

WE BELIEVE IN QUALITY
QUALITY PHYSIOTHERAPY ADDS LIFE TO YEARS



OPENING FROM
1st OF APRIL 2020

HEAD OF PHYSIOTHERAPY DEPARTMENT

Dr. Suhail Ahmad Mir's

INTERNATIONAL ADVANCED MULTI SPECIALITY PHYSIOTHERAPY & REHABILITATION CLINIC

ORTHO SPORTS INJURY CARDIAC NEURO GYNAE
REHABILITATION TRAINING LOAD MANAGEMENT, CUPPING & DRY NEEDLING
(NECK, SHOULDER, BACK & KNEE PAIN)

Dr SUHAIL AHMAD MIR(PT)

BPT, MPT, LIFE MEMBER IAP, INTERNATIONAL PROMETRIC SPECIALIST LICENCE
HOLDER INTERNATIONAL COMPETENT MYOFACIAL TRIGGER POINT DRY NEEDLING
PRACTITIONER CLUB PHYSIO (SOUTH AFRICA)
FORMER HOD SBCC MOH GOVT. (KSA) CLINICAL & ACADEMIC
FORMER SPORTS PHYSIOTHERAPIST SAIFEE HOSPITAL MUMBAI
SPORTS PHYSIOTHERAPIST JKCA ACA (BCCI)
PRESIDENT J&K STATE PHYSIOTHERAPISTS ASSOCIATION AND COUNCIL FORMATION
COMMITTEE CERTIFIED KINESIO SPORTS TAPING,
TRAINING WORKLOAD MANAGEMENT (SWEET SPOT) (AUSTRALIA)
EMERGENCY LIFE SUPPORT & LEADERSHIP (USA)
FREQUENT GUEST RESOURCE PERSON

FOR APPOINTMENT CALL MOB: 9622889305, 6005196304

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Dr. Suhail Ahmad Mir's
ADVANCED PHYSIOTHERAPY & REHABILITATION CLINIC

MULTI SPECIALITY ORTHO, SPORTS INJURY, CARDIAC, NEURO & GYNAE
REHABILITATION, TRAINING LOAD MANAGEMENT CUPPING & DRY NEEDLING

VISION

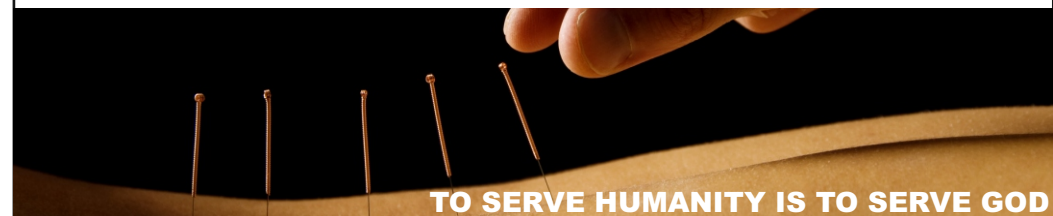
Our vision is to be the leading fitness & health care provider in J&K
Our commitment is to deliver the highest quality of care, life style education
& expert advice to all our clients patients by national
& international experienced professional.

MISSION

We inspire and assist our clients in healthier life styles by educating, promoting,
restoring & maintaining the physical and mental overall well-being of our
community. 1on1 Consultation on time by prior appointment to then
understanding your condition and having tailored optimal health fitness
screening history assessment & rehabilitation plan to achieve your
specific SMART goals

SMART GOALS

- | | |
|-----------------------------|---|
| S Specific | ■ To gain the confidence of the patient |
| M Measurable | ■ To Alleviate Pain |
| A Achievable | ■ To Improve the ROM of joints |
| R Relivent/realistic | ■ To promote flexibility endurance strength power
agility balance neuromuscular coordination &
proprioception |
| T Time bound | ■ To manage training load & find the sweet spot |
| | ■ To prevent and minimise risk of injuries |
| | ■ To provide ergonomic advice & improve overall quality of life |



TO SERVE HUMANITY IS TO SERVE GOD

Services

WE USE A COMBINATION OF EVIDENCE BASED TREATMENT PROTOCOLS
DEPENDS ON THE NEED OF PATIENTS CONDITION

- PAIN MANAGEMENT BY
- MODIFIED ADVANCED INTELLECT ELECTRO THERAPEUTIC COMBO
- INTERNATIONAL MODALITIES FROM **CHATTANOOGA (USA)** FOR RESEARCH
PLEASE VISIT (www.chattanooga rehab.com). WITHOUT (SIDE-EFFECTS)
- THERAPEUTIC ULTRASOUND IFT TENS MOIST HYDRO-COLLATORAL HOT
PACKS INTERMITTENT AIR COLD COMPRESSION/MOTORISED CRYO-THERAPY
PARAFIN WAX UNIT MUSCLE STIMULATION INTERMITTENT GALVANIC AND
SURGE FARADIC STIMULATION CERVICAL AND LUMBAR TRACTION UNIT
- WEIGHT MANAGEMENT BALANCE & COORDINATION FOR GERIATRIC POPULATION
- EXERCISE ADVANCED DIFFERENT STAGED REHABILITATION THERAPY
(BEGINNER INTERMEDIATE & ADVANCED)
- HANDS ON MANUAL & INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION
TECHNIQUES (IASTM) & CUPPING THERAPY
- KINESIO SPORTS INJURY TAPING (HOME CARE SERVICES AVAILABLE)
- LATEST TRIGGER POINT DRY NEEDLING THERAPY WESTERN CONCEPT (MAGICAL ART)



Treatment Packages

SILVER

CONSULTATION FEE Rs.500/-
Daily treatment Rs.300/-

GOLD

CONSULTATION FEE Rs.500/-
Daily treatment Rs.500/-

DIAMOND

CONSULTATION FEE Rs.500/-
Daily treatment Rs.1000/-
Dry Needling Complimentary

General Musculo-skeltal

Screening FEE Rs.1000/-

Membership Packages

4 months (Diamond)
Rs.20,000/-

8 months (Diamond)
Rs.35,000/-

12 months (Diamond)
Rs.50,000/-

35 QUALITY TREATMENT SESSIONS 70 QUALITY TREATMENT SESSIONS 110 QUALITY TREATMENT SESSIONS

NOTE: (FAMILY CARE OFFER) Membership is transferable to other family member also, but need to provide proof of treatment session card.

TRIGGER POINT dry needling

What Types of Conditions can Functional Dry Needling Help.

Neck/Back Pain

Shoulder Pain

Tennis/Golfers Elbow

Headaches/Migraine Pain

TMJ Pain

Hip and Gluteal Pain

Knee Pain

Ankle Pain

Plantar fasciitis

Achilles Tendonitis/Tendonosis

Plantar Fasciitis

Sciatica

Muscular Strains/Ligament Sprains

Chronic Pain

Sports injuries

