

REBOOT, REHAB AND RECOVERY PROGRAMS



ICE CHAMBER PROGRAM

*"Extreme cold can help you
in a faster recovery"*

	1 visit	3 visits	10 visits
ICE CHAMBER PROGRAM 3 MINS	1,390 ₪	3,490 ₪	9,900 ₪

Cryotherapy is use of extremely low temperatures. This cryochamber is a single container that covers a person's entire body. When the body is exposed to excessive cooling, the blood vessels constrict, causing less blood flow to the areas of swelling. Once leaving the cryochamber, the arteries dilate and a higher presence of anti-inflammatory proteins (IL-10) in the blood is established.

This cryochamber is good for recovering from exercise, increasing performance, and improving joint function. Within the cryochamber, it has a calorie burn rate of 500 to 800 Kcal per 2-3 minutes. It is also suitable for persons who have trouble sleeping.

Recommended For:	<ul style="list-style-type: none">• Inflammation• Joint dysfunction• Mental disorders• After workout• Athlete	<ul style="list-style-type: none">• Insomnia• Chronic pain• After Surgery• Aging
Benefits:	<ul style="list-style-type: none">• Reduce pain and inflammation• Improve joints functions• May help with mental disorders• Support exercise recovery and Performance• May help in people who get sleep problems (Insomnia)	<ul style="list-style-type: none">• Burn 500-800 KCAL for 2-3 mins cryotherapy• Effective with chronic pain management• Faster surgical recovery• Reduces stress & anxiety• Anti-aging
Don't do this, If you have the following symptoms:	<ul style="list-style-type: none">• Untreated hypertension• Heart attack in the previous 6 months• Decompensating disease of the cardio vascular and respiratory system• Congestive heart failure• COPD or chronic liver disease• Unstable angina pectoris• Pacemaker• Peripheral Arterial Occlusive Disease• DVT or known circulatory dysfunction• Acute febrile respiratory (flu like respiratory symptoms)• Acute kidney and urinary tract diseases• Severe Anemia• Cold and allergenic phenomenon-known allergy to cold contactants• Heavy consumerist diseases-abnormal bleeding• Seizure disorders	<ul style="list-style-type: none">• Bacterial and viral infection of the skin, wound healing disorders• Alcohol and drug related contraindications• Valvular heart disease• Conditions after heart surgery• Ishemic heart disease• Pregnancy• Vasculitis• Hyperhidrosis-heavy perspiration• Diabetes• Raynaud's disease• Polyneuropathies• Open wound

STAY WELL

CLINIC & PHYSIO

PHYSIOTHERAPY PROGRAMS

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PAIN FREE PROGRAM - ACUTE PAIN



MUSCLE STRAIN LIGAMENT SPRAIN

*"Painful right?
I'll help you alleviate your pain"*

- ANKLE SPRAIN
- TENNIS ELBOW
- GOLFER ELBOW
- TRIGGER FINGER
- DE QUERVAIN'S TENOSYNOVITIS
- TENDINITIS

	1 visit	3 visits	6 visits	10 visits
ACUTE PAIN TREATMENT 60 mins	2,500 ₪	7,200 ₪	13,500 ₪	19,900 ₪
Inclusion:	Time/Unit			
Physical Examination (first session)	10 mins			
Localized Cryotherapy	5 mins			
Ultrasound Therapy	15 mins			
High Power Laser Therapy	10 mins			
Electrical stimulation / Peripheral Magnetic stimulation Therapy	10 mins			
Tolerance Exercise	10 mins			

An acute pain program in physical therapy is a specialized rehabilitation program that targets acute pain conditions.

Acute pain is pain that occurs suddenly and is typically caused by injury or trauma to a body part such as Ankle sprain, ligament sprain, biceps tendinitis, tennis elbow, golfer elbow and etc. That will be show sign of inflammation such as pain, swelling, red skin, and increase temperature at that part.

Aims of this program is decrease inflammation, swelling as well as prevent future chronic pain from developing from acute pain.



OFFICE SYNDROME

"Work hard and treat yourself harder."

			1 visit	3 visits	6 visits	10 visits
OFFICE SYNDROME TREATMENT	B Basic	60 mins	2,300฿	6,600฿	12,500฿	18,900฿
	A Advance	90 mins	2,900฿	8,390฿	15,900฿	23,900฿
Inclusion:			Time/Unit			
Physical Examination (first session)			10 mins			
Hot pack /Cold pack			10 mins			
Ultrasound Therapy / Tecar Therapy			^B 15 / ^A 20 mins			
Electrical Stimulation / Peripheral Magnetic Stimulation Therapy			^B 20 / ^A 30 mins			
Stretching/Manual Therapy / Mobilization			^B 5 / ^A 10 mins			
Shockwave Therapy (2,000 shots)			^A Advance 10 mins			

Today's office workers spend the entire day sitting in front of a computer for extended periods of time in the same position. Although it may not appear to be harmful to your life, but this pattern of living might cause office syndrome and make the problem worse in the long run.

Office syndrome, also known as workstation-related injuries, is a set of conditions that can occur due to prolonged sitting and poor ergonomic positioning in the workplace. Your neck and shoulders may be in pain if they can't move freely.



			1 visit	3 visits	6 visits	10 visits
BACK PAIN TREATMENT	B Basic	60 mins	2,300฿	6,600฿	12,500฿	18,900฿
	A Advance	90 mins	2,900฿	8,390฿	15,900฿	23,900฿
Inclusion:			Time/Unit			
Physical Examination (first session)			10 mins			
Hot pack / Cold pack			10 mins			
Tecar Therapy (Both Side)			15 mins			
Peripheral Magnetic Stimulation Therapy			^B 15 / ^A 30 mins			
Stretching / Manual Therapy / Mobilization			^B 10 / ^A 15 mins			
Shockwave Therapy (2,000 shots)			^A Advance 10 mins			

Peoples suffer from back pain. Back pain can be caused by a variety of factors, including accidents, long periods of time spent sitting in one posture (especially for office workers), exercises and pain in the spine.

If you're lucky, the symptoms are just limited to back muscle tightness and we can get rid in a few weeks of pain. However, you should get consultation from physiotherapist to know the causes of pain. Our back pain program including a lot of technique to treat such as Tecar therapy, Electrical stimulation therapy ,Manual therapy and specific exercises.

PLANTAR FASCIITIS SYNDROME

*"Especially first step in the morning
I feels heel pain."*



			1 visit	3 visits	6 visits	10 visits
PLANTAR FASCIITIS SYNDROME TREATMENT	B Basic	60 mins	2,500 ₪	7,200 ₪	13,500 ₪	19,900 ₪
	A Advance	90 mins	2,900 ₪	8,390 ₪	15,900 ₪	23,900 ₪
Inclusion:			Time/Unit			
Physical Examination (first session)			10 mins			
Hot pack /Cold pack			10 mins			
Ultrasound Therapy / Tecar therapy			^B 10 / ^A 20 mins			
High Power Laser Therapy			^B 10 / ^A 20 mins			
Manual Therapy / Exercise / Stretching			^B 15 / ^A 20 mins			
Shockwave Therapy (1,000 ^B shots / 2,000 ^A shots both side)			^B 5 / ^A 10 mins			

Heel and bottom of the foot pain is known as plantar fasciitis. Arch of foot is the source of pain. You can feel tight at heel at first, especially when taking first step in the morning. But if you walk or run for a time, the pain will go away. Plantar fascia tension and strain caused by flat feet, high arches, Run a long distance, gain weight rapidly, wear shoes with insufficient arch support, and have tight Archilles tendon can all result in a small tear.

Plantar fasciitis program includes devices to reduce inflammation such as Ultrasound diathermy and laser therapy, as well as Shockwave therapy to soften the plantar fascia band and shock at the heel, which is thicker than any other part and you will get better suddenly.

OSTEOARTHRITIS OF KNEE

"Preventing damage before it destroys your knees joint."

