

BOOK A CONSULTATION WITH DR. DHARAM PANDEY & TEAM +91-9818911195, +91-9818910029

Dr. Dharam. P. Pandey

Doctor Of Osteopathy), PhD. (Neurorehabilitation)
Advance Certificate in NDT (Gait & Lower Extremity) By NDTA (USA)
Advance Certificate in NDT (Upper Extremity & Trunk) By NDTA (USA)
Certificate in Osteopathy and Modified Chiropractic, (UK)
Certificate in Spinal Structural Balance (Germany, Anatomy Trains)
Certificate in Pilates (Hong Kong) Polestar Pilates Institute.
PG Certificate in MPR Concept Manual Therapy (Italy)
Certificate in NDT/Bobath Concept (IBITA.UK).

Professional Membership

International Society of Exercise and Immunology
Indian Academy of Neurology
American Society of Neurorehabilitation
Indian federation of Neurorehabilitation
American Physical Therapy Association International
Network of SCI Physiotherapists
World Stroke Organisation
World Federation of Neurorehabilitation
Indian association of Physiotherapists



Top rated *and* Most **ADVANCED** **PHYSIOTHERAPY & REHABILITATION FACILITY**

Our healthcare team, led by Dr. Dharam Pandey, is a highly dedicated and experienced group of professionals committed to providing top-tier physiotherapy and rehabilitation services. Our team's expertise, compassion, and commitment to patient-centred care ensure that you receive the best possible treatment and support on your path to improved physical well-being.



Start your Recovery Journey Now

23 Years Of Professional Excellence

WHY CHOOSE US

We offer personalized care, crafting customised treatment plans based on your unique needs and goals. With expertise in physiotherapy and a holistic approach to healing, our team ensures comprehensive care that addresses both physical and emotional aspects of recovery.

- » **PERSONALIZED CARE**
- » **EXPERIENCED PROFESSIONALS**
- » **EXPERTISE & BEST PRACTICES**
- » **HOLISTIC APPROACH**
- » **LATEST TECHNOLOGY**

OUR APPROACH

Committed To Keep People Healthy & Safe

Our treatment process begins with a thorough assessment, followed by the creation of a personalized plan tailored to your needs. Through active rehabilitation, incorporating various evidence-based techniques, we work to promote healing and improve function. Continuous support and guidance are provided to ensure long-term success.



INITIAL CONSULTATION

We start by having a thorough conversation with you about your medical history and any issues you're experiencing. This helps us understand your unique situation.



DETAIL ASSESSMENT

We use state-of-the-art software and technology to analyse how your body moves and functions. This gives us a detailed picture of what might be causing your discomfort.



OUTCOME-BASED TREATMENT PLAN

Based on what we find during the assessment, we create a personalized plan just for you. Our goal is to help you achieve specific outcomes, whether it's reducing pain, improving mobility, or something else.



TREATMENT SESSIONS

During your sessions with us, we use a combination of advanced technology and hands-on techniques to address your needs. This might include using special equipment or providing manual therapy to target problem areas.



REGULAR PROGRESS MONITORING

We keep a close eye on how you're doing throughout your treatment. By regularly checking your progress, we can make sure you're on the right track and make any necessary adjustments to your plan.



DISCHARGE FROM SUPERVISED SESSIONS

Once you've made significant progress and reached your goals, we'll guide you through a final session. Here, we'll provide you with a customised digital exercise program that you can continue at home.



VIRTUAL AND ONLINE FOLLOW-UP SUPPORT

Even after your sessions with us are complete, we're still here to support you. We offer virtual and online follow-up appointments to check in, answer any questions you may have, and provide ongoing guidance as needed.



WHAT WE TREAT

Our approach includes **HAND-ON THERAPEUTIC TECHNIQUES** and UTILISING THE **MOST ADVANCE TECHNOLOGY**

We offer specialised physiotherapy and rehabilitation for a wide range of neurological and orthopaedic conditions, tailored to support each patient's unique recovery journey.



ADVANCE TECHNOLOGY DRIVEN NEUROREHABILITATION

Our neurological rehabilitation services encompass a comprehensive approach to recovery, offering specialised programs for conditions such as stroke, paralysis, head/brain injury, and spinal cord injury to enhance mobility, strength, and independence. We provide tailored therapies to address balance impairments, coordination difficulties, and motor control issues often seen in conditions like multiple sclerosis, Parkinson's disease, and Bell's palsy. Our team also delivers focused treatments for vertigo, dizziness, and facial paralysis, supporting each patient in regaining stability, confidence, and quality of life.

