



STAIRS PHYSIOTHERAPY AND FITNESS CENTRE

RELEASE RESTORE REJUVENATE

Get trained by our elite professional coaches!

OUR COACHES ALL HAVE ONE GOAL: TO MAKE
YOU STRONGER.

Stairs Physiotherapy and Fitness Centre is equipped with the latest gear and training facilities to help you reach your goals and surpass them, one step at a time!

WHO WE ARE

STAIRS is a platform where people from all across the globe can experience healing through proper physiotherapy. **Our aim** is to encourage, support and make people aware of their imbalances through musculoskeletal assessment; planning injury prevention programmes and delaying the degeneration process through corrective exercises; improve mental health through myofascial treatment and enable individuals to achieve their goals.



WHY STAIRS

We just don't take care of the physical aspect of a person. We also are equally concerned with their mental health. Our clients are not just our clients but they are our family. And families take care of each other holistically.

OUR SERVICES INCLUDE:

-Prehab & Injury Prevention

Pre-habilitation training is to equip our clients for the demands of their sport. Our injury prevention protocol includes identifying imbalances and underlying weaknesses, followed by a comprehensive strengthening programme that will help the client build muscle, tendon and ligament strength and reinforce the structural integrity of the joints, which helps to mitigate and reduce the risk of injury during sport.

-Rehabilitation

Proper rehabilitation post an injury or post surgery is a crucial factor in determining the time taken for an athlete's return to sport, his or her longevity and the ability to withstand and prevent injury recurrence. Our rehab protocol is built to address this need by investigating the underlying factors that caused the injury and educating the athlete about the same through the rehab process to ensure longevity in the sport.

-Performance Training

•Sport-Specific Skill Training

Designed for athletes from a wide variety of sporting backgrounds, this approach prepares the athlete with foundational strength, skills training and applied sport specific training to enhance their performance on field. This programme is designed based on a deep understanding of the movement patterns and biomechanics involved in each sport to help the athlete train his or her body to achieve maximum physical and mental adaptation for the individual demands of the sport.

•Strength and Conditioning

This programme is designed to support athletes and non-athletes alike to achieve their fitness related goals through a customised and structured programme that factors in their lifestyle, career and long-term health goals. Our Strength and Conditioning programme includes tailor-made nutrition planning, exercise routine and physiotherapy support for optimum results.

-Long-Term Athlete Development

We've adapted this model at Stairs for an optimal training, competition and recovery schedule for children to reach their full athletic potential at an early age who have opted to take up sports as their future career.

-Recovery

At Stairs, we place a huge emphasis on recovery, which is one of the key pillars of athletic ability and longevity. Our approach includes manual therapy, myofascial release, contrast therapy and yoga to help the body recover from the physical stress of training as well as the mental stress caused by sport and work related pressure, external pressures and lifestyle related stress. Our therapy sessions are designed to help the client, relax, restore their body and rejuvenate their mind, thus enabling them to endure daily stress, focus on skill development and lead a happy and healthy life.

-Consulting Service for Sports Academy

We work with a large number of educational institutions and professional sports academies to help support their athletes. Our team of trainers and physiotherapists support these athletes on-site offering a complete programme including strength & conditioning, injury prevention, rehab and recovery aimed at optimising the athletes' and teams' performance on field.



INSTITUTIONS AFFILIATED WITH:

(Just to name a few)



Raman
Football
Academy



I-Sports
Badminton
Academy



Odisha
Cricket
Association



Nettakallappa
Aquatic
Centre



Amogha
Sports



GFC
Shooting
Academy

ASPIRE AND EVOLVE

Train with Us Today!



www.stairsphysiotherapy.in

For more inquiries on trainer bookings, please call +919886555563/+916362270715