			1 visit	3 visits	6 visits	10 visits
OSTEOARTHRITIS OF KNEE TREATMENT	B Basic	60 mins	2,300฿	6,600฿	12,500฿	18,900฿
	A Advance	90 mins	2,900฿	8,390฿	15,900฿	23,900฿
Inclusion:			Time/Unit			
Physical Examination (first session)			10 mins			
Hot pack /Cold pack			10 mins			
Ultrasound Therapy			10 mins			
Electrical Stimulation Therapy			B 20 / A 30 mins			
Stretching / Manual Therapy / Mobilization / Exercise			B 10 / A 20 mins			
Shockwave Therapy (2,000 shots) (both side)		A Advance	10 mins			

The term "OA knee" refers to osteoarthritis, which is the most common type of arthritis in the knee joint. It is normal for joints to sustain damage during an activity and then heal in a cycle. But because the body's healing process could change the cartilage joint's shape or structure. If you have OA in your knee, you may have symptoms including pain, stiffness in the patellar and knee joints, decreased mobility, and swelling.

OA knee is more common in the elderly, overweight persons, and athletes that jump a lot, such as volleyball players, basketball players and football players. This program we will bring you to move freely, less pain by modern devices and specific personalized exercise for OA knee.

PIRIFORMIS SYNDROME

*"What happened to me caused feels
tingling along in the buttocks and legs."*



			1 visit	3 visits	6 visits	10 visits
PIRIFORMIS SYNDROME TREATMENT	B Basic	60 mins	2,500฿	7,200฿	13,500฿	19,900฿
	A Advance	90 mins	2,900฿	8,390฿	15,900฿	23,900฿
Inclusion:			Time/Unit			
Physical Examination (first session)			10 mins			
Hot pack			10 mins			
Ultrasound Therapy / Tecar Therapy			^B 15 / ^A 20 mins			
Peripheral Magnetic Stimulation Therapy / Electrical Stimulation Therapy			^B 15 / ^A 30 mins			
Manual Therapy / Specific Stretching / Specific exercise			^B 5 / ^A 10 mins			
Shockwave Therapy (^B 1,000 shots / ^A 2,000 shots both side)			^B 5 / ^A 10 mins			

The piriformis muscle is deep within the buttock and is connected to the sciatic nerve below. Piriformis syndrome is a condition that affects this muscle. The three main causes of piriformis syndrome are trauma, overuse, and poor posture from prolonged sitting. There are symptoms of pain, inflammation, numbness and tingling in the back, buttock, and leg when the piriformis muscle spasms, which irritates the sciatic nerve. This program was created to treat them. The first source of discomfort is poor posture, which can be treated with exercise and stretching.

FROZEN SHOULDER

*"My shoulder hurts so much
that I am unable to wash my hair."*

			1 visit	3 visits	6 visits	10 visits
FROZEN SHOULDER TREATMENT	B Basic	60 mins	2,300฿	6,600฿	12,500฿	18,900฿
	A Advance	90 mins	2,900฿	8,390฿	15,900฿	23,900฿
Inclusion:			Time/Unit			
Physical Examination (first session)			10 mins			
Hot pack /Cold pack			10 mins			
Tecar Therapy / Ultrasound Therapy			^B 10 / ^A 20 mins			
Peripheral Magnetic Stimulation Therapy / Electrical Stimulation Therapy			^B 15 / ^A 20 mins			
Manual Therapy / Mobilization			^B 15 / ^A 20 mins			
Shockwave Therapy (2,000 shots both side)		^A Advance	10 mins			

Frozen shoulder, also known as adhesive capsulitis, is a condition in which the shoulder joint becomes stiff and painful, limiting its range of motion. It occurs when the connective tissue that surrounds the shoulder joint (the shoulder capsule) becomes thickened and inflamed, causing it to contract and restrict movement.

Actually, mostly frozen shoulder develops from shoulder ligament tendinitis, that people believe can be healed by themselves and skip getting treatment from a physiotherapist. But don't worry, if you come to our clinic, we can mobilize your shoulder joint and use a variety of physical equipment to assist you move your arm through its full range of motion.

NEUROLOGICAL PAIN

"Hurry in to see us if you're suffering from numbness and radicular pain."

- HERNIATED NUCLEUS PULPOSUS
- NERVE ROOT COMPRESSION
- DEGENERATIVE SPINE
- CARPAL TUNNEL SYNDROME
- STROKE
- BRACHIAL PLEXUS INJURY
- SCIATICA NERVE INJURY

			1 visit	3 visits	6 visits	10 visits
NEUROLOGICAL PAIN TREATMENT	B Basic	60 mins	2,900\$	8,390\$	15,900\$	23,900\$
	A Advance	90 mins	3,500\$	10,100\$	18,900\$	27,900\$
Inclusion:		Time/Unit				
Physical Examination (first session)		10 mins				
Hot pack /Cold pack		10 mins				
Tecar Therapy / Ultrasound Therapy		B 15 / A 20 mins				
Peripheral Magnetic Stimulation Therapy / Electrical Stimulation Therapy		B 15 / A 20 mins				
Manual Therapy / Mobilization / Exercise		B 10 / A 20 mins				
Shockwave Therapy (2,000 shots)		A Advance	10 mins			

A neurological program in physical therapy is a specific treatment program designed to treat neurological disorders and injuries that impact to nerve such as HNP, degenerative spine, nerve root compression which can result in pain, numbness, or weakness in the area of the body served by that nerve. Physical therapy can be an effective treatment option for nerve root compression, depending on the severity of the condition. In this program we have already set all the tools that will help you with numbness and pain signs.

LEG COMPRESSION

"Faster recovery ,better quality of life "



	1 visit	3 visits	6 visits	10 visits	20 visits
LEG COMPRESSION THERAPY 30 MINS	800 ₪	2,290 ₪	4,200 ₪	6,400 ₪	11,200 ₪

A leg compression program with Normatec typically involves the patient wearing specialized leg boots that are connected to a control unit. The control unit inflates and deflates the boots in a specific pattern to create a massage-like effect that helps to move fluid out of the legs and back toward the heart.

Recommended For:

- ▮ Poor blood circulation
- ▮ Carrying excessive weight
- ▮ Chemotherapy
- ▮ Physical inactivity or immobility
- ▮ Pregnancy and postpartum up to six weeks after birth
- ▮ Swelling of feet, ankle or leg
- ▮ Orthostatic hypotension
- ▮ Endurance sport

Benefits:

- ▮ Provide stable support for leg muscle
- ▮ Reduce swelling
- ▮ Recovery faster
- ▮ Give your body boost
- ▮ Improve your training
- ▮ Prevent injury
- ▮ Maximize your performance
- ▮ Reduce inflammation
- ▮ Increase circulation
- ▮ Prevent deep vein thrombosis
- ▮ Revive muscle

Don't do this, If you have the following symptoms:

- ▮ Skin irritation
- ▮ Confirmed allergy to compression material
- ▮ Discomfort or pain
- ▮ Severe diabetic neuropathy with the risk skin necrosis
- ▮ Bacterial or fungal
- ▮ Severe PAOD
- ▮ Nerve damage
- ▮ Ischemia
- ▮ Soft tissue damage
- ▮ Peripheral neuropathy
- ▮ Superficial thromboembolism
- ▮ Congestive heart failure
- ▮ Suspected compression of an existing epifascial arterial bypass
- ▮ Cellulitis
- ▮ Severe cardiac insufficiency

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Benefits:	<ul style="list-style-type: none">• Reduce pain and inflammation• Improve joints functions• May help with mental disorders• Support exercise recovery and Performance• May help in people who get sleep problems (Insomnia)	<ul style="list-style-type: none">• Burn 500-800 KCAL for 2-3 mins cryotherapy• Effective with chronic pain management• Faster surgical recovery• Reduces stress & anxiety• Anti-aging
Don't do this, If you have the following symptoms:	<ul style="list-style-type: none">• Untreated hypertension• Heart attack in the previous 6 months• Decompensating disease of the cardio vascular and respiratory system• Congestive heart failure• COPD or chronic liver disease• Unstable angina pectoris• Pacemaker• Peripheral Arterial Occlusive Disease• DVT or known circulatory dysfunction• Acute febrile respiratory (flu like respiratory symptoms)• Acute kidney and urinary tract diseases• Severe Anemia• Cold and allergenic phenomenon-known allergy to cold contactants• Heavy consumerist diseases-abnormal bleeding• Seizure disorders	<ul style="list-style-type: none">• Bacterial and viral infection of the skin, wound healing disorders• Alcohol and drug related contraindications• Valvular heart disease• Conditions after heart surgery• Ishemic heart disease• Pregnancy• Vasculitis• Hyperhidrosis-heavy perspiration• Diabetes• Raynaud's disease• Polyneuropathies• Open wound

POST - OPERATIVE RETURN TO PLAY PROGRAM

"Return to Play, Return to your Soul."



