

Dr. Shivi Rajvanshi Mittal (PT)
Consultant Physiotherapist
MSc. PT (UK), CDNT, CMT, CGTT

PRICE LIST

Consultation Charges with
complimentary therapy ₹ 699/-

Per modality charges

TENS ₹ 299/-

US ₹ 299/-

IFT ₹ 299/-

Muscle Simulator ₹ 299/-

SWD ₹ 299/-

Basic Exercise ₹ 199/-

Fitness Exercises (Band,
Ball, Weight) ₹ 399/-

MFR (Medical Massage)

10 – 15 minutes ₹ 399/-

20 – 30 minutes ₹ 599/-

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Taping

₹ 999/-
(per session)

A rehabilitative taping technique that facilitates body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion. Waterproof and wearable for 7-10 days, taping technique is a therapeutic taping method that allows treatment for all types of clinical conditions such as orthopedic, neurological, sport injuries and other medical conditions in all age groups

Dry Needling

₹ 999/-
(per session)

A modern Western medicine technique that uses a 'dry' needle, one without medication or injection, inserted through the skin into areas of the muscle.

Dry Needling is used with the goal of releasing trigger points to relieve pain and improve range of motion

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Cupping Therapy

₹ 999/-
(per session)

A suction is created by putting special cups on the skin- which helps in reducing pain and inflammation, and improving blood flow, relaxation and well being.

Manual Therapy

₹ 999/-
(per session)

Skilled hand movements performed to mobilize or manipulate soft tissue and joints, increase range of motion, induce relaxation, modulate pain and reduces soft tissue swelling, inflammation or restriction. Research says that manual therapy, when combined with therapeutic exercise, provides a beneficial outcome for patients. Therefore, manual therapy is a technique to be used in combination with exercise during the episode of care.

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LASER

₹ 999/-
(per session)

The two main effects of laser are pain reduction and improved tissue healing. It increases healing rate in wound and burns. It decreases deep seated inflammation. It increases healing response of fractures. It increases regeneration of damaged nerve. It modulates of nerve conduction velocity depending on treatment regime. Laser produces all these effects because it is absorbed by the cells. So it cause change in the enzymes and proteins which in turn brings all the above changes

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THERAPY PROGRAMS

| | |
|---------|-----------|
| 5 Days | ₹ 3,999/- |
| 10 Days | ₹ 6,999/- |
| 15 Days | ₹ 9,999/- |

T&C:

- *Package includes a combination of treatment techniques (Electrotherapy, Manual Therapy, Exercise Therapy, Dry needling, Taping etc.) depending upon the patient's requirement.*
- *Time duration for every treatment program varies from 45-60min.*
- *Pay in advance for package to book the slot.*