



# SAIFEE HOSPITAL

Under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)

*Department of Advanced Physiotherapy & Sports Rehabilitation*

ISO 9001:2008

*We feel, we share, we care....*

*65+ can enroll*



*administered by trained physiotherapist*



*Thorough Evaluation*



*Counselling & Therapeutic Sessions*



## Geriatric Wellness Program

Ageing Is Inevitable, So let's Age with Grace

THE TRICK IS TO AGE HONESTLY AND GRACEFULLY  
AND MAKE IT LOOK GREAT,  
SO THAT EVERYONE LOOKS FORWARD TO IT.

## ***What is Geriatric wellness program?***

It provides outpatient rehabilitation and treatment for adults who are either active or experiencing any medical and psychosocial problems or any other recent unexplained breakdown in health and function.

Thus, through this program we help improve their function and increase their ability to lead an active life at home & in the community.

## ***Who can participate?***

If you are 55 years and above, with or without any ailment.

## ***What can I expect through this program?***

This program is conducted by trained physiotherapist who will monitor patient's individually throughout each session.

- The program includes patient education on ageing and how one can age gracefully.
- In the next session we have a thorough evaluation of your physical, neurological & cardio-vascular system with assessment of your functional limitations.
- This is followed by the therapeutic sessions.

“Life is not just being Alive, but being Well,  
Let's Age Gracefully....”



### **For Details :**

Contact : 022- 67570769  
022- 67570111 , Extension- 762/763

**\*Initial fitness certificate by your Doctor is a must**

**Complimentary Knee & back strength & Endurance testing on  
PRIMUS RS. (First 25 Registration)**