	1 visit	3 visits	6 visits	10 visits
POST - OPERATIVE / RETURN TO PLAY PROGRAM 60 MINS	2,500฿	7,200฿	13,500฿	19,900฿

Post-operative physical therapy program is a crucial component of the rehabilitation process after surgery. It is aimed to help patients in gaining strength, movement and function while improving their quality of life.

The program's specific exercises and activities will be based on the type of surgery and the patient's overall health and physical capabilities. Physiotherapist will closely supervise the program, which will be adjusted to the patient's specific requirements, goals and load management.

This program is appropriate for those who had surgery suddenly or for months after surgery, If you don't see a physiotherapist, it will take your body between 1-2 years to recover and return to normal function. but if you come to see a physiotherapist as soon as possible after surgery, it will be easier and faster to achieve your goals. however, it will take less time, and you can be back to normal function or playing sports in 6-8 months or faster.

Recommended For:

- ❏ Lower back pain
- ❏ Neck pain and headaches
- ❏ Knee, hip and ankle pain
- ❏ Achilles tension stiffness or pain (tendinopathy / tendinitis)
- ❏ Shoulder pain
- ❏ Muscle strains
- ❏ Ligament Sprain
- ❏ Plantar fasciitis
- ❏ Post-surgery rehabilitation (joint replacements, ligament reconstruction)

Benefits:

- ❏ Faster recovery from your condition
- ❏ Less pain and it also reduces your chance of re-injury
- ❏ Delay muscle Atrophy
- ❏ Gain more strengthening
- ❏ Faster return to normal function or return to play
- ❏ Enhance quality of life in view of residual disability
- ❏ Reduce of unnecessary complications

Don't do this, If you have the following symptoms:

- ❏ Unstable Angina
- ❏ Uncontrol Hypertension
- ❏ Drop in BP >20 mmHg. in standing
- ❏ Uncontrol sinus tachycardia (>120 BPM.)
- ❏ Severe orthopedic conditions that cannot exercise
- ❏ Fever
- ❏ Recent embolism
- ❏ Metabolic conditions
- ❏ Decompensated heart failure

STRETCHING STATION

Flexibility is important, excessively tight is tear



	1 visit	3 visits	6 visits	10 visits
STRETCHING UPPER BODY/LOWER BODY 30 MINS	1,200 ₱	3,490 ₱	6,490 ₱	9,590 ₱
STRETCHING WHOLE BODY 60 MINS	2,400 ₱	6,490 ₱	12,900 ₱	18,900 ₱

A stretching program can help you become more flexible, extend your range of motion, relax all your muscles, and improve your overall functional capacity. Did you know that stretching 3-4 days a week helps prevent injury to your muscles? Both static and dynamic stretching exercises are part of a stretching program. For the upper body, we will stretch your neck, shoulders, arms, forearms, chests, and back muscles and stretch your thigh, hip, and calf muscles in the lower body. After working the entire week, you should relax so that you may work or join in activities the following week with a fresh body.

Recommended For:

- ✦ Poor posture
- ✦ Scoliosis
- ✦ Neck and shoulder pain
- ✦ Muscle tightness

- ✦ Limit range of motion by soft tissue
- ✦ Use at part of total fitness program
- ✦ Prior and after vigorous exercise

Benefits:

- ✦ Increase your flexibility
- ✦ Increase your range of motion
- ✦ Improves your performance and physical activities
- ✦ Increase blood flow to your muscle

- ✦ Improve your posture
- ✦ Help to heal and prevent back pain
- ✦ Stress relief
- ✦ Calm your mind
- ✦ Decrease tension headaches

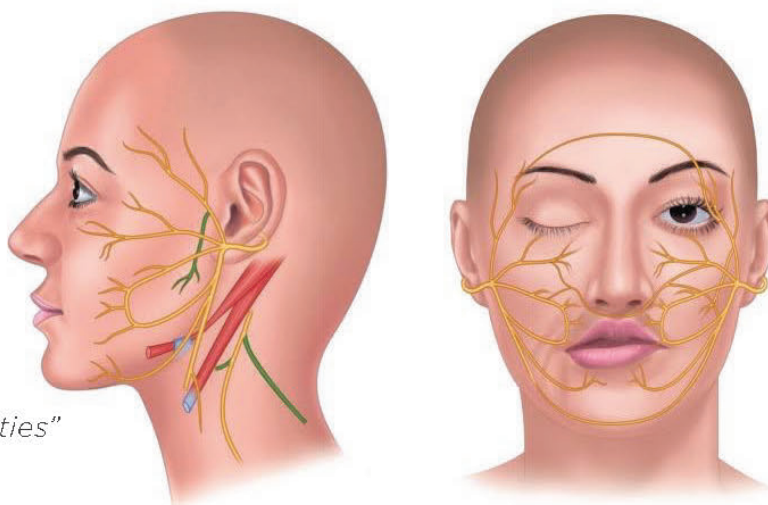
Don't do this, If you have the following symptoms:

- ✦ Acute pain or existing injury (infectious process)
- ✦ Muscle strain
- ✦ Any physical limitations that prevent you from properly performing a stretching exercise

- ✦ A bony block limit joint motion
- ✦ There was recent fracture and body union is incomplete
- ✦ Hematoma, tissue trauma

FACIAL STIMULATION

"Facial muscles paralysis makes it harder for me to participate in social activities"



	1 visit	3 visits	6 visits	10 visits
FACIAL STIMULATION TREATMENT 60 MINS	2,500฿	7,200฿	13,500฿	19,900฿
Inclusion:	Time/Unit			
Physical Examination (first session)	10 mins			
Electrical Stimulation Therapy	20 mins			
Peripheral Magnetic Stimulation Therapy	10 mins			
Facial Exercise / Facial Massage	15 mins			
Localized Cryotherapy	5 mins			

If your face is droopy, you may have facial paralysis, which is a loss of facial movement due to nerve damage. Your facial muscles may appear to droop or become weak. It can happen on one or both sides of the face. Facial paralysis can come on suddenly (in the case of Bell's palsy, for example) or happen gradually over a period of months (in the case of a head or neck tumor). Depending on the cause, the paralysis might last for a short or extended period of time.

Bell's palsy is the most common cause of facial paralysis. Almost experience sudden facial paralysis due to Bell's palsy. This condition causes inflammation of the facial nerve, which commonly causes the muscles on one side of the face to droop. It may be related to a viral infection of the facial nerve. A more serious cause of facial paralysis is stroke. Facial paralysis occurs during a stroke when nerves that control the muscles in the face are damaged in the brain.