NEUROLOGICAL CONDITION WE TREAT

STROKE & PARALYSIS | **HEAD/BRAIN INJURY** | **SPINAL CORD INJURY** | **BALANCE IMPAIRMENTS** | **MULTIPLE SCLEROSIS (MS)**
PARKINSON'S DISEASE | **COORDINATION PROBLEMS** | **BELL'S PALSYP/FACIAL PARALYSIS** | **VERTIGO AND DIZZINESS** | **NERVE INJURIES**



ORTHOPEDIC PHYSIOTHERAPY & REHABILITATION

Our orthopaedic rehabilitation services support recovery and restore function through targeted treatments for fractures, joint injuries, and chronic pain. We provide specialised sports injury management, post-surgical recovery programs, and chronic pain relief for arthritis, back pain, and joint issues, promoting healing and enhancing mobility.

ORTHOPEDIC CONDITION WE TREAT

SPORTS INJURY | **POST SURGERY PHYSIOTHERAPY** | **CHRONIC PAIN MANAGEMENT** | **BACK & NECK PAIN** | **SLIP DISC**
SCIATICA PAIN | **JOINT PAIN** | **KNEE PAIN** | **FROZEN SHOULDER** | **MUSCLE PAIN/SPRAIN**



WOMEN'S HEALTH & PELVIC FLOOR PHYSIOTHERAPY

Our women's health services offer specialised prenatal and postnatal care to relieve pregnancy discomfort and aid recovery after delivery. We provide pelvic floor rehabilitation to improve pelvic health and address incontinence, along with osteoporosis management to strengthen bones, enhance balance, and reduce fracture risk.

ORTHOPEDIC CONDITION WE TREAT

DIASTASIS RECTI | **PELVIC PAIN** | **SACROILIAC PAIN** | **SYMPLYSIS PUBIS DYSFUNCTIONS** | **BACK PAIN IN PREGNANCY**
SCIATICA PAIN | **URINARY INCONTINENCE** | **VAGINISMUS** | **POST SURGERY PHYSIOTHERAPY** | **MUSCLE PAIN/SPRAIN**

ADVANCE TECHNOLOGY

ADVANCE TECHNOLOGY FOR BETTER OUTCOME AND RESULTS

Our Uniqueness

**Personalised Care Plan | Evidence Based Protocol | Latest Modalities | Manual Therapy
Digital Exercises | Exercises Video Link to Mobile | Progress Monitoring**

VIRTUAL REALITY REHABILITATION SYSTEM -

Digital Neurotherapeutics brain technology innovations



Platform comprises a series of exercise games that, when combined with a motion-tracking camera and customised to a patient's individual condition and needs, can support both rehabilitation and restoration of brain function.

IMMERSIVE VIRTUAL REALITY EXPERIENCES

Evidence-driven therapy and assessment portfolio powered by medical-grade software, tailored interactive content, and proprietary peripherals

REHABILITATION ROBOTIC SYSTEM ADVANCE NEURO, ORTHO, SPORTS CARE

Improve mobility with assistance, Simulate ADL Activities
Train cognition and co-ordination, Increase strength with
resistance, Measure progress objectively.

The **Most Versatile Technology** FOR ADVANCE
REHABILITATION - ASSESSMENT, ANALYSIS AND TREATMENT
for Multiple sclerosis, ALS, Spinal Cord Injuries, Bone
fractures, Post-surgical recovery, Stroke and more...

**ROBOTIC-ASSISTED REHABILITATION AND VIRTUAL
REALITY-BASED THERAPY
FOR ENHANCED PATIENT ENGAGEMENT AND OUTCOMES.**



ADVANCE TECHNOLOGY

ADVANCE TECHNOLOGY FOR BETTER OUTCOME AND RESULTS

EMG TRIGGERED STIMULATION SYSTEM

Monitor and provide real-time feedback on muscle activity



ELECTROMYOGRAPHY-TRIGGERED STIMULATION FOR NEUROMUSCULAR RE-EDUCATION.

