

SOMETIMES AN APPLE
DOESN'T REALLY HELP

You need an expert advise
for permanent cure



We specialize in Pain Management, Sports injuries, Orthopaedic cases (pre & post operative), Neurological Cases, Female Health & TMJ Disorders



At Physiocare we care!

Physiocare offers a wide range of physical therapy services and interventions to enhance your life.

What's different about us?

- » We specialize in sports and work-related injuries
- » One-hour World Class treatment using the latest machines & technology
- » Mobilization (soft tissue + joints), manual therapy and hands-on technique
- » Tailor-made exercises for each individual patient
- » Treatment by highly skilled and well trained dedicated Senior Physiotherapists

Insurance Support

Physiocare is in partnership and direct billing service with major insurance companies, so that our patients have a seamless path to complete recovery.



Sports Injuries

Physiocare excels at treating sports injuries for all ages of athletes and abilities, whether professional or amateur.



With Physiocare, you will never have to take a back seat at sports!

Our specialty is:

- » Treating patients' injuries including ligaments, muscle and joints inflammation, pain and disorder
- » Strengthening and stabilizing their muscles and tissues to get them back to sports
- » Educating patients on how best to manage injuries in future

Our orthopedic treatment for Sports Injury covers, but is not limited to:

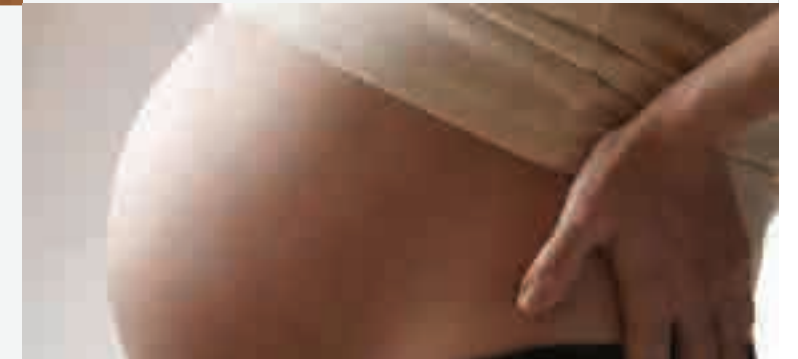
- » Spine disc prolapse (back and neck)
- » Tendonitis (shoulder rotator cuff syndromes)
- » Frozen shoulders
- » Hamstring injuries
- » Back sprain
- » Chronic pain syndromes affecting the back, hips & lower limb
- » Neck pain and cervicalgia

Women's health care

We believe that women are unique and so we handle their health problems uniquely.

For the first time in Dubai Healthcare City, Physiocare has introduced the BIOFEEDBACK machine for analyzing, strengthening and stimulating the pelvic floor muscles.

An innovative post-pregnancy treatment for stress and urine incontinence, prolapse of the bladder, uterus and bowel and sexual dysfunction.



Our services exclusively for women include, but are not limited to:

- » Physical examination and evaluation of the pelvic floor
- » Managing urinary incontinence and prolapse of the uterus / bladder/ bowel and sexual and intimacy dysfunction.
- » Postnatal, uniquely designed strengthening programs that can be gym-based or as home exercise programs.

Neurological care

Physiocare offers neurological care that enables you to always keep your head held up high!

We efficiently manage a variety of neurological conditions including:



At Physiocare we help you to walk tall!

- » TENSIONAL HEADACHES & MIGRAINE
- » Multiple Sclerosis
- » Parkinson's Disease
- » Bells Palsy/Facial Palsy (Laser Therapy)
- » Stroke
- » Spinal Cord Injury
- » Hemiplegia, Quadriplegia and Monoplegia
- » CTS - Carpal Tunnel Syndrome (Laser Therapy)

Managing TMJ Disorders

We focus on promoting recovery and restoring physical function of the **head, neck and jaw**, thereby providing relief from pain and dysfunction.

The treatments we offer for TMJ include:

- » Exercises to relieve pain and stiffness
- » Ergonomic education at work and at home
- » TMJ mobilization
- » Laser Therapy



Let Physiocare take care of your joints and muscles

Orthopaedic Speciality

At Physiocare we provide outstanding orthopedic services using the latest technology and medical procedures for treatment.

Our highly trained Physical Therapists specialize in the prevention, diagnosis and treatment of musculoskeletal disorders and injuries.

- » Ankle sprain and fractures
- » Osteoarthritis
- » Rotator Cuff Tear
- » Sports Injuries
- » Tennis Elbow, Frozen Shoulder
- » Arthroscopic surgery
- » Treatment of hand and foot disorder
- » Treatment of back and hip disorders
- » Knee and hip replacement
- » Wrist fracture and dysfunction

Pain Management

Pain is a part and parcel of life, especially back pain, headaches or neck pain.

Physiocare can help you effectively manage:

- » Back, hip pain (sciatic and disc prolapse)
- » Neck pain (Cervicalgia and disc prolapse)
- » Shoulder, arm, wrist pain
- » Headaches (tension and migraine)
- » Knee, foot and ankle pain

The three main steps we follow to successfully manage pain are:

- » Consultation with our back and neck pain physiotherapy specialists
- » Diagnose and identify the causes of the pain
- » Recommend a treatment plan to get rid of the pain



Be pain free with Physiocare!



Contact Details



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