Recommended For:	✱ Bell palsy	✱ Facial paralyzes
Benefits:	✱ Delay muscle atrophy ✱ Improve muscle strengthening ✱ Decrease numbness	✱ Improve confidence for patients to do ✱ facial expression
Don't do this, If you have the following symptoms:	✱ Pacemaker ✱ Metal inside body ✱ Loss sensation	✱ Tumor ✱ Malignancy ✱ Open wound at face

FIT MOM PROGRAM - PAIN FREE FOR MOM PROGRAM



PAIN FREE FOR MOM

*"Unstressed, joyful, and
painless pregnancy."*

	1 visit	3 visits	6 visits	10 visits
PAIN FREE FOR MOM TREATMENT 90 MINS	2,900₱	8,390₱	15,900₱	23,900₱
Inclusion:	Time/Unit			
Physical Examination	10 mins			
Ultrasound Therapy	10 mins			
Massage Therapy at Limbs	60 mins			
Stretching	10 mins			

Many things will change during pregnancy. Because of body expansion, joints and ligaments in every part of the body will loosen and become more flexible. The change helps to make room for the expanding uterus and prepares the woman for childbirth. As a result, the woman's posture shifts slightly. A woman's center of gravity shifts forward as the fetus grows, which can cause changes in posture and balance. The back may also become more arched, causing discomfort and pain in the lower back. If the uterus compresses the sciatic nerve, you may develop sciatica, a shooting pain that refer from the buttocks or lower back down to the leg. And this program was created for pregnant because we all know how painful it is when body changes, but physiotherapists can help you get rid of the pain safely.

Recommended For:	<ul style="list-style-type: none"> 👤 Pregnant women who more than 3 months trimester 	<ul style="list-style-type: none"> 👤 Normal pregnancy
Benefits:	<ul style="list-style-type: none"> 👤 Alleviate arm, back and leg pain 👤 Reduce labor pain during childbirth 👤 Reduce postoperative pain 👤 Reduce anxiety and stress 	<ul style="list-style-type: none"> 👤 Improve mood and lifting depression 👤 Ease insomnia
Don't do this, If you have the following symptoms:	<ul style="list-style-type: none"> 👤 Pre-eclampsia 👤 Deep vein thrombosis (DVT) 👤 Placenta problems (including previa, accrete or abruption) 👤 Bleeding disorders 👤 Taking blood thinners 👤 Thrombocytopenia (low platelet level) 👤 Healing skin (from burns, wounds, or other types of skin breakdown) 👤 Deep vein thrombosis (blood clots) 	<ul style="list-style-type: none"> 👤 Fractures (broken bones) 👤 Infections 👤 Osteoporosis (a condition that involves progressive bone thinning) 👤 Taking certain medications 👤 Uncontrolled hypertension (high blood pressure) 👤 Recent surgery or organ transplant



MOM EXERCISE

"To be a Strong Pregnancy Women"

	1 visit	3 visits	6 visits	10 visits
EXERCISE FOR MOM 60 MINS	2,500฿	7,200 ฿	13,500฿	19,900฿

Many things will change during pregnancy. Because of body expansion, joints and ligaments in every part of the body will loosen and become more flexible. The change helps to make room for the expanding uterus and prepares the woman for childbirth. As a result, the woman's posture shifts slightly. A woman's center of gravity shifts forward as the fetus grows, which can cause changes in posture and balance. The back may also become more arched, causing discomfort and pain in the lower back. If the uterus compresses the sciatic nerve, you may develop sciatica, a shooting pain that refer from the buttocks or lower back down to the leg. And this program was created for pregnant because we all know how painful it is when body changes, but physiotherapists can help you get rid of the pain safely. This program is appropriate for pregnant women who are more than three months pregnant.

Recommended For:	<ul style="list-style-type: none"> Pregnant women who more than 3 months trimester Normal pregnancy
Benefits:	<ul style="list-style-type: none"> Reduces back pain Eases constipation May decrease your risk of gestational diabetes, preeclampsia, and cesarean birth Promotes healthy weight gain during pregnancy Improves your overall fitness and strengthens your heart and blood vessels Helps you to lose the baby weight after your baby is born Decreased risk of pregnancy complications such as pre-eclampsia and pregnancy-induced Hypertension Preparation for the physical demands of labour Fewer complications in delivery Reduced risk of anxiety and depression Improved sleep and management of insomnia
Don't do this, If you have the following symptoms:	<ul style="list-style-type: none"> Certain types of heart and lung diseases Cerclage Being pregnant with twins or triplets (or more) with risk factors for preterm labor Placenta previa after 26 weeks of pregnancy Preterm labor during this pregnancy or ruptured membranes (your water has broken) Preeclampsia or pregnancy-induced high blood pressure Severe anemia



SCOLIOSIS PROGRAM

*"Do you think,
you will have a straight spine?
Let's Check together."*

	1 visit	3 visits	6 visits	10 visits
SCOLIOSIS PROGRAM 90 MINS	2,900฿	8,390฿	15,900฿	23,900฿

Scoliosis is abnormal curvature of the spine. There are different types of scoliosis, and the severity of the condition can vary greatly from person to person. Scoliosis may reduce the space inside the chest, making it difficult for the lungs to function normally and causing back pain. When you become older, mild scoliosis curvature can develop.

Our program is designed as a combination of specific personalized scoliosis exercise and shockwave therapy to help in muscular relaxation at tight muscle areas, strength at weak muscle areas and stop curvature progression.

Recommended For:

- Abnormal Curve of spine
- Rib hump
- Abnormal paraspinal muscle
- Uneven shoulder and hip

Benefits:

- Your body gets back into healthy alignment
- Decrease the side-to-side curvature or Cobb angle of the spine
- Slow down or stop the curve progression of the spine
- Minimize the need for wearing a back brace
- Improve breathing function and muscular balance
- Decrease pain and stress on the back
- Improve posture
- Increase Your Height

POSTURAL ADJUSTMENT PROGRAM

"I have to sit for a long period of time each day for many years, and right now, pain and imbalance are coming to visit me"



	1 visit	3 visits	6 visits	10 visits
POSTURAL ADJUSTMENT PROGRAM 60 MINS	2,500฿	7,200 ฿	13,500฿	19,900 ฿

Nowadays, everyone works long hours on a computer without receiving any good education about ergonomic seating or workstations. I often notice problems with office workers because of this. At initially, you can choose any position to sit in, but as time goes on, you'll start to see the issues and they'll get worse every day, not just only poor posture but also, you'll feel tension and pain.

A posture adjustment program is the combination of exercises, ergonomic adjustments and activities designed to improve posture and relieve pain or discomfort caused by poor posture.

The purpose of a posture adjustment program is to assess an individual's posture and identify any areas of weakness or imbalance to keep you look elegant personality and to avoid suffering from pain. We will also give you advise for preventative such as explaining ergonomically adjust workstation set up.

Recommended For:

- ❑ Poor posture
- ❑ Muscle Imbalance
- ❑ Tension and Pain
- ❑ Kyphosis
- ❑ Flat back
- ❑ Sway back
- ❑ Forward head
- ❑ Round shoulder

Benefits:

- ❑ Increased Confidence
- ❑ More Energy
- ❑ Greater Self-Esteem and Better Mood
- ❑ Easier Breathing
- ❑ Less Frequent Headaches
- ❑ Reduce Risk of Injury
- ❑ Boost Productivity

HEALTHY JOINT PROGRAM

"Aquatic exercises have a lower impact on your joints."



	1 visit	3 visits	6 visits	10 visits
HEALTHY JOINT PROGRAM 60 MINS	2,500฿	7,200 ฿	13,500฿	19,900 ฿

The Healthy Joint Program is a program in which we use water to assist patients and athletes, as known as Hydrotherapy, that involves exercising or moving in water to treat a variety of muscular-skeletal conditions.

We use the advantages of water to provide low-impact exercises that target a specific area of the body. Overall, hydrotherapy is safe, can enhance function, reduce pain, and suitable for everyone who wants to exercise safely, recover after surgery and athlete to use water to recovery.