Provides real-time visual or auditory feedback to the patient.
Triggers electrical stimulation based on EMG data.
Aims to re-educate and rehabilitate muscles.
Customised treatment for muscle control issues.
Used in conditions like incontinence, stroke rehab, and more.
Feedback loop guides patients in muscle activation.
Progress tracked through EMG signal and muscle response.

INTRAVAGINAL EMS/ETS/BIOFEEDBACK SYSTEM

Women's Health/Pelvic Floor Dysfunctions

SPECIALISED EQUIPMENT FOR GYNAECOLOGICAL REHABILITATION.

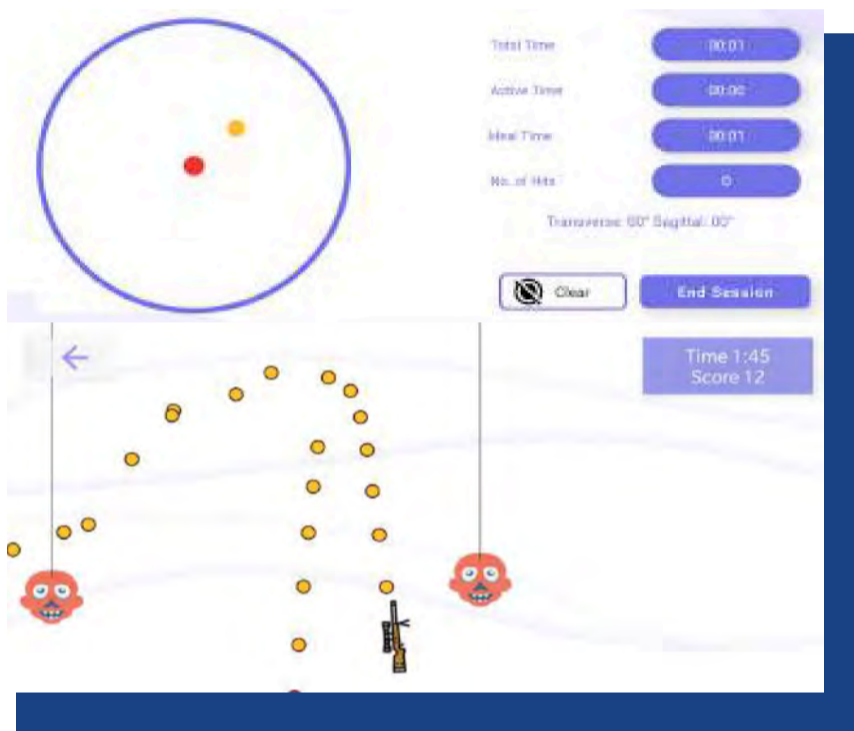
A comprehensive and professional system designed to diagnose and treat a range of pelvic floor-related conditions. It combines diagnostic capabilities like EMG or pressure assessment with therapeutic approaches like electrostimulation to provide tailored treatments for patients with pelvic floor dysfunction.



ADVANCE TECHNOLOGY

ADVANCE TECHNOLOGY FOR BETTER OUTCOME AND RESULTS

ADVANCE BALANCE ASSESSMENT AND TRAINING SYSTEM SET-UP



CUTTING-EDGE EQUIPMENT FOR BALANCE TRAINING AND REHABILITATION, ESSENTIAL FOR NEUROLOGICAL AND MUSCULOSKELETAL PATIENTS. PRECISE ASSESSMENT AND REHABILITATION TOOLS TO ADDRESS BALANCE ISSUES COMPREHENSIVELY.

Static Training helps people stabilise their balance on an unstable platform, Dynamic Training helps in training the proprioceptors and co-ordination between visual feedback and muscles required for balance.

OTHER EQUIPMENTS & THERAPEUTIC INFRASTRUCTURE

**COMPUTERISED INTERFERENTIAL THERAPY | ULTRASONIC THERAPY | TRANSCUTENIOUS NERVE STIMULATOR
MANUAL THERAPY EQUIPMENTS | DIGITAL EXERCISES PRESCRIPTION | EXERCISES VIDEO LINK TO MOBILE
PARALLEL PARS | PARTIAL BODY WEIGHT SUPPORT GAIT TRAINING | SUSPENSION THERAPY
SPINAL DECOMPRESSION TRACTION SYSTEM | CLASS IV LASER THERAPY | CRYOTHERAPY
MOIST HEAT THERAPY AND MANY MORE**

OUR SPECIALISED PROGRAM

NEUROREHABILITATION

Unlock *your* **Potential** *with*
Advanced **Neurological** Physiotherapy & rehabilitation
& CUTTING-EDGE TECHNOLOGY



Avail the best
Neurophysiotherapy services
to promote neuroplasticity and
functional recovery after

STROKE - HEAD INJURY
OTHER NEUROLOGICAL IMPAIRMENTS

STROKE | HEAD INJURIES | BALANCE ISSUES | PARALYSIS
CEREBRAL PALSY | REHABILITATION AFTER HOSPITALISATION

Get expert guidance from our team to maximise your potential for recovery and independence.

