



SANCHETI INSTITUTE FOR ORTHOPAEDICS & REHABILITATION

ISO 9001 : 2008 CERTIFIED HOSPITAL

HEALTHY SPINE IS
THE BACKBONE OF BEAUTIFUL BODY.



SPINE CLUB

FOR HEALTHY SPINE !

For Emergency Medical Services

Contact : **105757**



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SPINE CLUB : FOR THE FIRST TIME IN PUNE

Objectives :

- To prevent & treat back pain.
- Educate & guide people for the Spine Care so that further problems resulting in back & neck pain can be avoided.

Salient Features :

- Thorough evaluation & diagnosis of Spine problems by physiotherapist.
- Supervised exercised program.
- Modified Yogic postures to improve mobility.
- Timely tips to maintain Good posture to prevent spine problems.
- Educating the members regarding Healthy Spine via Lectures, Ergonomic demonstration.

Who needs Spine Club services?

- Computer Professionals / Educationalist suffering from back & neck pain.
- Ladies suffering from back pain.
- Senior citizens suffering from spondylosis & degenerative problems.
- People of all age groups suffering from slipped disc & postural problems.
- Students having bad posture.
- Fit people to avoid Neck & Back pain & to prevent recurrence.

Benefits of joining Spine Club :

- Accurate clinical diagnosis after examination & investigation.
- Tailor-made exercise program depending on the diagnosis.
- Advice by Spine surgeon.
- Do's & Don'ts of spine care depending on profession & life style.
- Meditation.
- Awareness of spine problems & measures to prevent them.

Program schedule :

- 3 month program
Mon - Sat 1 hr. daily.
7.00am to 11.00am
- Rs. 2200/- for 3 months
- Rs. 800/- for 1 months
- Discount for 3 months repeater
Rs. 2000/-
- Discount for Senior Citizens
Rs. 1500/- for 3 months
Rs. 600/- for 1 months

**GOOD BODY MECHANICS
KEEPS YOUR SPINE BALANCED.**