Recommended For:

- ☛ Back pain
- ☛ Arthritis (osteoarthritis, psoriatic arthritis, ankylosing spondylitis)
- ☛ Shoulder pain (persistent pain and post-op rehabilitation)
- ☛ Injuries with weight-bearing or loading restrictions
- ☛ Sports injuries where cross-training is required to maintain fitness
- ☛ Lymphoedema
- ☛ Oedema
- ☛ Fibromyalgia
- ☛ Mobility and balance retraining
- ☛ Chronic pain or Chronic fatigue
- ☛ Multiple sclerosis (MS)
- ☛ Parkinson's disease
- ☛ Pregnancy-related pain (pelvic and back)

Benefits:

- ☛ Reduce pain
- ☛ Faster recovery from surgery
- ☛ Re-education and encouragement of normal movement
- ☛ Allows standing in those who are unable to weight-bear out of the water
- ☛ Improve walking technique
- ☛ Improve aerobic fitness levels
- ☛ Improve balance and coordination
- ☛ Increase strength of weak muscles
- ☛ Increase range of movement of your joints
- ☛ Improve independence and function
- ☛ Improve circulation
- ☛ Mobilize and lengthen your muscles
- ☛ Improve self-confidence
- ☛ Reduce the fear of falling

Don't do this, If you have the following symptoms:

- ☛ Infections
- ☛ Cardiovascular disease
- ☛ Skin conditions
- ☛ Illness, including common colds and fevers
- ☛ Aquaphobia
- ☛ Labyrinthitis
- ☛ Incontinence
- ☛ Contagious diseases
- ☛ Severe epilepsy
- ☛ Recent surgery
- ☛ Open wounds
- ☛ Urinary tract infection
- ☛ Tracheotomy
- ☛ Recent chemotherapy

STAY WELL

CLINIC & PHYSIO

EACH PHYSICAL THERAPY MACHINE'S INDICATIONS, BENEFITS AND CONTRAINDICATIONS

- Ultrasound Diathermy Therapy
- Electrical Stimulation and TENS Therapy
- High Power Laser Therapy
- Shockwave Therapy
- Tecar Therapy
- Peripheral Magnetic Stimulation Therapy
- Localized Cryo Therapy

Ultrasound Diathermy

Indications:

- Acute pain area
- Chronic pain area
- Muscle tightness

Benefits:

- Relieve pain, stiffness and muscle spasms.
- Reduce joint contractures.
- Reduce swelling and pain after surgery.
- Promote wound healing.

Contraindications

- cancerous lesions on or near area to be treated
- carrying serious infectious diseases
- fevers
- areas where bones are growing
- pacemaker
- a fracture is healing,
- vascular disease
- Laminectomy
- where anesthetics are being used,
- Area that bleeding excessively
- Impaired circulation
- Ischemic area
- Sensory deficit
- Deep vein thrombosis
- Pregnancy
- Menstruation
- Joint replacement

Electrical Stimulation and TENS Therapy

Indications:

- After surgical (Post-operative joint repair or replacement)
- Muscle Atrophy
- Neurapraxia of motor nerve
- Severe motor nerve
- Poor venous and lymphatic drainage
- Post-stroke, spinal cord injury or other paralytic conditions (Muscle is innervated)
- Low back pain; neck pain (Muscle pain)
- Generalized pain
- Acute ligament sprain

Benefits:

- Managing and reducing pain
- Helping with blood flow and improving circulation
- Facilitating the repair of muscle and other body tissues
- Improving the effectiveness in delivering prescription drugs – electromotive drug administration (EMDA)
- The contraction allows muscles to maintain strength and muscle tone.
- The contraction prevents atrophy from disuse.
- Electrical stimulation allows contractions that mimic the ways the body moves during exercise thereby increasing range of motion.

Contraindications

- malignancy (active, local or potential for mets)
- Where there are metal ions or topical preparation residues, i.e. povidone-iodine, zinc, silver, calcium, sodium chloride
- Where the placement of electrodes could adversely affect a reflex center, i.e. the carotid sinus, heart, parasympathetic nerves, ganglion, laryngeal muscles, phrenic nerve
- cardiac pacemaker
- Untreated osteomyelitis or immature bone
- Over a pregnant uterus
- Inflammatory ulcers
- Over an active deep vein thrombosis or thrombophlebitis
- severe arterial insufficiency
- Over reproductive organs
- Over wounds that are overly moist
- Hemophiliacs
- Over areas of localized infection
- Heat sensitivity
- Tuberculosis

Precautions:

- Severe peripheral vascular disease
- Children less than 3 years of age
- Over areas of impaired sensation and over regenerating nerves
- In those with impaired cognition
- Over superficial metal implants, i.e. surgical staples
- In those on anticoagulants or at risk for hemorrhage
- Over an area of gross edema, scar tissue, or broken skin
- In those with heart conduction problems, i.e. atrial fibrillation
- Those with autonomic dysreflexia
- In those with adhesive allergies
- Over tissues with high resistance to electrical current, i.e. bone
- Factors increasing skin impedance include the presence of hair and oil and cooler skin color

High Power Laser Therapy

Indications:

- Osteoarthritis of the knee, hip and ankle
- Rheumatoid arthritis
- Shoulder impingement syndromes
- Hip or shoulder bursitis
- Low back disc degeneration
- Disc herniation
- Sciatica
- Tendonitis
- Tennis elbow
- Plantar fasciitis
- Sprain
- Tenosynovitis
- Trigger finger
- Ulcers
- Incisions

Benefits:

- Anti-Inflammation
- Anti-Pain (Analgesic)
- Accelerated Tissue Repair and Cell Growth
- Improved Vascular Activity
- Increased Metabolic Activity
- stimulates muscle trigger points providing musculoskeletal pain relief.

Contraindications

- Pregnancy
- Tumor
- Hemorrhage
- Pacemaker
- Thrombosis
- Tattoo area
- Infectious area

Shockwave Therapy

Indications:

1. Approved standard indications

- Chronic Tendinopathies
 - Calcifying tendinopathy of the shoulder
 - Lateral epicondylopathy of the elbow (tennis elbow)
 - Greater trochanter pain syndrome
 - Patellar tendinopathy
 - Achilles tendinopathy
 - Plantar fasciitis, with or without heel spur
- Bone Pathologies
 - Delayed bone healing
 - Bone Non-Union (pseudarthroses)
 - Stress fracture
 - Avascular bone necrosis without articular derangement
 - Osteochondritis Dissecans (OCD) without articular derangement
- Skin Pathologies
 - Delayed or non-healing wounds
 - Skin ulcers
 - Non-circumferential burn wounds
 - Cellulite

2. Common empirically-tested clinical uses

- Tendinopathies
 - Rotator cuff tendinopathy without calcification
 - Medial epicondylopathy of the elbow
 - Adductor tendinopathy syndrome
 - Pes-Anserinus tendinopathy syndrome
 - Peroneal tendinopathy
 - Foot and ankle tendinopathies
 - Trigger Finger
- Bone Pathologies
 - Bone marrow edema
 - Osgood Schlatter disease: Apophysitis of the anterior tibial tubercle
 - Tibial stress syndrome (shin splint)
 - Knee Osteoarthritis
- Muscle Pathologies
 - Myofascial Syndrome
 - Muscle sprain without discontinuity
- Neurological Pathologies
 - Spasticity
 - Carpal tunnel syndrome

3. Exceptional indications – expert indications

- Musculoskeletal pathologies
 - Osteoarthritis
 - Dupuytren disease
 - Plantar fibromatosis (Ledderhose disease)
 - De Quervain disease
 - Trigger finger
- Neurological pathologies
 - Spasticity
 - Polyneuropathy
 - Carpal Tunnel Syndrome
- Urologic pathologies
 - Pelvic chronic pain syndrome (abacterial prostatitis)
 - Erectile dysfunction
 - Peyronie disease
- Others
 - Lymphedema

4. Experimental Indications

- Heart Muscle Ischemia
- Peripheral nerve lesions
- Pathologies of the spinal cord and brain
- Skin calcinosis
- Periodontal disease
- Jawbone pathologies
- Complex Regional Pain Syndrome (CRPS)
- Osteoporosis

Benefits:

- Formation of new blood vessels
- Release of trigger points
- Reversal of chronic inflammation
- Breaks down calcium build-up
- Lowering of Substance P

