

Ameer Physio Care Clinic

WHAT IS PHYSIOTHERAPY?

Physiotherapists assess, plan and implement treatment and rehabilitative programs that improve or restore human motor functions, maximize movement ability, relieve pain syndromes, and treat or prevent physical challenges associated with injuries, diseases and other impairments. There are many different areas of physiotherapy treatments for varying conditions by means of stretching, strengthening, re-learning movement patterns, joint mobilisation (applied movements to reduce stiffness and relieve pain). The central aim of physiotherapy is to restore proper functioning to the body. In the case of permanent disease or injury, the aim is to reduce the impact of the dysfunction.

Why choose AMEER PHYSIO CARE CLINIC?

Dr Mohammed Ameer Hussain is, a well experienced and senior physiotherapist. He studied so many courses and keep on updating in physiotherapy field. His way of handling and approach towards the problem is unique from others, Dr Ameer Hussain works on addressing the root cause of the problem that not only reduce your problem also avoids recurring symptoms.

Ameer Physio Care Clinic has good team of qualified physiotherapists who have specific skills to help maximize your recovery. By offering a wide range of diversified treatment options and hands on individual care, we ensure that our clients get moving faster. Our team uses a blend of Manual Therapy in conjunction with a strengthening exercise regimen, and balance training that delivers better results than typical conventional physiotherapy programs. We pride you a validated/proven treatment protocols that will provide the best value for each and every visit. We can manage your pain by addressing all the modifiable risk factors and restoring your function, so you can enjoy your active lifestyle pain-free.

WHAT DO I NEED TO BRING WITH ME?

Just book an appointment to meet us with your relevant medical information (scans, reports, etc) and your reports of previous treatments taken.

HOW TO BOOK APPOINTMENT?

You can call/text us over phone 98435 29550 or 96558 29550, also you can visit our website www.ameerphysio.com and book appointment.

WHAT HAPPENS AT THE FIRST VISIT?

We will welcome you to the clinic, listen to your condition and complaints, take notes and ask related questions to your condition and general health. Any investigations (x-rays and scans) that you have brought with you will be viewed. You will be guided through a physical examination to determine what the problem is. Hands on treatment may be commenced in the first visit or in the future visits to reduce pain and improve movement and function. During your rehabilitation you will learn about your condition and learn exercises and strategies to facilitate recovery and to help manage your condition in the long term as well as prevent future episodes of your problem.

WHAT DOES THE TREATMENT INVOLVE?

Our Physiotherapists use different treatment methods in order to deal with a wide range of injuries. Depending on the nature and severity of your injury, you may require:

- Manual Therapy
- Electrotherapy (Long Wave Diathermy, Ultrasound, Interferential therapy, Short Wave Diathermy, Traction, etc)
- Exercise therapy
- Stretching and strengthening
- Core stability training
- Soft tissue massage
- Patient education, home exercises
- Biomechanical analysis
- any other specific training according to the individual need

HOW MANY TREATMENTS WILL I NEED?

There is no predetermined number of treatments for a specific condition. A fairly standard course of physiotherapy would be 7 - 10 treatment sessions but this can vary considerably. A person seeking an review, on what they should and shouldn't be doing in relation to their condition or problem might just attend for 1-2 sessions to be shown some specific exercises and receive some general management advice for their condition. Similarly an individual with a relatively minor injury might just need a few treatments to assess their condition and alleviate their symptoms. At the other end of the scale, a patient receiving treatment post-operatively or for a condition that has been present for more time may require treatment over a longer period to see them through to full rehabilitation.

CAN I BRING SOMEONE WITH ME?

You are welcome to bring someone with you for your appointment and they can sit in for the consultation with you if you wish. Mostly during treatment time we may suggest them to sit in the waiting area, except a caretaker for a baby or some people those who may need assistance in mobility or a female/male who need someone to be with them for moral support.

I HAVE A DISC PROBLEM THAT HAS BEEN DIAGNOSED BY MRI. CAN I BE HELPED?

When a disc problem is diagnosed through imagery, one of the roles of the initial physiotherapy assessment is to decide if these findings correlate with the your clinical symptoms. In an average pain free population, some people present with disc pathology on MRI. This is why it is so important to treat the clinical signs and symptoms of the patient and not the radiology finding. Disc problems present in many different ways. Some patients will have back pain only, others will have leg pain from nerve irritation and others will have both. Only those with severe, unrelenting symptoms and with positive neurological findings that are not responding to Physiotherapy/conservative treatment may need to have surgery. There should always be a trial of physiotherapy/conservative treatment prior to any surgical decision and physiotherapy is a very good and safe conservative option.

I SUFFER FROM HEADACHES. CAN PHYSIOTHERAPIST HELP ME?

Cervicogenic or neck headaches can mimic migraines or can trigger migraines in migraine sufferers, this can become a condition called chronic daily headache. Treating the neck, upper back and shoulders can relieve the neck headaches that may be mimicking or triggering the migraines thus reducing their frequency. Many headaches have a mechanical component to them that is often related to the neck.. These treatments often help decrease the intensity and frequency of headaches.

I'VE GOT AN INJURY - HOW SOON SHOULD I COME AND SEE YOU FOR ASSESSMENT AND TREATMENT?

