**\*HOME**

**\*SERVICES**

* **SPINAL DECOMPRESSION THERAPY**

Spinal decompression therapy is a non-surgical treatment that helps relieve back and neck pain by taking pressure off the spine. It involves the use of a specialized Spinal Decompression Machine that gently stretches the spine, creating negative pressure in the discs between the vertebrae.

Decompression therapy opens up the spaces in areas like your spine or knees where the spinal nerve roots pass through to reduce pressure on them. This can also help reposition joints and treat [slipped discs](https://www.healthline.com/health/herniated-disk) so that you don’t continue having severe or disruptive pain.

Spinal decompression therapy is a safe and effective treatment for a variety of conditions, including:

\* Herniated discs

\* Degenerative disc disease

\* Sciatica

\* Spinal stenosis

\* Facet joint syndrome

**Why Spinal Decompression ?**

* Reduce disc herniations: By pulling the disc material back into place, reducing pressure on the nerves.
* Promote healing: By increasing blood flow to the discs, allowing nutrients and oxygen to reach the damaged tissue.
* Improve range of motion: By reducing muscle tension and stiffness.
* Non-invasive: Spinal decompression is a non-surgical treatment, which means it avoids the risks and recovery time associated with surgery.
* Pain relief: Spinal decompression can help to relieve pain caused by conditions such as herniated discs, bulging discs, and spinal stenosis.
* Improved function: By reducing pressure on the spine, spinal decompression can help to improve spinal function and mobility.
* Reduced need for surgery: In some cases, spinal decompression can help to avoid the need for surgery.
* **SPORTS PHYSIOTHERAPY**

We aim to treat and assist in the complete rehabilitation of athletes following injury or surgery. Our goal with our sports physiotherapy clients is to assist by helping to prevent further injury. Doing so through restoring (or improving) the athlete’s strength, flexibility, postural control and endurance where necessary. Enabling their return to sport to be achieved both safely and in the shortest possible time.

**Why Sports Physiotherapy ?**

* Improves range of motion and flexibility
* Enhances athletic performance and prevents future injuries.
* Reduces pain and inflammation.
* Speeds up recovery time after an injury.
* Provides tailored rehabilitation programs.
* **CHRONIC PAIN MANAGEMENT**

We help people with long term (chronic) pain develop the skills they need to manage their condition, increase their activity and improve their quality of life. We not only help to reduce pain perception, but also helps on mental health, such as mood elevation and reduction of stress and depression, which are often associated with chronic pain conditions. Pain management is the key to good quality of life. Managing pain can reduce stress, blood pressure, and heart rate, and positively affect healing. Pain involves cognitive, motivational, affective, behavioral, and physical components impacting the quality of life.

**Why Chronic Pain Management?**

* Improved Pain Management
* Increased Mobility and Function
* Enhanced quality of life
* Reduced reliance on medication
* Prevention of further injury or pain recurrence.
* **DRY NEEDLING**

Well Care provides expert level dry needling to decrease muscle tightness, increase blood flow and reduce pain. Let us help you achieve your health goals with our professionally skilled physiotherapy dry needling techniques.

**Why Dry Needling?**

* To help relieve pain
* Relax and lengthen tight muscles
* Release the compression of nerves and blood vessels that supply the muscle.
* Restore mobility and overall function by releasing the Myofascial Trigger Point.
* **POST OPERATIVE REHABILITATION**

We understand that surgery and the need for post operative rehabilitation physiotherapy isn’t going to be someone’s first choice when it comes to managing a complaint. However, we also understand that sometimes surgery is the best option.

We have extensive experience in working closely with a number of leading orthopedic surgeons and regularly carry out their post-surgery rehabilitation physiotherapy programs. Be it arthroscopy, joint replacement, joint reconstruction, ACL reconstruction, stabilization surgery, tendon repairs, internal fixation following fractures, other bone surgery, or spinal surgery etc., you can be confident on our team at Well Care who has regularly been responsible for guiding patients through their surgeries specifically post operative rehabilitation exercises process.

**Why Post Surgery Physiotherapy?**

* Reduces pain and discomfort
* Speeds up recovery time
* Improves range of motion and flexibility
* Restores muscle strength.
* Helps prevent secondary complications.
* **EXERCISE PHYSIOTHERAPY**

We are experienced in providing exercise therapy. Considerable research has been carried out and offers overwhelming support for the use of therapeutically prescribed exercise therapy physiotherapy programs. Beneficial for conditions such as back pain, arthritis, tendinopathy and osteoporosis etc.