Contraindications

- Malignant tumor in the treatment area (not as underlying disease)
- Fetus in the treatment area
- Epiphyseal plate in the treatment area
- Brain or Spine in the treatment area
- Lung tissue in the treatment area
- Malignant tumor in the treatment area (not as underlying disease)
- Severe coagulopathy
- Fetus in the treatment area

Peripheral Magnetic Stimulation Therapy

Indications:

- Myofascial Pain Syndrome
- Traumatic Brachial Plexopathy
- Post-traumatic Peripheral Neuropathic Pain
- Acute Low Back Pain
- Chronic Low Back Pain
- Spasticity Reduction
- Dysphagia
- Neurological disorders

Benefits:

- Increase blood circulation
- Promote nervous system (Neuroplasticity)
- Muscle relaxation
- Decrease numbness
- Prevent muscle Atrophy
- Reduce spasticity

Contraindications

- Epilepsy
- Metal device or electronic devices in body
- Pacemaker

Localized Cryo Therapy

Indications:

- anyone with pain and inflammation
- Anyone who suffers from chronic pain
- arthritis
- sclerosis

Benefits:

- Inhibition of inflammation
- Reduction in the regeneration phase
- Immunomodulation
- Reduction of pain
- Reduction of spasm
- Improved joint mobility
- Decrease in muscle tension
- Overall quicker return to training/competition
- Decreased fatigue
- Improves circulation
- Decrease swelling
- Decrease of chronic pain syndrome
- Reduction of post traumatic treatments

Contraindications

- Pregnant women, children, people with severe high blood pressure, and people with heart conditions should not try cryotherapy.
- Active Cancer or individuals taking post-cancer drugs
- HIV/AIDS
- Lymphatic Disorders or removed lymph nodes
- Severe Diabetes (unmanageable by medication)
- Varicose Veins
- Pregnancy/Breastfeeding
- Severe Kidney or Liver Disease and including those undergoing dialysis
- Severe Raynaud's Syndrome
- Severe Allergy to Cold
- Progressive Diseases (MS, ALS, Parkinson's)
- Irremovable body piercing(s) in treatment area
- Implants in treatment area

Tecar Therapy

Indications:

- Musculoskeletal injuries
 - Joint pain
 - Muscle spasm
 - Acute or Chronic injuries
 - Tears
 - Strains
 - Sprains
 - Synovitis
 - Bursitis
 - Tendinopathy
 - Post operatively
 - Repetitive strains
- Pain management
 - Acute inflammation
 - Osteoarthritis
 - Back pain
 - Chronic pain
- Pelvic Health
 - Chronic pelvic pain
 - Incontinence
 - Dyspareunia
 - Prostatitis
 - Postpartum
 - Post c-section recovery

Benefits:

- Improve performance
- Calming and relaxing
- Tissue regeneration
- Increased deep blood flow
- Injury prevention

Contraindications

- Patients with pacemaker
- Patients with bleeding gastrointestinal ulcers
- Patients with an infusion pump and implants with electric lead
- First 6 months of pregnancy. Treatment last trimester - do not treat over the stomach and lower back (directly over the fetus)
- Treatment over localized cancer area/tumor
- Treatment over local tuberculosis cavity
- Allergic reaction to cream / probe
- Treatment of deep vein thrombosis
- Treatment over the heart in patients with ischemic heart disease, local pulmonary embolism
- Phlebitis
- Bleeding areas where the skin has partial or open wounds

Precautions:

- Patients with impaired skin / neuropathy sensitivity. Avoid treatment in patients with reduced skin sensibility in the area to be treated, unless the treatment is specifically recommended by the patient's physician. If the treatment is to be used, test on the corresponding fresh body part. This is to avoid tissue overheating.
- Patients with a bacteriological inflammation (can treat around the area)
- Diabetes mellitus: Patients with diabetes can often have neuropathy (see above)
- Other conditions with reduced skin sensation:
- Patients coming in from the cold
- Post-operative patients

MANUAL THERAPY

BACK NECK THERAPEUTIC MASSAGE (DEEP TISSUE MASSAGE) by Certified Physiotherapist

30 MINS - 1,500 THB

60 MINS - 2,700 THB

Deep tissue massage is a massage technique that is primarily used to solve injuries to the muscles. It involves using slow, deep strokes that apply continuous pressure to the deeper layers of your muscles and connective tissues.



BACK NECK THERAPEUTIC MASSAGE THERAPY

RECOMMENDED FOR:

- Muscle tension
- Stresses and strains caused by daily life
- Muscle tensions in the back, neck and shoulder

BENEFITS:

- Reduces pain and tightness in areas of deep tension such as the back, neck and shoulders
- Prevent the development of headaches and migraines
- Improve circulation of blood and the drainage of lymph from the upper body
- A great way to de-stress and enhance a sense of wellbeing
- Enhance feeling of relaxation and contentment
- The release of endorphins, the body's feel good hormones
- Improve blood and lymph circulation
- Increase energy levels and feels of vitality
- Injury recovery

THERAPEUTIC MODALITY THERAPY

ELECTRICAL STIMULATION / TENS THERAPY

20 - 30 MINS – 800 THB

Transcutaneous electrical nerve stimulation (TENS) is a therapy that uses low voltage electrical current to provide pain relief. A TENS unit consists of a battery-powered device that delivers electrical impulses through electrodes placed on the surface of your skin. The electrodes are placed at or near nerves where the pain is located or at trigger points.



RECOMMENDED FOR:

- Osteoarthritis (disease of the joints)
- Fibromyalgia (aching and pain in muscles, tendons, and joints all over the body, especially along the spine)
- Tendinitis (an inflammation or irritation of a tendon)
- Bursitis (inflammation of the fluid-filled sacs that cushion joints)
- Labor pain
- Low back pain
- Chronic pelvic pain
- Peripheral artery disease ("hardening of the arteries" that circulate blood to the body)

BENEFITS:

- Managing and reducing pain
- Helping with blood flow and improving circulation
- Facilitating the repair of muscle and other body tissues
- Improving the effectiveness in delivering prescription drugs – electromotive drug
- Administration (EMDA)
- The contraction allows muscles to maintain strength and muscle tone
- The contraction prevents atrophy from disuse
- Electrical stimulation allows contractions that mimic the ways the body moves
- During exercise thereby increasing range of motion

THERAPEUTIC MODALITY THERAPY

HIGH POWER LASER THERAPY

8-15 MINS - 900 THB / AREA

High Power Laser Therapy uses laser radiation in the 800 to 1100 nm wavelength range. Wavelengths: 808/810 nm and 980 nm are particularly popular, of which the first wavelength is the source of the biostimulation effect, and the second leads to a local increase in tissue temperature. 2W was used as the limit power value above which we can talk about high power laser therapy. The use of a high power laser can lead to a local increase in tissue temperature not exceeding 42 degrees C.

RECOMMENDED FOR:

- Achillodynia plantar fasciitis
- Joint sprain, hallux
- Arthritis, bursitis
- Meniscus damage
- Cervical discopathy, cervical radiculopathy
- Calcaneal spur
- Intercostal neuralgia, trigeminal neuralgia
- Bruises, ligament/tendon rupture
- chondromalacia patellae
- Lower back pain
- Ischialgia
- Tarsal tunnel syndrome



HIGH INTENSITY LASER THERAPY



BENEFITS:

- Anti-Inflammation
- Anti-Pain (Analgesic)
- Accelerate Tissue Repair and Cell Growth
- Improve Vascular Activity
- Increase Metabolic Activity
- Stimulates muscle trigger points providing musculoskeletal pain relief



KINESIOTAPE

600 THB / AREA

Kinesiology taping (KT) is a therapeutic tool and has become increasingly popular within the sporting arena. Taping has been used for a long time for the prevention and treatment of sporting injuries. KT is not only used for sporting injuries but for a variety of other conditions. There are many proposed benefits to KT, including proprioceptive facilitation; reduced muscle fatigue; muscle facilitation; reduced delayed-onset muscle soreness; pain inhibition; enhanced healing, such as reducing edema, and improvement of lymphatic drainage and blood flow.



