osteoarthritis and inflammation of joints, strains and sprains of muscles & ligaments and sports injuries.

The Centre Offers the Following Modalities in Pain Management

Short Wave Diathermy

Long Wave Diathermy

Ultrasonic Therapy & Phonophoresis

TENS

Traction

Infra Red Lamp

Advanced Pain Relieving modalities like

Laser

Shock Wave Therapy

Combo therapy

Whirlpool

LASER involves the application of specific wavelengths of light to affected body tissues. It reduces inflammation, decreases pain level. , accelerates soft tissue and bone repair and increases tissue tensile strength.

It is used in treating conditions like

� Arthritis (rheumatoid, osteoarthritis),

� Fibromyalgia,

� Carpal Tunnel Syndrome,

� Tendinopathies ,

� Tennis Elbow,

� Myofascial Trigger Points,

� Repetitive Strain Injuries ,

� Chondromalacia Patellae,

� Plantar Fasciitis,

� Back Pain ,Knee Pain, Shoulder Pain ,

� Sports Injuries.

Shock Wave Therapy is very effective in resolving chronic pain, calcification, adhesions and give excellent results in the management of ligaments and tendons injuries.

It helps relieve chronic pain associated with heel spurs,

� plantar fasciitis,

� tennis/golfer's elbow,

� Achilles tendinitis,

� Calcific shoulder tendinitis,

� Frozen shoulder,

� Patellar tendinitis

Combo therapy provides combined benefits of ultrasonic therapy and various advance current therapies such as Russian current, didynamic current and micro current. It uses biofeedback for muscle strengthening.

WHIRLPOOL BATH Hydrotherapy: useful means of exercising arthritic joints using the buoyancy of water to assist or resist movement. The warmth of the water increases the circulation and helps reduce muscle spasms, producing more effective movement.

Joint mobility, muscle strength and general fitness can be improved with hydrotherapy.

Various manual therapy and mobilization techniques aid patients to recover faster and gain quicker functional ability.

Go to the top of this page

Antenatal And Postnatal Classes

Special classes are conducted for groups of would-be-mothers. It helps them get ready for labor and child birth.

Postnatal exercises help in uterine involution and also in restoring the perineal muscle tone. It also focuses on strengthening abdominal and back muscles.

Our aim is to help you regain the pre-pregnancy physical fitness.

Physiotherapy In Incontinence

It aids in strengthening perineal muscles and manage incontinence with perineal exercise, current therapy and biofeedback.

Our Team

**http://www.hiranandanihospital.org/content/sports\_med.html**

**Sports Medicine**



With increasing interest in sports and exercise in India, sports injuries have become very common. Injuries sustained during sports or exercise can limit performance of sports person and prevent him from achieving full potential. These injuries if neglected may also lead to development of arthritis.

About The Clinic:  
Sports Medicine is a branch of collaborative medicine that specializes in preventing, diagnosing and treating injuries sustained during sports or exercise. Our goal is to assist the patient in return to sports and to achieve peak performance and prevent any future problems.

Rolex [**replica watches**](http://www.everlastboxing.co.uk/) is located in Shanghai Bund, the world's only [rolex replica](http://www.cvdlipids.com/) brand experience center "Rolex World-world" (The Rolex Experience) presented in the 2015 Basel World and Jewellery Show to [**replica handbags**](http://www.whoapparel.co.uk/) launch the new watch since June 19. Well received [**replica watches**](http://www.ukrolexreplica.uk.com/) since its opening exhibition, which was [**replica watches uk**](http://www.replicasonline.uk.com/) originally scheduled to end July 12 **[louis vuitton replica](http://www.louisvuittonbagshandbags.co.uk/" \o "louis vuitton replica)** exhibition will be extended to [louis vuitton replica](http://www.azblackcar.com/) July 30, the public **[breitling replica](http://www.brearcadiacove.com/" \o "breitling replica)** can make an appointment through the close-up view of **[breitling replica](http://www.visitdevonandcornwall.co.uk/" \o "breitling replica)** these new watch.

Sports medicine is not only for the competitive athlete but also for a non-athlete who enjoys playing sports or exercise occasionally, the so called ‘weekend warriors��?

Our advice to our patient is be smart, visit our SMART centre (Sports Medicine and Rehabilitation therapy)

Services Offered:  
��?Joint consultation by sports medicine orthopedic surgeon and physiotherapist trained in US, UK & experience in care of professional sports persons.

��?Diagnosis & management of all injuries arising from participating in sports or exercise.

Treatment Facilities:  
��?Sophisticated rehabilitation centre   
��?Ultrasound guided intralesional injections   
��?Platelet rich plasma therapy   
��?Advanced arthroscopic surgeries   
��?Referral to other super-specialists (as needed)

Common Injuries Treated At Clinic:

**Foot & ankle**  
��?Ankle sprain & Avulsion Fractures   
��?Stress fractures  
��?Ankle impingement   
��?Tendinopathy of the heel cord and ruptures

**Knee**  
��?Ligament injuries (ACL, PCL, MCL, Posterolateral corner)   
��?Meniscal tears   
��?Tendinitis  
��?Non specific knee pain  
��?Instability of knee cap (patella)

**Hip**  
��?Hip pain and clicking   
��?FAI (Femoro - Acetabular Impingement)   
��?Athletic Pubalgia   
��?Sports hernia

