OXYFIT

Fitness & Wellness Studio

Science Meets Care, Your Body's Best Ally

"YOUR COMPLETE RECOVERY OUR COMMITMENT"

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307, 3rd Floor, Heritage Plaza, Drive In Rd,
Opp. Gurukul Temple, Memnagar, Ahmedabad-380052

At Oxyfit, specialist physiotherapists provide expert care for a wide range of orthopedic (bone, joint, and muscle) problems. Our clinic supports recovery from injuries, surgeries, and chronic pain so you can regain function and return to an active life.

Common orthopedic conditions we manage include:

- Osteoarthritis, rheumatoid arthritis, and joint pain
- Back pain, neck pain, and spine disorders (including spondylosis and herniated discs)
- Shoulder, hip, and knee conditions:
  rotator cuff tears, frozen shoulder, total/revision joint replacements, ligament injuries, meniscus tears
- Fractures, dislocations, and post-operative rehabilitation for bone injuries
- Tendonitis, tendinopathy, bursitis, and related soft issue conditions
- Carpal tunnel syndrome and other nerve compressions
- Sports injuries: sprains, strains, overuse injuries, and recovery after trauma
- Limited range of motion, stiffness, and muscle weakness
- Osteoporosis and rehabilitation for bone health
- Other musculoskeletal issues—
  ankle, wrist, foot, elbow, and hand problems
- Each patient receives a personalized treatment plan, combining advanced therapies for optimal recovery and better quality of life.

Electrotherapy:

Heal Faster, Live Better Experience the next generation of pain relief and recovery with Oxyfit's advanced electrotherapy treatments. Our physiotherapists use clinically tested machines like TENS, IFT, and muscle stimulation devices to deliver gentle electrical currents

Exercise Therapy:

Move Stronger, Recover Smarter Our personalized exercise therapy programs help you regain mobility, strength, and confidence—no matter your age or condition.Oxyfit's experienced physiotherapists create tailored exercise routines using techniques like range-of-Motion Exercises, Stretches, Resistance Training, Balance, and Conditioning Exercises to target your

Physical Injuries Points

Why Choose @Oxyfit?

- Evidence based Treatments
- Personalised program plan
- Comprehensive Physiotherapy Services
- Convenient Access
- Integration with Wellness

Dr. Pratiksha Patoliya
Consultant Physiotherapist
(B.J. Medical College,Ahemdabad)

Get in Touch with us!

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