



Hiranandani
Hospital

Dr L H Hiranandani Hospital
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Dr. L H Hiranandani Hospital Announces the launch of Centre for Physical Rehabilitation



Dr L H Hiranandani Hospital, in the First week of September, 2010 will launch the Centre for Physical Rehabilitation. This will be at the hands of the Chairman, Padmabhushan Dr L H Hiranandani

Located on the 8th floor of the hospital and spread over 3,800 square feet the Centre will focus specifically on –

- Post trauma rehabilitation
- Post stroke rehabilitation
- Sports injuries
- Post joint replacement rehabilitation
- Physiotherapy
- Other rehabilitation modalities

The hospital has invested in the best possible physiotherapy equipment from the world's best vendors. To name a few ESWT, HUR, Ergocycle Star Trek, Easy Access Chest Press, Easy Access Pec deck, Easy Access Push up- Pull down. The new equipments being installed in the hospital are:

- Isokinetic-multi joint and work simulator (biomechanical test and training system) for rehabilitation of sports injuries.
- Unweighing harness to train walking for neurological patients
- Combination therapy for pain management, healing and muscle strengthening
- Short wave and Long wave diathermy for pain management
- Ultrasonic Therapy / Phonophoresis for pain management, healing of ligaments and tendons
- Trans – Electrical Nerve Stimulation for pain management.
- Cervical & Lumbar traction with decompression system for spine rehabilitation
- Manual therapy table for manual therapy and exercise
- Postural drainage table for chest physiotherapy and postural drainage
- Computerized Measuring Training and Documentation system for balance, symmetry, co-ordination, speediness and force therapy.
- HUR exercise stations (based on pneumatic resistance method) for strengthening and toning of muscles
- Whirlpool Bath (Hydrotherapy unit)
- Biofeedback unit for facilitating relaxation and muscle strengthening.

The facility has independent cubicles for greater privacy for those being treated. Each therapy modality has its own area for the treatment. Rehabilitation from trauma, stroke and sports medicine will get a fillip as the best possible equipment for rendering therapy is now available. It will be now possible to exercise each and every muscle group in the body individually and also assess the strength of each of the muscle groups. Exercises will be designed for strengthening the weaker muscles identified and incrementally increase the power of the muscles to normal or near normal (as the case may be) to help the individual return to physical normalcy

For those with stroke related problem there is the unweighing harness that can help with walking and also prevents the patient from falling when attempting to walk.

Sports injuries have curtailed many a sporting career in its infancy. With sports medicine specialists and physiotherapists available and the hospital equipped with the world's best equipment our sportspersons will no longer need to go overseas but be treated at the center at Dr L H Hiranandani Hospital. The hospital has already pioneered the platelet rich plasma therapy (PRP) for healing of chronic injuries as tennis elbow, tendonitis and other such like injuries. It has met with great success and is now nationally recognized

The sports medicine specialists leading the treatment for such injuries are :

- Dr Sanjeev Jain (M.CH. Orth. (UK), M.S. Orth., FASIF (Germany), Fellowship - Joint Replacement (Primary & Revision), Hip Resurfacing & Sports Medicine (USA)
- Dr Vijay Shetty (M.S (Orth), Fellow, Cambridge Hip & Knee Unit (U.K). The physiotherapists leading the physical rehabilitation are:
 - Dr Roli Dave MSPT (Sports medicine and physiotherapy), MIAP, DNHE (Health and Nutrition) PG Cert CVR, Cardio-Vascular Rehabilitation - UK,
 - Dr Archana Bondge M PT (Musculo Skeletal),
 - Dr Janhavi Rankhambe (Bachelor of Physiotherapy), and
 - Dr Vidya Karane (Master of Physiotherapy in Neurosciences)

The hospital already has a vibrant department for Cardiac rehabilitation which is already doing great work. It is very popular and has a large patient following. In the off peak hours, it is used as a gym. It is very well equipped and has a nominal membership fees. This is being managed by Dr Ankita Asher