

# American Wellness Center

Brings you comprehensive rehab services from experts in the field of musculoskeletal physiotherapy. The department is dedicated to achieve outstanding patient outcomes. From conservative to surgical treatments, physiotherapy forms an integral part in the process of most musculoskeletal conditions.

The evaluation and treatment process is based on a thorough initial assessment analysis of physical impairment. Progress is monitored and tailored to the patient's individual needs and goals.

**We are here to support you.**



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## DR. BEENA WALAWALKAR

**Head of Physiotherapy Department  
American Wellness Center, DHCC**

Dr. Beena's Institute Of Modern  
Physio-Rehabilitation Excellence  
I have done my Doctor of Physical  
Therapy from USA & PHD in  
Physical Medicine & Rehabilitation

from USA. I have completed my  
master's degree from the University of Mumbai & was a gold  
medalist. During my tenure I gained extensive experience in  
management of spine related pain through various therapeutic  
modalities like non-surgical spinal decompression therapy  
(Noninvasive disc treatment), expertise in acupuncture & dry  
needling techniques to treat pain & musculoskeletal injuries,  
treating special needs children through various contemporary  
therapeutic treatments with excellent.



*I believe in evidence based physical therapy practice,  
utilizing the latest research and state of the art  
technology available, to enhance the health and quality  
of life.*

## Physiotherapy Department

Our Physio-Rehab department has  
a wide range of expertise in the field  
of orthopedics, sports rehabilitation,  
rheumatology, and pain  
management.

A clinically collaborative approach  
always makes for better patient care  
and recuperation. We ensure open  
communication channels between  
physiotherapists, physicians, and  
surgeons.



*medicine adds days to life,  
physical therapy adds life to days*

# Our Services

## Trauma and Sport Injury

- Sports related injuries treatment
- Injury prevention, education and training
- Isokinetic testing, exercise, and rehabilitation programs

## Orthopedics

- Treatment of a broad range of injuries involving joints, m muscles, and bones
- Restoration of mobility strength and function
- Patient education programs



## Pain Management

- Osteoarthritis
- Fibromyalgia
- Neck and Back Pain
- Rheumatoid arthritis
- Neuropathic Pain
- Osteoporosis
- Ankylosing spondylitis

## Occupational Medicine

- Ergonomics and workstation management
- Prevention and cure repetitive strain injuries
- Return to work assessments (post injury and surgery)

# Dry Needling

Dry needling involves the insertion of a thin filament needle to stimulate the healing process of soft tissues (muscle “trigger points”, fascia, tendons, and ligaments, etc.). The result of dry needling is pain relief and restoration of healthy physiology.

Dry needling can loosen stiff muscles, ease joint pain, improve blood flow and oxygen circulation, which brings results for those who are trying to optimize sports performance, recover faster from injury or prevent issues from becoming chronic.



## Who can benefit from Dry Needling?

Almost anyone experiencing a variety of pain problems including, but not limited to:

- Acute / chronic injuries
- Headaches
- Neck / back pain
- Tendinitis
- Muscle spasms
- Sciatica
- Hip / knee pain
- Muscle strains
- Fibromyalgia
- Tennis / Golfer's Elbow
- Overuse injuries



# Non-Surgical Spinal Decompression Therapy

Non-Surgical Spinal Decompression Therapy is non-invasive and typically does not involve pain medications. The treatment is not only safe and painless, but also comfortable and relaxing. The course of therapy includes approximately 20 treatment sessions over 4-6 weeks. Each procedure is performed with a unique physio-therapeutic device and is performed by a certified clinician, specializing in back pain care. The treatment sessions are brief, lasting approximately 20-30 minutes.



## Our Resources

- Electrotherapy
  - Ultrasound
  - Interferential Therapy
  - TENS
  - Electrical Stimulation
- Heat and Cold Therapy
- Extracorporeal Shockwave Therapy
- Pulse Laser Therapy
- Dry Needling
- Biofeedback
- Trigger point release
- Muscle-Energy Techniques
- Kinesiotape Techniques
- Postural & Ergonomics Advise
- Non-Surgical Spinal Decompression Therapy (Non-Invasive Disc Therapy)
- Patient Advice and Education

