



T.E.N.S (Transcutaneous Electric Nerve Stimulator)

Used in various kinds of pains such as:

- a. Back Pain
- b. Sympathetically Mediated Pain
- c. Myofascial Pain
- d. Neurogenic Pain
- e. Post Surgical Pain
- f. Arthritis Pain



IFT (Inter Ferential Therapy)

Transcutaneous application of alternating medium-frequency electrical currents, amplitude modulated at low frequency for therapeutic purpose.

- a. Reduce muscle spasm
- b. Reduce inflammation
- c. Reduce Swelling
- d. Block Pain
- e. Stimulate Circulation
- f. Relief and management of Acute and Chronic Pain



Ultrasound

Therapeutic Ultrasound uses sound waves to heal painful or inflamed area by increasing blood supply and altering tissue permeability for faster regeneration of injured tissue. Ultrasound Machines available here are from USA which deliver precise and safe amount of therapeutic waves, hence minimizing risk of any unwanted side effects.



EMS (Electrical Muscle Stimulation)

Electric Muscle Stimulator uses electric current within a safe range to excite nerves for producing desired movement. They are used for paralysis, disuse atrophy, facial palsy etc

Therapeutic Exercises with Treadmill, Stationary Cycle, Gym Set, Parallel Bar, Quadriceps Chair, Dumbbells, Physio Balls, Resistance Tubes.



Invigorium
for PHYSIOTHERAPY



Providing Best of Care with Compassion



GRANDE CITY HOSPITAL
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"Grande City Hospital proudly presents a world class health care facility at Jyoti Bhawan, Kantipath right at the heart of Kathmandu. The hospital provides quality healthcare with state-of-the-art latest equipment combined with the expertise of highly qualified doctors and professionals."



Invigorium

At for PHYSIOTHERAPY the Physiotherapy and Rehabilitation department provides world class physiotherapy services with latest equipment and a very competent team of physiotherapist.

Treatments Available



Duolith

Duolith from Stortz (Switzerland) available in Nepal only at the Grande City Hospital. It is highly effective for Myofascial Pain, Back Pain, Plantar Fasciitis, Tennis Elbow etc, with excellent results and 100% patient satisfaction.

The first combined Extracorporeal Shock Wave (ESW) therapy system.

- Powerful energy range, individually selectable
- Reliable therapy for deep penetration areas
- Large focal zone, increased targeting precision
- Simple changeover from focused to radical applicator, wide spectrum of indications

We specialize in treating

- MUSCULOSKELETAL DISORDERS
- NEUROLOGICAL PROBLEMS
- ARTHRITIS & RHEUMATOLOGIC PROBLEMS
- BALANCE DISORDERS
- SPORTS INJURIES
- STIFFNESS & WEAKNESS
- LOWER BACK PAIN
- EXERTION FROM CLIMBING, TREKKING, STRENUOUS WALKING
- TIRED MUSCLES & JOINT PAIN
- TENNIS ELBOW
- FOOT PAIN
- NECK, SHOULDER & ARM PAIN
- PRE & POST OPERATIVE REHABILITATION
- ANTENATAL & POSTNATAL CARE
- OTHERS



Special packages available

- Category I – General exercises
- Category II – Any two required physiotherapy modalities
- Category III – Exercises and all required physiotherapy modalities
- Category IV – Duolith (High end physiotherapy)
- Category V – Multiple conditions
- Category VI – Neuro rehabilitation
- Fitness Program – 4 days per week or as required for the client.
- Pulmonary Rehabilitation – 3 sessions per week or as recommended by Pulmonologist.

Task

Advising communities and individuals on correct body postures, for work or otherwise, to avoid injuries and strain and to strengthen bones.

Conducting examinations to make diagnosis of disorders of bones, muscles and parts of the circulatory or the nervous system to determine proper treatment and refer to medical doctors, if necessary;

Treating disorders of bones, muscles and parts of the circulatory or the nervous system by manipulative methods, and the use of ultrasound, heating, laser or similar techniques;

Examining body deformities and disorders to determine and write specifications for artificial limbs or other appliances, helping to fit them & explaining their use.

Conducting full rehabilitation



TRACTION

Advance Traction machine from USA, fully digital. For application of precise amount of traction force applied over joints.