Advanced Rehabilitation Services

The Advanced Rehabilitation Services at Aga Khan University Sports and Rehabilitation Centre provides quality multidisciplinary outpatient rehabilitation by a skilled rehab team using the latest equipment, a wide range of therapeutic exercises and a multitude of modalities to help patients return to an active and healthy lifestyle.

The Rehabilitation Team

The Advanced Rehabilitation team focuses on patients and their families. The team helps, to sets short and long-term treatment goals for patients` recovery. The team comprises several skilled professionals including:

- Physical therapist
- Occupational therapist
- Speech therapist
- Rehabilitation nurse
- Orthosist and Prosthetist
- Cardiologist
- Neurologist
- Orthopaedic Consultant
- Nutritionist
- Clinical Psychologist

Services Offered

- Fitness screening through MicroFit Fitness evaluation system
- Fitness/Weight reduction programme
- Orthopaedic rehabilitation programme
- Neurological rehabilitation programme
- Cardiac rehabilitation programme including:
  - Cardiac Rehabilitation – Phase III
  - Cardiac Rehabilitation Maintenance Programme
  - Risk Factor Modification Programme
- Parkinson Rehabilitation and Geriatric Rehabilitation

Enrolment System

We enrol our patients in time-bound specific sessions based on a non-refundable and non-transferable package system.

Rehabilitation Hours

We offer our services Monday to Saturday from 8:00 am to 5:00 pm.
The MicroFit health screening system was introduced in 1986 and is currently being used in hundreds of fitness and medical facilities around the world.

This fully interactive, computerised fitness/wellness assessment system was created by a team of dedicated professionals in the fields of exercise physiology, software and hardware design and manufacturing. System health standards and assessment protocols are developed according to guidelines provided by:

- American College of Sports Medicine
- National Institute of Health
- Stanford Center for Research in Disease Prevention
- American Heart Association
- Canadian Public Health Association

The World Famous Microfit Health Screening System Is Now Available At Akuh

MicroFit evaluation takes about 45 minutes and gives you a complete profile showing:

- Body weight
- Body fat
- Heart rate
- Blood pressure
- Body flexibility
- Muscular strength
- Cardiopulmonary endurance

Easy-to-follow, on-screen MicroFit instructions lead testers through assessment procedures and help identify problem areas. Graphic reports interpret assessment results and provide exercise guidelines.
Fitness Programme

The Advanced Rehabilitation Clinic offers a fitness programme for the apparently healthy person. Based on the world famous MicroFit Fitness Screening System, it is designed by highly skilled exercise professionals. This programme uses a multidisciplinary approach to changing lifestyles, which in turn helps correct adverse risk factors and aids in maintaining an optimal physical, emotional, social, vocational and economic state.

Features of The Fitness Programme

- Our exercise professionals develop a programme that is appropriate to your condition, as revealed by the state-of-the-art MicroFit Fitness Screening System.
- The frequency and intensity of exercise is designed according to the needs and goals of patients after a thorough evaluation by a skilled physiotherapist.
- Based on their assessment, patients are given an individualised exercise prescription to be followed under the supervision of the Rehabilitation Team.
- Exercise intensity is increased with less intensive monitoring but blood pressure and exertion levels during exercise are closely monitored, all to ensure that the patient is exercising within his/her pre-established safety limits.
- Each participant, as he/she proceeds through the exercise sessions, is assessed for changes in health status as well as responses to treatment and exercise. Individual exercise prescriptions are reviewed and changed where necessary.
- As each patient approaches the final weeks of the fitness programme, he/she is re-evaluated through the MicroFit system. The Rehabilitation Clinic then provides a summary of the patient’s progress.
- An individualised home exercise programme is developed for each participant based on his/her functional capacity, skill level and exercise preferences.
- During their time in the clinic, participants are expected and encouraged to maintain a home exercise programme so that they are confident and committed to a home exercise routine following graduation.