Benefits Include

INTERACTIVE THERAPY | TARGETED REHABILITATION | ROBOTIC-ASSISTED REHABILITATION
ACCELERATED RECOVERY | VR-ASSISTED REHABILITATION | FASTER RECOVERY & RETURN TO ACTIVITY

OUR SPECIALISED PROGRAM

MUSCULOSKELETAL PHYSIOTHERAPY & **ORTHO**REHABILITATION



Most Advanced **PHYSIOTHERAPY** *facility*

For the treatment of

**BACK PAIN | SHOULDER PAIN | AFTER SURGERY
NECK PAIN | LIGAMENT INJURY | MUSCLE INJURY
STRENGTH & CONDITIONING AFTER HOSPITALISATION
KNEE REPLACEMENT AND MORE**

Reclaim your *MOBILITY* with
Advanced Orthopedic Physiotherapy & rehabilitation

Benefits Include

**IMPROVED RANGE OF MOTION | INCREASED STRENGTH & ENDURANCE | REDUCED PAIN & IMPROVED FUNCTION
ENHANCED BALANCE & COORDINATION | FASTER RECOVERY & RETURN TO ACTIVITY**

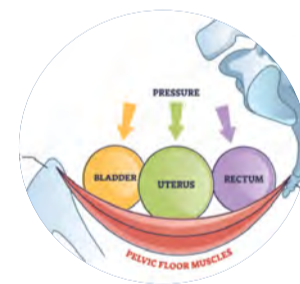
OUR SPECIALISED PROGRAM

WOMEN'S HEALTH PHYSIOTHERAPY & REHABILITATION

Struggling with pelvic floor issues? Our advanced Pelvic Floor Rehabilitation program **Department of Physiotherapy at Manipal Hospitals** offers the latest techniques and personalized care to help you regain control and comfort.

Regain Confidence with Advanced Pelvic Floor Rehabilitation

Restore Your Pelvic Health with Specialised Therapy



Our Expertise Includes

- URINARY INCONTINENCE:** Effective solutions to enhance bladder control.
- VAGINISMUS:** Compassionate care to relieve pain and discomfort.
- ORGAN PROLAPSE:** Strengthen your pelvic floor for better support.
- POST-PREGNANCY FITNESS:** Regain strength and stability after childbirth.
- PREGNANCY-RELATED BACK PAIN:** Alleviate pain and improve comfort

Innovative Therapies

EMG BIOFEEDBACK | ADVANCED KEGEL EXERCISES | CUSTOMISED CARE | PERSONALIZED PROGRAMS

OUR SPECIALISED PROGRAM

PHYSIOTHERAPY @ HOME

Personalized Physiotherapy at the Comfort at Your Home



Now Hospital Like
ADVANCE Technology Driven
Therapy at Comfort of Your Home

ADVANCE TECHNOLOGY FOR BETTER OUTCOME AND RESULTS

Our Uniqueness

Personalised Care Plan | Evidence Based Protocol | Latest Modalities | Manual Therapy
Digital Exercises | Exercises Video Link to Mobile | Progress Monitoring



Removing Barriers

While physiotherapy is highly beneficial, many patients face challenges in accessing care. In-home services make it easier for them to receive treatment and benefit without needing to visit a clinic.

To Schedule a session at Home call 9818911195

Avail the advance Therapeutic Technology at Home

Our Uniqueness

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Schedule a appointment

With Dr. **Dharam Pandey & Team**

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DEPARTMENT OF PHYSIOTHERAPY & REHABILITATION SCIENCE

Basement-1 HCMCT Manipal Hospitals, Sector-6, Dwarka, Delhi



Start your Recovery Journey Now

23 Years Of Professional Excellence