



Mind Your Fitness!



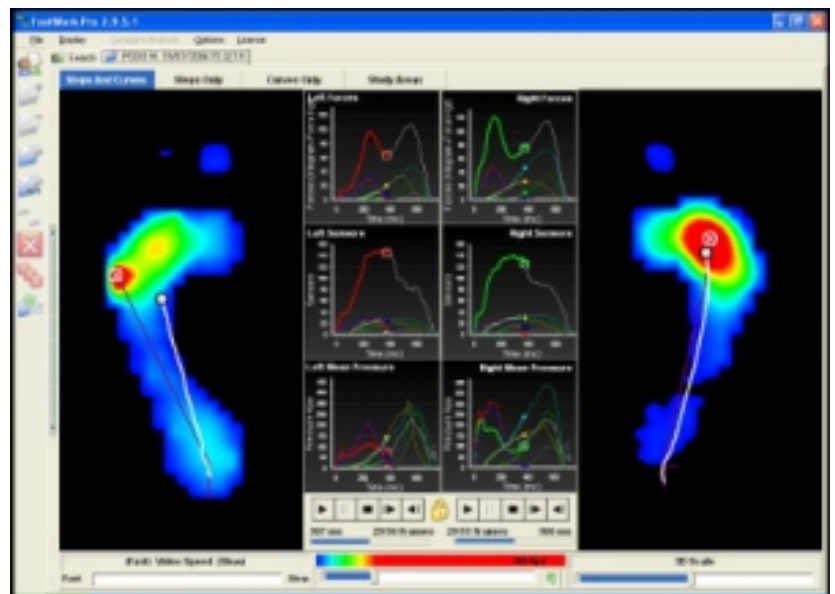
STRIDE
PODIATRY

Rehab|Podiatry| Performance Diagnostics

Pressure Plate

Pressure plate analysis is a test done to measure the forces going through one's feet as they go about their activities like walking, running or long standing.

The measure is achieved by use of a machine which produces a clear graphical image of the pressure experienced by every part of the foot. The analysis is essential to determine where the feet experiences the most pressure during various activities.



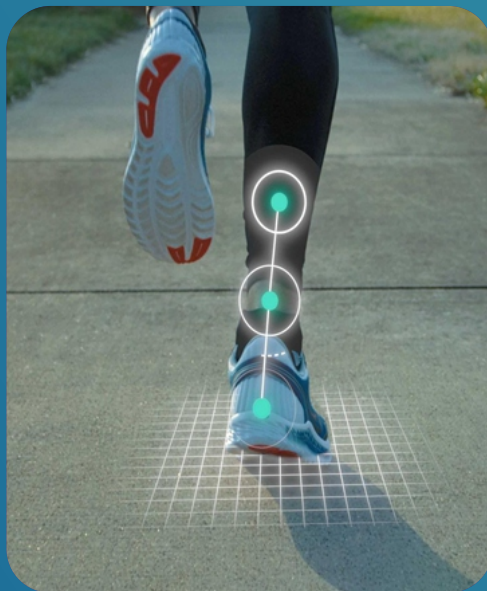
Foot Scanning

Foot scanning gives patients a personalised foot scan and biomechanical analysis of the foot for deeper insights.



Customised Insoles

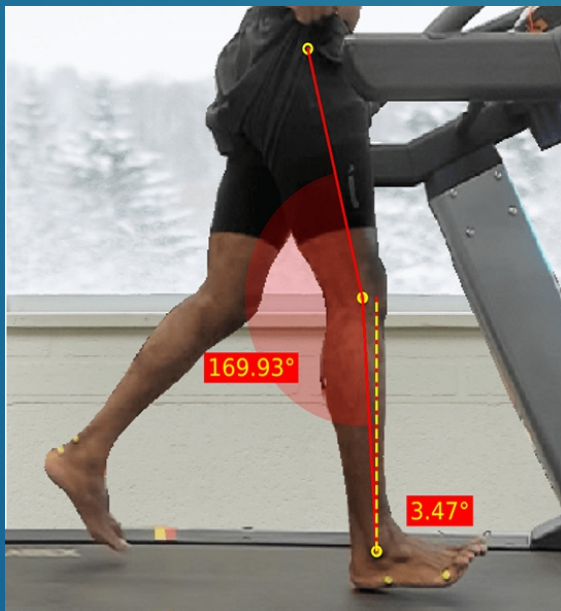
Custom Insoles help in providing Balance, support and cushion your body for better comfort, fit, correction in posture, overall health and wellbeing.



EQ Equilibrium Sensor Testing

The Equilibrium System uses wearable sensors to read and study various everyday biomechanical movements of an individual

It helps in providing a detailed analysis of the overall functional ability and strength of various muscles.



Gait Analysis

Gait analysis is used for a detailed analysis of the **lower & upper body** motion of an individual & identifies any biomechanical faults during the gait cycle

Custom Insoles

These Orthotic Insoles are high quality orthotic soles, which are made with durable and lightweight materials. They help with foot pain and alignment correction and are ideal for foot conditions such as plantar fasciitis, flat feet, arch pain, heel pain and more.



Kids Insoles

The Kids Orthotics are high quality biomechanical orthotics. These help children in correcting alignment issues at the foot. It also allows the kids to work/play longer without tiring them quickly. They fit well in most of the kids size school shoes and runners.



Oska Pulse

Oska Pulse is a device that is easy to use and is a non-invasive approach to reduce pain in the body. This product has been designed using PEMF technology, which is clinically validated to reduce pain, reduce swelling and increase circulation.



Theragun soft tissue release

The vibration and force produced by the device is said to have a variety of benefits including pain relief, increased range of motion, reduced muscle stiffness and soreness, and a faster recovery time from workouts.



Physiotherapy Treatments

Dry Needling

Physical therapists use dry needling to release or inactivate trigger points to relieve pain or improve range of motion



Cupping

Cupping therapy is one of the oldest and most effective method of releasing the toxins from body tissue and organs.



Taping

Taping is commonly used by physiotherapists to relieve your pain, improve joint stability, enhance athlete confidence, reduce injury recurrence prevent injury, reduce strain on injured or vulnerable tissues, correct faulty biomechanics, Inhibit muscle action, facilitate muscle action.



IASTM

Instrument assisted soft tissue mobilization (IASTM) is a skilled myofascial intervention used for soft-tissue treatment. It is a specialized myofascial release and massage technique used during physical therapy treatments. It helps improve soft tissue mobility in your body.



Manual Physiotherapy

Manual physiotherapy is used to treat musculoskeletal pain and disability. The treatment includes a thorough assessment and treatment specializing in joint mobilization and manipulation.



Physiotherapy Services

IFT

ULTRASOUND

SHOCKWAVE

Post Surgical Rehab

**Physiotherapy Exercises for
Strengthening and Stretching,
Balance Training**