Benefits of The Programme

- Reduces body weight and fat
- Improves cardiopulmonary endurance
- Increases muscular strength
- Improves body flexibility
- Decreases resting blood pressure
- Decreases total and LDL cholesterol
- Improves stress and depression tolerance
- Reduces the risk of diabetes
Advanced Neurological Rehabilitation

Our multidisciplinary Neurological Rehabilitation team serves to improve balance and coordination, restore muscular strength and normal gait, regain function and range of motion, and prevent spasticity and joint subluxation of patients to achieve maximum levels of physical, psychological, social and vocational functioning.

Who Can Benefit from this Programme?

Participant population may present a clinical history including:

- Stroke
- Transient ischaemic attack
- Head and spinal cord injury
- Guillain-Barré syndrome
- Peripheral neuropathy
- Carpal tunnel syndrome
- Parkinson’s disease
- Multiple sclerosis
- Post-polio syndrome
- Vertigo

We Can Help Participants:

- Improve gait through gait training
- Improve/maintain normal range of motion
- Improve/maintain balance and coordination
- Improve/maintain muscular strength
- Gain postural education
- Improve/maintain routine daily activities.
Advanced Orthopaedic Rehabilitation

Our multidisciplinary Orthopaedic Rehabilitation team serves to reduce pain, restore strength, regain function and range of motion, prevent re-injury and adapt to physical limitations while achieving the highest possible degree of functional independence. The team uses latest equipment, a wide range of therapeutic exercises and a multitude of modalities to help patients return to an active and healthy lifestyle.

Who Can Benefit from this Programme?

- Participant population may present a clinical history including:
  - Arthritis
  - Arthroscopy
  - Knee replacement
  - Hip replacement
  - Frozen shoulder
  - Chronic backache
  - Chondromalacia patellae
  - Scoliosis
  - Kyphosis
  - Osteoporosis

Sports Injury Clinic

In collaboration with orthopaedics and diet consultants, this programme deals specifically with sports injuries. We take care of the fitness and functional demands of our participants.

Who Can Benefit from this Programme?

- Participants with the following sports injuries can benefit:
  - Ligamentous injuries
  - Muscular spasm
  - Muscular sprain/strain
  - Muscular cramp
  - Tendonitis
  - Fasciitis
  - Tennis/golf elbow
Advanced Cardiac Rehabilitation

Cardiac rehabilitation uses a multidisciplinary approach to improve short-term recovery and promoting long-term changes in lifestyle, which in turn help correct adverse risk factors. It is a process by which patients are restored to and maintained in an optimal physical, emotional, social and vocational state through exercise training, cardiologist consultancy, education and counselling.

Cardiac Rehabilitation

This programme helps participants recover from a cardiac-related event and achieve and maintain an optimal level of health.

Participant population may present a clinical history including:

- Myocardial infarction
- Angioplasty/stent
- Coronary artery bypass surgery
- Heart valve repair/replacement
- Stable ischaemic heart disease
- Heart failure due to any cause
- Peripheral vascular disease
- Pulmonary disease

Maintenance Programme

This programme is designed for people who are diagnosed with any cardiac condition or present a history of any cardiac-related event or surgery such as:

- Post CABG/PTCA/MI
- Congenital heart disease
- Stable ischaemic heart disease
- Valvular heart disease
- Peripheral vascular disease
- Pulmonary disease

Risk Factor Modification Programme

This is a comprehensive programme for apparently healthy persons. It is aimed at changing lifestyles and correcting adverse risk factors and maintaining optimal fitness levels.

Participants may show the following risk factors:

- Obesity
- High blood pressure
- Diabetes mellitus
- Smoking
- Hyperlipidaemia
Future Services

- Paediatric Rehabilitation Programme
- Geriatric Rehabilitation Programme
- Vestibular Rehabilitation Programme
- Aqua Aerobic Programme

Our Rehabilitation Team

Nasrullah Shaikh
Manager Rehabilitation Services

Mohabbat Ali
Coordinator, Advanced Rehabilitation Services

Orthopaedic consultant
Neurologist
Cardiologist
Nutritionist
Occupational therapist

Advanced Rehabilitation Clinic at
AKU Sports and Rehabilitation Centre

is looking forward to helping you adapt to a better lifestyle and save yourself from various illnesses related to poor physical endurance.

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