

For further details please contact

Gynaecworld
The Center for Womens' Health

Front Desk

GYNAECWORLD – 022-23802584

Dr. Riddhi Chandarana – 9920357437


OSTEOARTHRITIS

Agile again. And NO pain!

"My knees get stiff when I get up after sitting for long time. My hips, heels of my feet and my neck ache when I get up to go to the washroom at night.

I experience pain and stiffness in my hands, low back and ankles when I get up in the morning.

While combing my hair or to lift a bottle out of an upper shelf, I experience pain in the shoulder!!!"

 OSTEOARTHRITIS causes a woman a lot of grief. Her joints creak, ache and threaten to collapse.

Osteoarthritis is the wear and tear of one's joints. Joints start to degenerate with age and bone can begin rubbing against bone. This hurts. Age, faulty posture; poor eating habits are also some of the reasons that contribute to this problem. Unfortunately, our bodies aren't as capable of repairing themselves as they were when we were younger.

We, at GYNAECWORLD, help you achieve relief from these aches and pains through PHYSIOTHERAPY.

Physiotherapy as a health service involves rehabilitating and maximizing your functional potential by helping you to reduce the aches and pains which previously limited your activities of daily living.

The OSTEOARTHRITIS package consists of detailed evaluation of your symptoms followed by prescription of a customized exercise and electrotherapy program. The package is inclusive of 9 sessions of an hour each; on alternate days; on an individual basis; conducted by a well-trained Physiotherapist.