Immediate after injury you can visit us, so that we can address the mechanical cause of your injury and can try to correct your problem instantly. If you are unable to come immediately after injury, you can try the following as a

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first-aid, try to apply cold in the form of ice. Short, regular bursts of icing are recommended in the region of 10-12 minutes every one to two hours. The PRICE guidelines are very helpful for the first 48-72 hours following an injury-Protection, Rest, Ice, Compression & Elevation. Later, you can visit us either in movement or rest, book an appointment immediately and contact us as soon as possible.

ARE TREATMENTS PAINFUL?

We choose pain free method of treatment most of the time. One of the primary objective for most of the patient is pain relief. We will provide you with the appropriate exercises initially for pain relief later to recover range of motion, strength, and endurance. In some cases, physiotherapy techniques can be painful. For example, recovering knee or shoulder range of motion after severe post traumatic stiffness may be painful, that also can be avoided when you visit us early before your joints go for severe stiffness. We will utilize a variety of techniques to help maximize your treatment goals and minimize your pain.

COMMON CONDITIONS REQUIRING PHYSIOTHERAPY

Achilles Tendonitis
Achilles Tendon Repair
ACL Reconstruction
All joint pain
Amyotrophic Lateral Sclerosis (ALS)
Ankylosing Spondylitis
Arthritis
Arthroscopy
Back and Neck Pain
Breathing difficulties
Bursitis
Carpal tunnel syndrome
Cerebral Palsy
Degenerative diseases.
Disc Bulge / Herniation
Dizziness
Fibromyalgia
Foot Pain
Fractures and Dislocations
Hip Fractures
Hip Replacement
Knee Pain

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Knee Replacement
Ligament Injuries
Meniscal Tears of the Knee
Motor Vehicle Accident (MVA) Injuries
Neurological Conditions
Osteoarthritis (OA)
Osteoporosis
Parkinson's Disease
Pelvic Floor Rehabilitation
Plantar fasciitis
Poor posture
Pre/Post-Surgical Physiotherapy
Pre/Post-Natal Care
Rheumatoid Arthritis (RA)
Rotator Cuff Injuries
Sciatica
Shoulder Dislocations
Shoulder Pain
Spinal Cord Injury
Sprains, Strains and Tears
Sports Injuries
Stroke or Cerebral Vascular Accident (CVA)
Tendonitis
Tennis and Golfer's Elbow
TMJ disorders.
Vertebral Fracture.

WHAT DO I NEED TO DO AFTER MY TREATMENTS?

You will need to continue with your home exercises and our suggestions regarding to your posture, gait and Activities of Daily Living. Some may choose to continue with a gym exercise program. It is important that you often come for a review and check with us.

WHAT HAPPENS IF MY PROBLEM OR THE PAIN RETURNS?

Most of the time, when you follow our instructions THE PAIN will not come again. Flare-ups are uncommon. If it is recurring, just give us a call. We give you advice or may suggest you to come back for a evaluation, or to modify your daily activities and or exercise of routine.

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HOW LONG ARE THE CONSULTATIONS?

For most conditions, We may need half an hour which is adequate for a full assessment and treatment. Some people may need extra minutes for full examination. It mainly depends upon your injury or pain.

DO I NEED A REFERRAL?

You can attend physiotherapy without a referral. We may suggest some doctors if it is really needed.

DO I GET SELF-MANAGEMENT STRATEGIES?

Yes. We will help you to understand how to manage your condition for the best long term outcome. We will teach you optimal postures and ergonomic setups and give you a program of exercises to help you recover quickly, maintain your health and to prevent having the problem return.

DO YOU HAVE ROOMS OR CURTAINED AREAS?

All of our treatments are in private, quiet and comfortable treatment rooms. Our treatment rooms are adequate, purpose-build rooms.

DO YOU OFFER HOME VISITS?

Yes. These can be arranged for patients those who are severely disabled or too ill to visit the clinic.

WHAT ARE YOUR CLINIC HOURS?

Appointments will be made promptly to suit you and evening appointments are also available. Our opening hours are Monday to Saturday from morning 09:30am - 1:30pm and evening 04:00pm - 8:00pm.

WHERE ARE YOU LOCATED?

Villapuram Branch:

No.4534, TNHB Colony,
(Opp. Muthu Nagamman Kovil)
Villapuram, Madurai - 625011.
Clinic No. 8667390154.
www.ameerphysio.com

K.K. Nagar Branch:

No.559, 4th West main road,
(Near World Tamil Sangam)
K.K. Nagar, Madurai - 625020
Clinic No. 7010385536

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Palanganatham Branch:

Ameer Physio Cranio Care Clinic
22 A, Old murugan talkies street,
Palanganatham, Madurai 625003.

Chief Dr: 9843529550

Clinic: 8608269550

Direction: <https://maps.app.goo.gl/gusC1VNYp2pM9Edi8>.

Perumbakkam Branch:

Ameer Physio Cranio Care Clinic - Perumbakkam
No.4/158, R.M Veerappan street,
Perumbakkam, Chennai-600100.

Chief Dr: 9843529550

Clinic: 7358689550

Direction: <https://g.page/r/CYPT28dJwgKKEA0>.