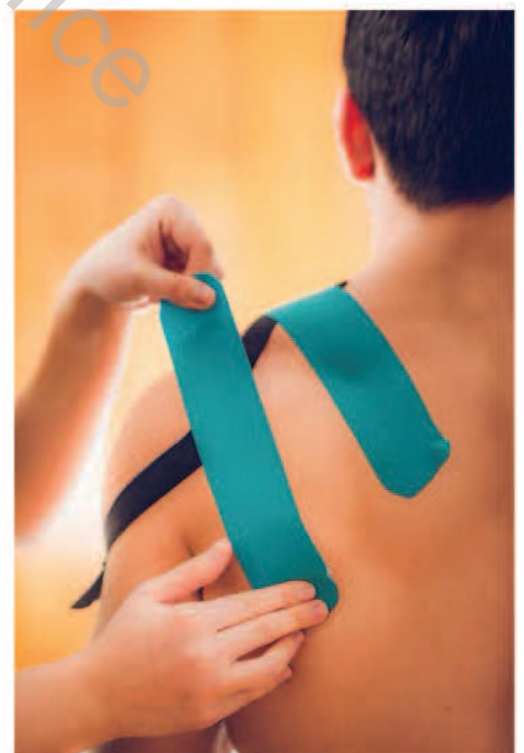
KINESIOTAPE

RECOMMENDED FOR:

- Ligament sprains
- Muscle strains
- Sports injuries
- Trigger point pain
- Pregnancy
- Swelling

BENEFITS:

- Decrease Pain
- Increase Circulation and Decreased Inflammation
- Improve Posture and Muscle Support
- Protects against cramping, over-extension, and over-contraction
- Improve Athletic Performance
- Support endogenous analgesic system



THERAPEUTIC MODALITY THERAPY

LOCALIZED CRYOTHERAPY

5 MINS – 600 THB

Localized cryotherapy Immediately following therapy, applying extreme cold at least -52-degree Celsius to the injured area that gives the patient with a rush of oxygenated blood, a natural analgesic effect and a reduction in muscular tension in the treatment.

Cryotherapy in physiotherapy is one of the most effective methods for supporting sport recovery and rehabilitation.



LOCALIZED CRYOTHERAPY

RECOMMENDED FOR:

- Recent injury
- Osteoarthritis
- Cont
- Tendinitis or acute inflammation
- Muscle spasms
- Limited range of motion
- Localized pain
- Edematous conditions

BENEFITS:

- Reduce swelling. In reducing the blood flow to a particular area, this also helps to prevent and manage swelling
- Reduce inflammation. In decreasing circulation in the area, inflammation is reduced
- Prevention of hypoxic damage. Narrowing of the blood vessels reduces the need for oxygen to the tissues, which acts to prevent hypoxic damage

LYMPHATIC DRAINAGE FOR EDEMA CONTROL (UPPER & LOWER BODY) by Certified Physiotherapist

30 MINS - 1,200 THB

Lymphatic drainage massage, also known as manual lymphatic drainage, is a gentle form of massage used to relieve painful swelling in your arms and legs caused by lymphedema.

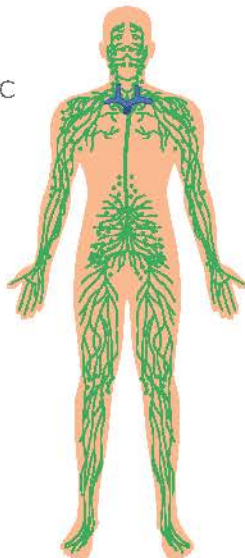
Lymphedema happens when your tissues retain fluid left behind after your cardiovascular system sends blood to your tissues and organs.

The remaining fluid is called lymph. Normally, your lymphatic system collects your lymph and returns it to your heart via a network of lymph vessels and lymph nodes. When something disrupts your lymphatic system's process, lymph collects in your arms and legs, making them swell.

Our physiotherapists use lymphatic drainage massage techniques to move lymph from your tissues to your lymph nodes, which eases the swelling in your tissues.



LYMPHATIC
SYSTEM



RECOMMENDED FOR:

- Swelling at limb's root
- Trunk and midline edema
- Pain at legs or arms

BENEFITS:

- Reduce post-operation swelling
- Reduce post-operation pain
- Detoxification and cleanse
- Relaxation and energy

MANUAL THERAPY

MOBILIZATION

15 MINS – 600 THB
30 MINS – 1,100 THB

Mobilization is manual techniques used by physiotherapist in order to improve the mobility and function of your soft tissues, joints, muscles, tendons and ligaments.

Mobilization is a slower technique performed on joints, ligaments or muscles, and is also used for pain reduction and flexibility improvement. It is slower than manipulation, with smooth movements applied in a repetitive process which can be either firm or gentle, depending on what is more appropriate for your condition being treated.

Our physiotherapists are experts when it comes to the body's musculoskeletal system and will use mobilization as part of their treatment, if appropriate for your condition.



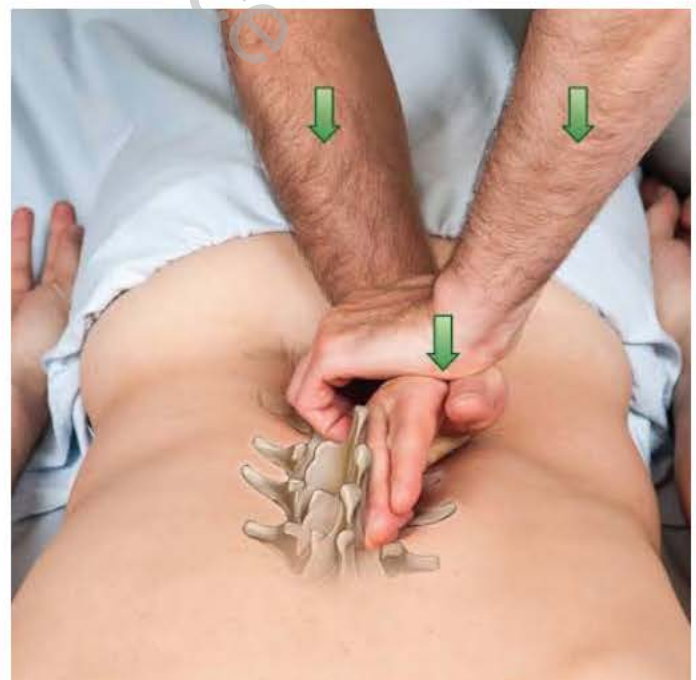
MOBILIZATION THERAPY

RECOMMENDED FOR:

- Pain
- Joint stiffnessHypomobility due to joint dysfunctions with altered joint mechanics
- Pain associated with stiffness
- Limit Range of motion

BENEFITS:

- Reduce stiffness
- Reduce pain
- Increase range of movement
- Increase function



