

Integrative physiotherapy

GET BACK YOUR 'PERFECT BOUNCE' WITH DR. RICHA SINGH'S PATH-BREAKING TREATMENTS

BY SMITI JAIN NARAYAN

You may have undergone some physiotherapy at some point in life. But now there is more advanced, scientific approach-based integrative physiotherapy which is the next level of healing as expounded by the dynamic and driven Dr Richa Singh, whose dream project Perfect Bounce is an embodiment of her vision and mission.

Perfect Bounce offers the complete integrative physiotherapy for patients' real time requirements using different methodologies and treatments with path-breaking innovations. From Dry Needling, IASTM, MFR, Mobilisation, HVT to Manual Therapy and Stretching – her integrative physiotherapy approach is tailor made to each individual's specific problem area to



work in a targetted fashion. A new approach that has been added to Perfect Bounce's comprehensive inventory of treatment plans is Gait Analysis, a unique assessment facility by experts to identify root problems and provide customised treatments made for each

KEY THERAPIES:

- **Dry Needling:** An intervention therapy to treat musculoskeletal pain that involves insertion of micro, monofilament needles directly into the tissues.
- **Cupping:** A therapeutic treatment to increase blood flow and loosen connective tissues.
- **MFR (Myofacial Release):** A hands-on technique with gentle sustained pressure to eliminate pain and restore movement.
- **IASTM (Instrument Assisted Soft Tissue Mobilisation):** Largely manual therapy with specially designed instruments, to provide mobilising effect to scar tissue and myofacial adhesions.
- **Sports Taping:** Dynamic Tape designed to work mechanically and neurophysiologically to address lymphatic drainage and normalise neuromuscular function.
- **Manipulation, HVT & Mobilisation:** Manual therapy and soft tissue massage, High Velocity Thrust and joint mobilisation.



individual's specific requirement. Dr Richa Singh's goal is to provide integrative physiotherapy with a global mission and pan-India vision. With her tireless zeal and indomitable spirit, the first lady of physiotherapy has indeed done a yeoman service to society to bring pain relief to the grassroots level. May the force be with the tenacious Dr Richa!

PERFECT BOUNCE INTRODUCES GAIT ANALYSIS

Perfect Bounce provides a unique specialised world-class gait analysis facility, to identify the cause of pain, musculoskeletal weakness or joint deformity to patients, and offers comprehensive and customised treatment plans based on gait analysis.

- **Motion Capture:** The patient's walking or running motion is recorded by high speed video cameras from different views.
- **Analysis:** The recorded motion is analysed by experts using a gait analysis software, GaitON. Pelvis, hip, knee, foot movement is assessed to pin-point abnormality or cause of pain. For athletes especially, gait analysis helps identify bad movement patterns (biomechanical faults) that can increase injury risk and deplete performance energy.
- **Treatment Plans:** Gait analysis results are correlated with a thorough physical examination and then a customised treatment plan is chalked out in the form of exercises, corrective orthotics and other treatments.

SPORTS TIE-UPS

Perfect Bounce has tied up with several sports events and corporates:

- **Bhasin Sports**
- **Tom's Badminton Academy**
- **Baddyzone**
- **Shuttleboi**
- **Finix Fitness Studio**
- **And several others**



PERFECT BOUNCE

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WELLNESS FEATURE

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