

## Best Physiotherapists in Indiranagar | Physiofit Fitness



### Keywords

Fitness, Physiotherapist, Rehabilitation

### Hits

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### Electrotherapy :

We apply the use of electrical energy to heal various body ailments. Our advanced [electrotherapy](#) equipment coupled with expert therapists ensure the maximum benefits to each individual ailment.

### Our electrotherapy services include :

- Interferential therapy (IFT)
- Shortwave Diathermy (SWD)
- Ultrasound
- Hydrocollator
- Transcutaneous electrical nerve stimulation (TENS)
- Myofascial release
- Continuous Passive Motion (CPM)

### How can electrotherapy help?

- In relaxation of muscle spasms
- For prevention of muscular atrophy due to disuse
- Helps improve local blood circulation and flow
- Re-education of muscles using targeted stimulation
- Preserves and improves the range of motion

- Management and reduction of pain (chronic, post-traumatic, and post-surgical acute)

### **Exercise Therapy :**

Standing firm by our aim to find therapy solutions for challenging conditions, our exercise therapy is applied to those with neuro disorders, musculo skeletal issues, and severe sports injuries.

We use state-of-the-art equipment, evolved methods and simple tools such as weights, Swiss and medicine balls, bands and body weight, too. These enable patients to practice exercise therapy for long-term benefits.

### **Mobilisation and manipulation :**

We go beyond the usual to include innovative and alternative therapies. Mobilisation and Manipulation programs help in managing various conditions. While mobilisation is aimed at improving the range of motion, easing muscle spasm and reducing pain, manipulation is used to release pain from the joints.

Benefits of mobilisation and manipulation

- Improves the range of motion
- Eases muscle spasm
- Reduces pain to a greater degree
- Eases restricted joint movements
- Restoration of normal movement

### **Physiotherapy and Rehabilitation :**

The basis of [physiotherapy](#) is to repair and improve mobility and function of body parts. At [Physiofit Fitness](#) our team of expert physiotherapists remedy ailments through the application of mechanical and manual therapies.

To those suffering from ailments and injuries, we say: we got your back. Injuries and ailments can not only leave a person physically weak, it could affect one's confidence and belief, too. We understand this. Our programs for recovery from injuries and ailments are designed specifically to assess the core problems and salvage the conditions. Getting them back to their normal life is the main aim of

our programs

### **Our approach and benefits :**

- Personalised programs
- Faster recovery
- In-depth assessment by experienced physiotherapists
- Tackling the core problems and conditions
- An inclusive method – exercise, therapy, nutrition
- Continued attention for improvement

## **POSTED BY**

Physio Fit Fitness | Physiotherapy Centers | Rehabilitation Centers |  
Fitness Gyms in Indiranagar, Bangalore



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### **Physiofit Fitness:**

[Physiofit Fitness](#) is the first-of-its-kind fitness set up that believes in achieving lasting fitness goals through an all-inclusive approach. Our out of the box thinking lead to combining the benefits of exercise, physiotherapy, rehabilitation and nutrition- something that is rare to

find in the fitness industry.

We begin where your visit to a physiotherapy clinic ends, where an injury leaves you with pain and restricted movement; We begin where you – children, adults and aged, women, sportsperson and corporate professionals – easily overlook the modern lifestyle ailments that harm your health and fitness. Physical ailments or just the need to stay fit – we believed that a powerful solution was needed.

### **Our Beginnings :**

Physiofit Fitness was founded by Dr R. NallaThambi, a reputed physiotherapist. After a decade of practice and successfully treating a number of people to live pain-free lives, Dr. Thambi decided to turn his expertise into a physical entity.

Physiofit Fitness opened its doors in early 2017. Located by a well-connected main road in Indiranagar, the 4000 square feet sprawling space is a fitness enthusiasts delight. Well equipped with the latest exercising equipment, physiotherapy and rehabilitation arrangements, and specialist on-call nutritionists, we offer a tailor-made approach to each individual's goals and requirements. [Physiofit Fitness Is the Best Physiotherapy Centers in Indiranagar Bangalore.](#)

### **Our Approach :**

To reap the maximum benefits of fitness training, it is important to understand the core condition or physical issue. We start with individual lifestyle and physical assessment and create a unique programme for each customer. We cannot stress enough on continued exercise. In order to reach long-term fitness goals, it is important to continue exercises after rehabilitation.

### **Our Mission :**

We believe that regular exercise is the key to maintaining healthy living, whether perfectly fit today or suffering a disease. Our goal is to spread this get-up-and-go attitude and make healthy living a way of life for each and everyone. This is what differentiates us from various giants in the fitness industry.

### **Our Team:**

Our core team has been thriving in the fitness industry for over a decade. With experts in fitness, physiotherapy, nutrition and

management, our pool of diverse specialists crisscrosses various challenges to ensure realizing our customers' goals. We take pride in our work, every day.

### **Infrastructure and Facilities :**

If the first step is 'yes, I want to', the next step is 'how and what do I need for it'. We understand the importance of having the right kind of equipment and facilities to pursue any fitness program.

Our space is well equipped with the latest equipment for exercise and devices for physiotherapy and rehabilitation. Other facilities such as shower and valet parking make our clients' fitness experience better and smoother.

All our Fitness equipment is of global standard and bio-mechanically designed.

- Interferential therapy (IFT)
- Shortwave Diathermy (SWD)
- Ultrasound
- Hydrocollator
- Transcutaneous electrical nerve stimulation (TENS)
- Myofacial release
- Continuous Passive Motion (CPM)

For more details, please visit <http://www.indiafinder.in/detail/physio-fit-fitness-physiotherapy-centers-rehabilitation-centers-fitness-gyms-in-indiranagar-bangalore-8912>