**Why Exercise Therapy?**

* Exercise therapy programs can cover a broad range of approaches and conditions.
* The use of exercise therapy can help to address and rehabilitate from injury, pain or mobility issues.
* Exercise therapy can be employed to maximize physical abilities. Increasing strength, fitness and flexibility by optimizing muscular functioning, improving physical fitness, and improving general overall health and well-being.
* **MCKENZIE METHOD**

The McKenzie physiotherapy method is often referred to as MDT, or Mechanical Diagnosis and Therapy. MDT was originally launched by physiotherapist Robin McKenzie. It is a system encompassing assessment, diagnosis and treatment. The McKenzie system can be used for both spinal and peripheral complaints. MDT is a comprehensive method of care developed in the late 1950s. And subsequently has been continually developed over the years and is now taught worldwide.

**Why The McKenzie Method ?**

* Effective for managing back and neck pain
* Uses self-treatment techniques to empower patients
* Provides standardized assessment and treatment protocols
* Addresses underlying causes of pain
* Reduces need for medication and surgery
* **MUSCULOSKELETAL PHYSIOTHERAPY**

Musculoskeletal physiotherapy focuses on excellent clinical assessment and diagnosis methods. As well as diagnostic skills, musculoskeletal physiotherapists possess a broad arsenal of manual therapy treatment techniques. Choosing a musculoskeletal physio is making a choice towards effective and efficient diagnosis, treatment. And the prevention of ongoing soft tissue and joint problems.

**Why Musculoskeletal Physiotherapy Treatment?**

* Massage and manual therapy techniques.
* Joint mobilization and manipulation.
* Therapeutic exercises and stretches.
* Taping and bracing techniques.
* Shockwave Therapy and dry needling.
* **KINESIO TAPING**

Kinesio taping  physiotherapy techniques are a form of therapeutic and rehabilitative taping. Commonly used for treatment of muscular disorders, as well as the management of acute and chronic swelling.  Kinesio taping assists is several ways from:

* Increasing the fluid flow through an injured area.
* Better control over muscle contractions.
* Reducing pain.
* and ultimately helping encourage faster healing.

Kinesio taping   allows the wearer to move through their full range of movement. With the right taping techniques, Kinesio taping  can either strongly assist, resist, facilitate, inhibit or offload tissue through its movement.

**Why Kinesio Taping?**

* Kinesio tape can act in such a way to mimic the action of an injured muscle or tendon.
* Resulting in decreased workload and improved biomechanical efficiency of the muscle and tendon unit as well as improving the unit tolerance to fatigue.
* Reducing this workload and increasing fatigue resistance can result in less pain. Promote better healing, improved endurance and overall performance.
* **POSTURE CORRECTION**

Posture correction is one of the first things many people will think of when they think about physiotherapy. Every person moves in their own distinctive way and has their own natural curves – there is a different posture for each person. “Normal” posture and movement therefore can fall within a realm of different postures and movement patterns.

**Why Posture Correction?**

* Reduce pain and stiffness
* Prevent injury
* Improve breathing and circulation
* Correct muscle imbalances
* Enhance overall athletic performance
* **ORTHOTICS AND PROSTHETIC SUGGESTIONS**

Orthotics are braces or other supportive devices that are used to correct alignment, reduce pain and/or provide additional support to any part of the body, whereas prosthetics are devices that replace a missing limb. Both orthotics and prosthetics aid to improve movement, but each work for different types of patients.

**Why orthotics and prosthetics ?**

* Both orthotics and prosthetics are designed to improve the quality of life for people with physical limitations.
* Orthotics are used to support or correct body parts, while prosthetics replace missing limbs.
* The benefits of orthotics and prosthetics can vary depending on the individual's specific needs and condition.
* **FOOTWEAR MODIFICATIONS**

Modified shoes are everyday footwear that have been professionally altered to address the specific needs of an individual's feet and accommodate their foot condition. Modified shoes may have one or more custom adjustments. Many modifications are hidden within or beneath the shoe so modified shoes often look like regular footwear to the untrained eye. Footwear modifications can significantly improve comfort, support, and overall foot health.

**Why footwear modifications?**

* Improved Fit and Comfort: Modifications can tailor shoes to your specific foot shape and size, reducing pressure points and discomfort.
* Enhanced Support and Stability: Modifications can provide additional support for conditions like flat feet, high arches, or weak ankles, improving balance and reducing the risk of injuries.
* Pain Relief: Modifications can help alleviate pain caused by conditions like plantar fasciitis, metatarsalgia, or arthritis.
* Gait Correction: Modifications can help correct abnormal gait patterns, reducing stress on joints and improving overall walking efficiency.
* Slowing Progression of Foot Problems: Modifications can help slow the progression of conditions like bunions or hammertoes by accommodating the deformity and reducing pressure.
* Increased Activity Levels: By making shoes more comfortable and supportive, modifications can encourage individuals to be more active
* Reduced Risk of Injury: Proper footwear modifications can help prevent injuries by providing adequate support and cushioning.

