



HEALING HANDS PHYSIOHUB PHYSIOTHERAPY CLINIC

Dr. Surabhi Tiwari (PT)

BPT (Gold Medalist), MIAP
Certified Manual Therapist
Cyriax Concept & Neural Tissue Mobilization

Timing : Morning 8:30 to 10:30

Evening 7:00 to 9:00

Add.: Baghambari Raod

(Near Khusi Dairy) Allahpur, Prayagraj

Cont.: 9170511688

Name Muster. Atharv / Date _____

Cervical Spondylitis/
Spondylosis

Disc Prolapse, Sciatica

Posture Deformities

Arthriitis

Sprain, Strain

Sports Injuries

Post Operative
Rehabilitation

Bell's Palsy, Hemiplegia,
Paraplegia and
All Kind of Paralysis

Peripheral Nerve Injuries

Pre & Postnatal Care

Gait Training

Cerebral Palsy

Pediatric Physiotherapy

Other Pain Management

clo. Toe walking due to tight-
T.A of hamst. (L > R)

No H/o. Late cry or abnormal b/s.

o/k. - Tight calf m/c. while dorsiflx.
Hamstring tightness.

- W-sitting
- knock knee due to w sitting.

Rx,

- T.A stretching
- Enhancing standing on inclined
plane

- Sensory stimulation in sole.

- Butterfly ex for eliminating
W-sitting

- Bridging

- gluteal m/c strengthening

- kicking ex.

- Active assisted T.A stretch

- Hamstring stretch.

- Balance board ex.

- Swiss ball ex.

- Enhance gait posture.

Advice
Night splint if
needed.