



PREHAB

MUSCULOSKELETAL & SPORTS HEALTH CLINICS

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“Experience India's leading musculoskeletal and sports health clinics, where we take away your pain and help you get back to normal, so you can perform at your best. Comprehensive care medicine, exercise, and nutrition—all under one roof.”

DR. ARUN KUMAR RAWAL, PT

MANAGING DIRECTOR & CEO

PREHAB | MUSCULOSKELETAL & SPORTS HEALTH CLINICS

An initiative by *SARVFIT Healthcare Private Limited*

CIN: U86900KA2024PTC190092



PREHAB: PREHABILITATION - A PROACTIVE APPROACH TO HEALTH & REHABILITATION



PREHAB

MUSCULOSKELETAL & SPORTS HEALTH CLINICS

RAJAJI NAGAR, **BANGALORE**

An initiative by SARVFIT Healthcare Private Limited



Musculoskeletal Medicine

Wellness medicine & Lifestyle clinic

MSK & Sports Physiotherapy

Strength & Conditioning Training

Sports Nutrition

Sports Massage Therapy

Musculoskeletal Medicine & Rheumatology

Musculoskeletal: muscles + skeletal (bones & joints): movement!

Rheumatology: superspeciality for treating diseases affecting the joints, muscles, and bones, including arthritis, lupus, and fibromyalgia.

You can visit us for:

- Arthritis: osteoarthritis, rheumatoid arthritis, psoriatic arthritis etc.
- Ankylosing spondylitis, inflammatory & autoimmune diseases
- Joint pains: lower back, Frozen shoulders, ankle sprains & heel pains etc.
- Tendinitis & ligament injuries
- Pain management & Regenerative therapy (PRP, ACS) etc.

Wellness medicine & Lifestyle clinic

Wellness medicine: health promotion & overall wellbeing

Lifestyle clinic: restoration of chronic lifestyle diseases

You can visit us for lifestyle disorders:

- Diabetes or high blood sugar
- Thyroid related dysfunctions
- Obesity or high fat mass
- PCOD
- Blood pressure disturbances: High or low etc.

Musculoskeletal & Sports Physiotherapy

Center for excellence in musculoskeletal & sports physiotherapy with state of art facility.

You can visit us for:

- Sports injury rehabilitation & return to play programs
- Joints, ligaments, & muscles pain management
- ACL ligament or meniscus injuries
- Lower back & neck pain management
- Pre & post operative rehab for orthopedic related injuries
- Postural pain & corrections etc.

Strength & Conditioning Training

Performance center for one-on-one training to athletes & health-conscious individuals with technologically monitored.

You can visit us for:

- Recovery and fitness training post injury and surgery
- Sports specific fitness & Return to play program
- Functional training
- Running technique development and agility training
- Long term athlete development
- Weight management programs etc.

Sports & Clinical Nutrition

Fueling your body for health & performance!

You can visit us for:


- Nutrition plan for diabetes, thyroid or other diseases.
- Diet plan for fueling sports performance
- Weight management
- Body recovery nutrition
- Nutrition plan for muscles mass gain etc.

Sports & Recovery Massage

Soft tissue release and Sports- recovery massage

You can visit us for:

- Sports massage
- Deep tissue massage for office workers
- Tightness management for rehab patients
- Pre & post event massage etc.



PREHAB is **India's first** specialized clinic for Musculoskeletal & Sports Health, providing comprehensive, non-surgical care for muscle, joint, and sports-related injuries, as well as lifestyle diseases.

Our integrated services include specialized medicine, expert physiotherapy, personalized fitness training, and tailored nutrition plans —**all under one roof.**

CORE VALUES AND PRINCIPLES

P: Personalized Care

R: Research and Excellence

E: Education and Empowerment

H: Honest and Transparent Care

A: Active Prevention

B: Beyond Boundaries

PREHAB'S MISSION

To make a high-quality, End to End Musculoskeletal and Sports healthcare & wellness accessible to all.

PREHAB TEAM



Dr. Sharath Kumar
Rheumatologist,
Pediatric Rheumatologist



Dr. Vikramraj K Jain
Rheumatologist &
Clinical Immunologist



Dr. Arun Kumar Rawal, PT
MSK & Sports Physiotherapist
Pelvic Girdle pain specialist



Start Your Journey to Pain-Free Living Today!

PREHAB IS HERE



PREHAB

MUSCULOSKELETAL & SPORTS HEALTH CLINICS

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