THERAPEUTIC MODALITY THERAPY

PERIPHERAL MAGNETIC STIMULATION (PMS) THERAPY

15 MINS – 900 THB

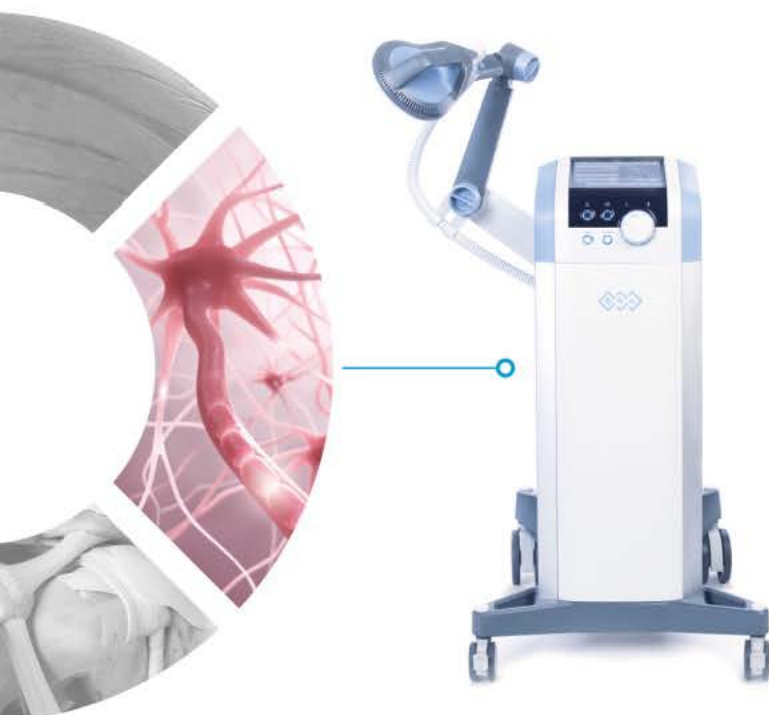
20 MINS – 1,200 THB

30 MINS – 1,700 THB

This is a novel, advanced non-invasive physical therapy device to relieve pain conditions by stimulating the target area with magnetic pulses. It is used to reduce muscle tightness and exercise muscles early in the injury.

RECOMMENDED FOR:

- Myofascial Pain Syndrome
- Traumatic Brachial Plexopathy
- Post-traumatic Peripheral Neuropathic Pain
- Acute Low Back Pain
- Chronic Low Back Pain
- Spasticity Reduction
- Increase Muscle Strength
- Dysphagia



BENEFITS:

- Increase blood circulation
- Promote nervous system (Neuroplasticity)
- Muscle relaxation
- Decrease numbness
- Prevent muscle Atrophy
- Reduce spasticity

STAY WELL

CLINIC & PHYSIO

PHYSIOTHERAPY A LA CARTE

PHYSICAL ANALYSIS AND CONSULTATION

15 MINS - 500 THB

You will be taken to one of our consultation room for a physical analysis and consultation where you will meet a certified physiotherapist. Your body will be analyzed by the physiotherapist, who will then diagnosis the problems and inform about your conditions. Following that, the physiotherapist will suggest or come up with a plan for the best treatments, and of course you will be able to share with us your expectations and goals.



THERAPEUTIC MODALITY THERAPY

SHOCKWAVE THERAPY

1,000 SHOTS / 5 MINS - 500 THB
2,000 SHOTS / 10 MINS - 900 THB
5,000 SHOTS / 25 MINS - 1,900 THB

If you've ever struggled with a sport injury or dealt with an ache that just wouldn't mend, your body might have benefited from extra help during the healing process. Shockwave therapy can offer such help, jump-starting the body's ability to regenerate new tissue.

It also decreases your pain by directly stimulating your nerves at the site of the injury. Though the name of the treatment makes it sound painful, it's only mildly uncomfortable for most people.



RECOMMENDED FOR:

- Achilles tendinopathy
- Plantar fasciitis, with or without heel spur
- Delayed bone healing
- Rotator cuff tendinopathy without calcification
- Foot and ankle tendinopathies
- Trigger Finger
- Knee Osteoarthritis
- Myofascial Syndrome
- Muscle sprain without discontinuity
- Carpal tunnel syndrome

SHOCKWAVE THERAPY

BENEFITS:

- Increase circulation around injured soft tissues
- Break down calcified deposits (like kidney stones)
- Stimulate cells that generate new bone tissue and connective tissue
- Reduce pain by overstimulating nerve endings in the affected area



MANUAL THERAPY

SPORT MASSAGE by Certified Physiotherapist

30 MINS - 1,500 THB

60 MINS - 2,700 THB

Sport massages are not limited to athletes. Sport massage is an appropriate massage treatment for anyone who is in need of a remedial or soft tissue mobilization.

Within a sporting context, people who participate in sport can use a sport massage as a regular part of their training program. Sport massage is also effective as a performance enhancement. Although the name implies a sporting clientele, it is a massage treatment appropriate to all.



RECOMMENDED FOR:

- Delayed Onset Muscle Soreness (DOMS)
- Part of a training program
- Post Event
- Pre Event
- Tight muscles

BENEFITS:

- Increase venous return
- Increase temperature
- Increase lymphatic drainage
- Increase tissue elasticity
- Break down of adhesion
- Breakdown of scar tissue
- Promotion of relaxation



STRAPPING / TAPING

Taping is commonly used as an adjunct or temporary technique.

Athletes often make use of taping as a protective mechanism in the presence of an existing injury.

RIGIDE TAPE

500 THB / AREA

Rigid strapping tape commonly used in taping or strapping is often referred to as "sport tape" or "athletic tape".

Rigid Strapping tape is the primary tool to use when strapping to support joints. The fabric is of a rigid construction with no give or elasticity.



RECOMMENDED FOR:

- Pain
- After joint sprain

BENEFITS:

- Reduce pain
- Support joints
- Limit range of motion
- Prevent recurrent injury



THERAPEUTIC MODALITY THERAPY

TECAR THERAPY

10 MINS - 800 THB
20 MINS - 1,500 THB
30 MINS - 1,800 THB
60 MINS - 3,200 THB

The term TECAR is an acronym for Capacitive and Resistive Energy Transfer.

TECAR therapy acts by stimulating the body's own physiological repair processes. That is why it is frequently used for tissue regeneration.

The use of TECAR technology is of major importance in rehabilitation therapies

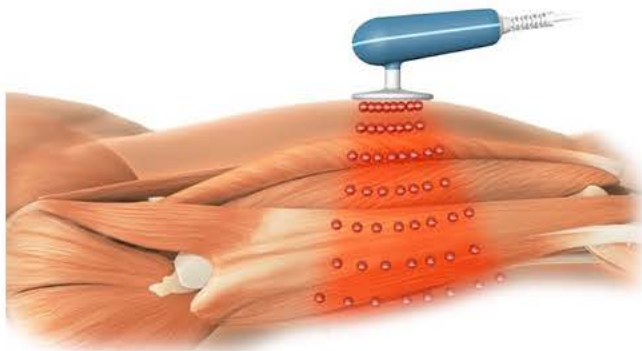


RECOMMENDED FOR:

- Sprains
- Tendonitis
- Bursitis
- Osteoarticular distractions
- Chronic arthralgias
- Contractures
- Strains
- Muscular tears
- Myositis
- Pathologies of joint capsules
- Lumbago
- Sciatica

BENEFITS:

- Improve performance
- Calming and relaxing
- Tissue regeneration
- Increase deep blood flow
- Injury prevention
- Reduces pain
- Stimulates venous drainage in the lymphatic system



THERAPEUTIC MODALITY THERAPY

ULTRASOUND DIATHERMY THERAPY

8-15 MINS - 500 THB / AREA

Ultrasound diathermy uses sound waves to treat deep tissues. Heat is generated by the vibration of the tissue.



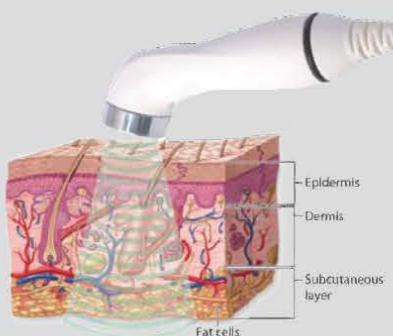
RECOMMENDED FOR

- Muscle disorders
- Contusion
- Distortion
- Enthesopathies
- Bursitis

BENEFITS:

- Increase blood flow
- Make connective tissue more flexible
- Minimize inflammation
- Reduce the incidence of edema or fluid retention
- Accelerate healing

HOW DOES ULTRASOUND THERAPY WORK ON YOUR SKIN



Ultrasound therapy pass through the skin's surface

Delivers the collagen-stimulating ultrasound energy to the deepest layers

Uses cavitation to remove dead skin cells and debris quickly and safely

High-energy ultrasound waves penetrate into the deep layers of the skin, heating the tissues