

Best Physiotherapy & Rehabilitation centers in indiranagar

Type

Price

External URL

<http://physiofitfitness.com/physiotherapy-and-rehabilitation/>

Keywords

Fitness, Physiotherapist, Rehabilitation

Hits

403

URL

<http://www.indiafinder.in/products/detail/best-physiotherapy-rehabilitation-centers-in-indiranagar-762>

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.

Best Physiotherapy centers in indiranagar | Best Rehabilitation centers in indiranagar | Physiofit Fitness

SUPPLIER

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>