**Shoulder**  
��?Non specific shoulder pain   
��?Shoulder impingement   
��?Recurrent Shoulder dislocation   
��?Collar bone fractures and separation   
��?Rotator cuff tendinitis & tears

[Go to the top of this page](http://www.hiranandanihospital.org/content/sports_med.html#top)

**Elbow**  
��?Tennis elbow, golfers elbow   
��?Elbow instability, ligament tears  
��?Tendon ruptures

**Wrist**  
��?Ligament tears and fractures

**Spine**  
��?Acute sprains and strains  
��?Disc prolapse  
��?Spondylolysis

Our Team

CHILD REHAB

**http://www.hiranandanihospital.org/content/paediatric\_physio.html**

Paediatric Physiotherapy



Paediatric rehabilitation is concerned with the examination, evaluation, diagnosis, prognosis, and intervention of children, from birth to adolescence, who are experiencing functional limitations or disability due to trauma, a disorder or disease process.

Paediatric physical therapists working in the Dr L H Hiranandani Hospital mainly look at outpatient clinics, neonatal intensive care units (NICUs) to evaluate and treat high risk or premature infants. These therapists are specially trained in for the same.

Commonly Treated conditions include cerebral palsy, genetic syndromes, autism, Attention deficit hyperactivity disorder (ADHD), obstetric brachial palsy lesions, torticollis, CTEV (congenital talipes equinovarus), CDH (Congenital Diaphragmatic Hernia), Post surgical and post Botox conditions. We study the system impairments leading to functional limitations and participation restrictions in areas of home school and play. The goal of treatment is to diminish impairments and functional limitations to prevent or decrease disability. Treatment may be focused on improving developmental tasks, motor planning, manipulation skills, balance, and/or coordination. The affected child may present with difficulties with ambulation, positioning, communication, attention, cognition, and/or motor function.

Treatment procedures are individually tailored plans with a combination of

• Neuro-developmental therapy for postural and movement limitations. Neuro-Developmental Treatment (NDT) is an advanced therapeutic approach practiced by experienced Occupational Therapists, Physical Therapists, and Speech - Language Pathologists. This hands-on approach is used in working with people who have central nervous system insults that create difficulties in controlling movement.

• Sensory integration to look at sensory repertoire of a child and determine the impairments and administer sensory integration (SI) which are integrated into the functional activities of daily living

[Go to the top of this page](http://www.hiranandanihospital.org/content/paediatric_physio.html#top)

Services/Facilities  
The services provided at our dept include –  
• Sensory integration therapy and Play therapy which deals with children showing sensory integration dysfunction which frequently include problems related to sense of touch, smell, hearing, taste and/or sight. This also includes Children with difficulties in movement, coordination and sensing where one's body is in a given space. SI therapy is used in treatments of common disorders like Autism Spectrum diseases, Developmental co-ordination disorder, Sensory Processing disorders etc to name a few

• Neuro developmental Therapy – This deals with children showing atypical posture and movement strategies to perform their functions resulting from CNS insults and dysfunction (e.g. Cerebral Palsy, Stroke, Head injury). NDT-trained therapists work collaboratively with individuals, family, caregivers and physicians to develop comprehensive treatment programs based on the principles of human neurology and physiology.  
  
• Early intervention Therapy - is a system of coordinated services that promotes the child's growth and development and supports families during the critical early years. This approach aims at aiding infants who are NICU graduates and are at a high risk of significant developmental delays or other disabilities. This therapy comprises of early sensory and motor activities through play therapy which comprises of tactile, visual, auditory and orosensory stimulation.

• Visual Rehabilitation – our team plays an integral part in identifying Visual impairments in children with special needs ranging from Squints, refractive errors, congenital cataract, Lazy eye, strabismus etc. This therapy improves your Visual Information Process Skills by training visual components of Perception, Tracking, Focusing, and Eye Teaming. Throng with a referral to the ophthalmologist

• Orthotics and Prosthetics – Musculoskeletal impairments, joint weakness or the inability of any joint or muscle group to function correctly can greatly decrease a Childs quality of life and mobility. We therefore conduct detailed evaluations to assess the child for the need of an orthosis (an apparatus used to support, align, prevent or correct deformities) and prescribe a tailor made orthosis to aid him/her in achieving improved function and mobility.

• Home Care Sessions – we provide home care session in the form of Home therapy visits by our therapists for children who are unable to follow up regular therapy at our hospital owing to various constraints and problems.

• Video and Written Home Program- to cater to the requirements of our Outstation and International patients we offer a written or a video CD of a tailor made therapy program for them to be followed up back home in the home environment, so that the child does not miss out on therapy and can come back for follow up after a certain time interval.

Special Clinics Or Patient Support Group   
To cater to the need of our Paediatric patients and to provide them with help at the earliest we have developed

• The H.O.P.E clinic- High Risk OPD for Paediatric Evaluation is a clinic developed to enable the Physiotherapist and the Paediatrician to work as a team towards early detection and intervention of High Risk NICU babies. This clinic also offers Auditory and Visual systems screening tests for early detection and treatment of related problems.  
  
Our Team / Specialists  
The team of Paediatric physiotherapy Department is headed by

**Dr. Snehal Deshpande**  
PT, C/NDT (Advanced Baby Course); SI (USC/WPS); PGDHHM  
Consulting Physiotherapist at Dr L H Hiranandani Hospital.