



SAKRA CENTER FOR SPORTS MEDICINE

& REHABILITATION

The Institute of Rehabilitation Science at Sakra is one-of-its-kind and is spread across an area of 7000 sqft. The center is equipped with a highly specialized and accountable team of Sports therapist, Physiatrist, Physiotherapists, Occupational therapists, Clinical psychologist, Nutritionist, Ergonomists, Speech & Language therapists and Orthotists & Prosthetists for patient recuperation from acute, subacute and chronic medical disorders in all age groups. The aim of Sakra Physical Medicine and Rehabilitation is to enhance and restore functional ability and quality of life to people with physical impairments or disabilities.

For any queries and assistance,
Please contact: 74068 00383 / 080 4969 5299



Outer Ring Road, Marathahalli, Opp. Intel
Behind Passport Office,
Bangalore - 560103



FOR APPOINTMENTS
080 4969 4969



www.sakraworldhospital.com

Exclusive Services of Sports Medicine Rehabilitation

Comprehensive **Fitness Screening Package** – Basic / Advanced packages on Scientific evaluation of physical fitness - customized training on the biomechanical components could give an advantage over improved performance whilst reducing the chances of injury.

Eg. Before starting gym programs or periodically assess the progress

- GAIT Analysis: Walking pattern
- Ankle and Foot Analysis – Foot Solutions Eg. Appropriate customized Insole
- Evaluation of Body composition analysis: Calculates body mass index, Basal Metabolic Rate, fat%, water%, lean mass% etc.
- Body Postural analysis; Anatomical alignment
- Entire body biomechanical and Functional analysis
- Symmetrical balance testing
- Computerized assessment of entire body movements – Sports Specific
- Computerized evaluation of vertebral column, Spine flexibility, function & performance
- Shoulder / knee specific Evaluation of Ligament and soft tissue integrity
- Assessment for Corporate Ergonomic fitness- Evaluating chances of injuries at your workplace



Preparing for a Sports Event:

- Sport Specific intensive training under the clinical guidance of Sports Physiotherapists Eg. Pre Marathon training

- On-field warm-up preparations just prior to competitive sports event – Soft tissue releases and improving the flexibility for a pain free game Eg. Cricket, Badminton, Table Tennis, Basket Ball etc.
- Specialized assessment and training for Schooling level sports



Sports Injury Management:

- Comprehensive & individualized, pre & post-surgical as well as conservative management, following sports injuries. Eg. Rehabilitation of ACL/meniscal injury, Rehabilitation of Shoulder Rotator-Cuff tear, Ankle sprains etc.
- Emergency sports medicine & rehabilitation for on-field injuries.

Advanced Osteopathic Techniques in Sports Rehabilitation:

- Highly advanced mobilization & manipulation techniques: Hands-on approach for all joint and muscular ailments in the body.
- Trigger Point & Myofascial Release therapy: Muscular pain modulation therapies
- Dry needling techniques; minimally invasive pain-alleviation therapies.
- Advanced taping techniques; Sports taping, Mulligan Taping, Kinesio taping (KT International) and Dynamic taping- Scientifically proven functional performance enhancement procedures.



Interventional Physical Training:

- **Comprehensive body strengthening program**

1. **Core Muscle strengthening**- Dynamic stability of the body
2. Theraband® work station- multidimensional Dynamic muscular strengthening workout
3. Pneumatic exercise/fitness Gym- preventing further soft tissue injury by adjusting accurate pressure as per the muscle tolerance- Specially designed

to include 40plus and even physically disabled population!

- **Biodex Balance System® for Athletic training**- Ultimate balance program by using clinical software and interpretation of results.

- **PILATES training:** Plyometrics, flexibility & core muscle strengthening, Agility & endurance strengthening under highly

experienced supervision.

- Individual sport & fitness training **to prevent on-field injuries.**

- Lifestyle modifications for occasionally involved **recreational sports personnel**

- **Training for sport coaches**, physical trainers

- Advanced Wireless application for Electrical stimulation to enhance the muscle strength, tone, endurance, pain reduction etc.

- Life style diseases- **Obesity management**

- Sports Training for **persons with Disability**



Cardio Vascular Rehabilitation:

- Robotic multifunctional treadmill
- Elliptical cross trainers
- Robotic automated Motomed® cycle- muscle tone regulated software

Pain modulation services in repetitive strain injuries & sports injuries:

- Extracorporeal Radial pressure wave (RPW) - shockwave therapy – the evidence based most effective treatment for resistant myofascial and tendon injuries Eg. Tennis Elbow, Supraspinatus Tendinitis, Heel spur and Plantar fasciitis
- Advanced combination therapies of Ultrasound & IFT using Micro currents, Russian currents, high voltage-pulsed, Asymmetrical & symmetrical biphasic currents
- Unique Remote operated functional electrical stimulations for pain relief, muscle firming, strengthening etc.
- LASER
- Hydrocollator heating & Cryo compression therapy (icing under compression) of muscles to reduce muscle swelling, spasm, pain etc.

Polar Belt: Athlete specific sensor based heart rate assessor
Pressure biofeedback: Feedback based muscle trainer

