



**MIOT**  
**REHAB**  
CENTRE



**1<sup>ST</sup> OF ITS KIND IN SOUTH INDIA**



**MOBILITY IS LIFE**



**MIOT**  
**REHAB**  
CENTRE



**1<sup>ST</sup> OF ITS KIND IN SOUTH INDIA**

**PROVIDING COMPLETE REHABILITATION  
FOR BOTH BODY AND MIND**

**RESPIRATORY | NEUROLOGICAL | ORTHOPAEDICS | CARDIAC  
VASCULAR | DIGESTIVE | MENTAL WELL-BEING**

The way we look at life, and health especially, has changed with the COVID-19 pandemic. This testing time taught us the importance and value of health and how we should approach it. It has only increased the value we have for our life and our loved ones.

As always, MIOT took the lead at the onset of the pandemic in providing COVID care. We had over 500 dedicated beds as early as March 2020. In a very short span of time over 12000 patients were treated and discharged with complete recovery from COVID-19. And this provided our greatest learning and the foundation of MIOT's next pioneering move.



With COVID, while it does seem that people recover and get back to a normal life, the aftermath of its effects on the body could not be assessed as they were recovering. But when they came back for review, we identified that most of the patients still suffered from a range of breathing problems due to reduced lung function to causing permanent lung scarring called Pulmonary Fibrosis. COVID's impact was not just on the lungs but also neuro problems like stroke, bleeding & clotting disorders and even psychological disorders.

## THE PANDEMIC AFTERMATH

Observing the increasing effects on the body after a patient has recovered, it became very evident that cure and care did not end with disease recovery. It had to go beyond hospital treatment and procedure, where a complete analysis of the patient's condition is undertaken and post recovery care must be provided. Only then can it be assured that a patient can return to their normal life and live with ease. This applies not only to COVID-19, but all ailments and diseases.

This inspired MIOT to think of a centre dedicated to the whole body recovery of a patient. And thus came to life **“MIOT REHAB CENTRE”**, a complete post hospital recovery and rehabilitation centre- **1<sup>st</sup> of its kind in SOUTH INDIA.**

## PIONEERING AGAIN





**A 2<sup>ND</sup> CHANCE  
TO AN  
INDEPENDENT LIFE**

MIOT REHAB CENTRE is a holistic rehabilitation centre, South India's first and only centre to concentrate on the complete post hospital recovery and rehabilitation of a patient. Here a special set of programs are curated and designed to give patients a second chance to live a near independent life.

MIOT REHAB CENTRE provides a complete range of physical medicine and rehabilitation services as an integral part of the healthcare practice of the hospital. It combines the various aspects of neurology, orthopaedics, respiratory, cardiac, digestive as well as mental well-being - All under one roof.

## REHAB THERAPY AT MIOT REHAB CENTRE

The 666 concept of rehabilitation consists of physician supervised multidisciplinary rehab care of active therapy in various facets of physical and mental practices for 6 hours a day, 6 days a week and 6 weeks.

MIOT Rehab Centre is manned by a dedicated and experienced multidisciplinary team comprising of Neurologist, Physician in-charge, Neuro-physiotherapists, Neuro-modulation therapist, Occupational therapist, Respiratory therapist, Psychiatrist, Psychologist, Speech language pathologist, Deglutologist (Swallow specialist), Dietician and Nurse.

## A PATIENT FRIENDLY CENTRE

The centre functions across an exclusive 3 floor RETREAT Block with dedicated in-patient beds. Patient and their loved one could stay there and treatment provided would be holistic-for the mind as well as the body, to return them to a happy fulfilling life.



## SERVICES WE OFFER

- Pulmonary Rehabilitation - For Post COVID Sequelae and Chronic Respiratory disorders
- Neuro Rehabilitation - For Stroke, Parkinson's Disease, Paralysis, Paraplegia, Quadriplegia, Critical Illness Neuropathy (Post COVID), Multiple Sclerosis, Head Injury, Spine Injury and Vestibular Rehabilitation.
- Physiotherapy - Sports related injuries, Rehab post fractures and trauma and Arthritis.
- Occupational Therapy - Helps people of all ages with physical, sensory, or cognitive problems
- Speech & Swallow Therapy - Stroke, Traumatic Brain Injury (TBI), Neuromuscular speech disorders, Head & neck cancer, Neuro degenerative disorders - Motor Neuron diseases, Parkinson's disease, Alzheimer's disease, Ataxia.
- Neuro modulation - Post DBS for Parkinson's Disease, Post STIMO for Paraplegia, Critical Illness Neuropathy (Post COVID).
- Counselling - Psychologist counselling for disease related mental well-being especially for Post COVID patients.
- Cancer Rehabilitation - Focuses on maximizing a person's physical and emotional functioning with cancer, and can be started before, during, or after treatment.
- Acute & Chronic pain management - A combination of physical and occupational therapy combined with counselling and relaxation techniques to help effectively manage chronic pain.
- Cardiac Rehabilitation - Involves exercise training, emotional support, and education about lifestyle changes to reduce your risk of heart disease such as eating a heart-healthy diet, maintaining a healthy weight and quitting smoking
- Repetitive Strain Injury - Hands-on therapies including physiotherapy, osteopathy and supplementary treatments.

## TECHNOLOGY ASSISTED REHAB

The Center is equipped with the latest and best in class technology and facilities that prove helpful in multiple rehabilitation programs.



TILT TABLE



TIGO



IGAIT



BALO



BURE  
RISE & GO



PLUTO

## RENEWING A LEASE OF LIFE

MIOT REHAB CENTRE is the first in South India and the first of its kind to provide holistic care for complete recovery of a patient. The vision of MRC is to provide a complete range of physical medicine and rehabilitation services as an integral part of the healthcare practice of the hospital. These services are designed and meant to help patients overcome a wide range of inabilities caused by diseases and also to aid in recovery. The centre has a dedicated and experienced team of rehabilitation therapists working under the guidance of treating physicians. It covers various facets and kinds of therapeutic rehabilitation that is assisted by latest and state-of-the-art technology aiding in faster recovery. We assure that patients will have a renewed lease of life and a second chance to a near independent life.



- A 1000-bed multispecialty hospital
- Healthcare destination for patients from 130 countries
- 63 specialities
- Experienced and renowned 250 full-time doctors
- Sophisticated technology and instrumentation
- Best imaging sciences department in India
- State-of-the-art laboratory (ranked 8<sup>th</sup> internationally)
- 21 world-class operation theatres with laminar air-flow



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