



# ROHINI HEIGHTS MULTISPECIALITY CLINIC, PHYSIOTHERAPY & DIAGNOSTIC CENTER

*D-117, Rohini Heights, Sector 29, Rohini*

**QUALITY CARE IS EVERY WOMANS' RIGHT**

**VISIT US FOR**

**Consultation with expert Lady Doctor**  
**Normal deliveries (PAINLESS), Caesarean deliveries,**  
**Treatment of cysts/PCOD/Period Problems**  
**All kinds of Gynae – medical/surgical treatment**  
**24 x 7 EMERGENCY SERVICES FOR WOMEN**  
**Physiotherapy & Rehabilitation**

**For any Enquiry/Appointment: 9311434143/7988939535**

**Landline No: 011-45244595**

**VISIT US AT- [www.rhmchealthcare.com](http://www.rhmchealthcare.com)**



**DR.BHAWNA GUPTA**  
**MS Obs & Gynae, Lady Hardinge**  
**Ex- PGI Chandigarh**  
**Specialist in High Risk Pregnancy,**  
**Laparoscopy & Infertility.**

Exercise is an effective treatment to relieve chronic pain  
Physical Therapist have unique skills to recommend specific  
Exercise protocol....

### **BENEFITS OF PHYSIOTHERAPY:**

- ✦ Maintain flexibility & movement
- ✦ Builds muscle strength
- ✦ Helps control pain
- ✦ Improves balance & coordination
- ✦ Improves mood & general well being

INCORRECT POSTURE:



CORRECT POSTURE:



VISIT US FOR ALL KINDS OF PHYSIOTHERAPY TREATMENT:



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PHYSIOTHERAPY & DIAGNOSTIC CENTER**

D-117, ROHINI HEIGHTS APARTMENT, SEC-29

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*We keep you moving*