**\*ABOUT US**

**OUR STORY**

Well Care Physiotherapy and Sports Rehabilitation is a healthcare establishment dedicated to providing top-quality physiotherapy and sports rehabilitation services. Established in 2014 in Trivandrum, India, and expanding its reach to Hulhumalé, Maldives in 2023, Well Care has positioned itself as a leading provider of specialized care for a wide range of physical ailments and injuries.

What sets Well Care apart is its commitment to personalized care. Recognizing that each patient's needs are unique, the experienced team at Well Care tailor treatment plans to address individual requirements, regardless of age or lifestyle. Well Care's comprehensive approach aims to restore optimal health and well-being by combining advanced therapeutic techniques with a compassionate and patient-centered approach. Well Care empowers individuals to overcome physical limitations and achieve their health goals. Our dedication to excellence ensures that patients receive the highest quality care, leading to improved mobility, reduced pain, and enhanced overall quality of life.

**OUR VISION**

To be the leading provider of comprehensive physiotherapy and sports rehabilitation services, recognized for our expertise, compassion, and commitment to patient care. We are here to help you overcome pain, improve mobility, and enhance your quality of life.

**“EMPHASIZING EXPERTISE AND PERSONALIZED CARE”**

**OUR MISSION**

**To provide exceptional patient care:** We are committed to delivering personalized treatment plans tailored to individual's specific needs.

**To promote optimal health and wellness:** We strive to improve our patients' quality of life by addressing pain, restoring mobility, and preventing future injuries.

**To advance the field of physiotherapy:** We stay at the forefront of the latest advancements in physiotherapy techniques and technologies.

**To foster a positive and supportive environment:** We create a welcoming and encouraging atmosphere where patients feel comfortable and motivated.

**WHY CHOOSE WELLCARE**

**1. Personalized physiotherapy**

We at Well care tailor treatment plans to the specific needs of each patient. It involves a comprehensive assessment of the patient's condition, goals, and lifestyle factors to develop a customized treatment plan. This approach focuses on addressing the root cause of the problem rather than just treating the symptoms.

* Individualized assessment: A thorough evaluation of the patient's medical history, current condition, pain levels, functional limitations, and personal goals.
* Customized treatment plan: Development of a tailored treatment plan that includes a combination of therapeutic techniques such as manual therapy, exercise prescription, and education.
* Regular progress monitoring: Ongoing assessment and adjustment of the treatment plan to ensure optimal progress and address any changes in the patient's condition.
* Patient education and empowerment: Providing clear explanations of the condition, treatment plan, and self-management strategies to empower patients to take an active role in their recovery.

**2. Advanced sports injury management and rehabilitation**

Our sports injury management and rehabilitation treatment process focus on providing comprehensive care for athletes who have sustained injuries, aiming to facilitate a speedy and complete recovery while minimizing the risk of re-injury. This process involves a combination of medical interventions, physical therapy, and specialized rehabilitation techniques.

Our advanced Sports Injury Management and Rehabilitation Includes:

* Comprehensive Assessment and Diagnosis
* Early Intervention and Pain Management
* Physical Therapy and Rehabilitation
* Advanced Techniques and Technologies
* Psychological Support and Counseling

Sports injury management and rehabilitation aims to provide a comprehensive and individualized approach to facilitate optimal recovery and return to sport for athletes of all levels.

**3. Exclusive for pain management**

Chronic pain can significantly affect a person’s quality of life, making everyday activities difficult and sometimes unbearable. Whether it’s caused by arthritis, fibromyalgia, lower back pain, or another condition, pain is often complex, requiring a multifaceted approach for relief. We at Well Care helps to reduce pain by an individualistic approach and empower individuals to improve their mobility, strength and overall well-being.

The treatment process involves targeted exercises and treatments designed to reduce pain, improve function, and enhance overall physical health . Our different methodologies include:-

* Customized Pain Relief Strategies
* Improved Mobility and Flexibility
* Strengthening Weak Muscles
* Posture and Body Mechanics Education
* Non-Invasive and invasive Pain Relief Techniques
* Long-Term Pain Management Strategies

**\*RESOURCES**

**\*CAREERS**

**\*REVIEWS**