



Testimonials

What people say about Physiotherapy Services

★★★★★

In the midst of these hard times Edinburgh Physioplus & Wellness Center came through for me and I am now pain-free and I live happy and Healthy. I also enjoyed the flexible schedule they have it came in handy.

Joseph Mutua | Neuro-Rehabilitation

★★★★★

I appreciate your clinic as it has a really good environment and excellent patient care. You are continuously handling patient treatment wonderfully. Thanks for the great service that you assured me of and for helping my life resume to normal.

Irene Ochola | Orthopedic and Musculoskeletal

★★★★★

I developed some severe sports injuries last year and I was referred to Edinburgh Physioplus Wellness Centre and they have helped me restore my sports fitness and am back on the track.

Maria Wavinya | Sports Injuries

www.edinburghphysioplus.com



Get in touch

Call now or write a message

OPEN HOURS;
MONDAY - FRIDAY 8AM - 5PM
SATURDAY 9AM- 1PM

Outside these working hours upon request.

Emergency Cases: +254 712 852 653
+254 713 117 427

 **T-Mall along Langata road, 3rd Floor.**

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 **info@edinburghphysioplus.com**

www.edinburghphysioplus.com



**EDINBURGH
PHYSIOPLUS**
& WELLNESS CENTRE



**Restoring your painfree
movement and Happiness**

www.edinburghphysioplus.com

Wellness and Health Promotion

About;

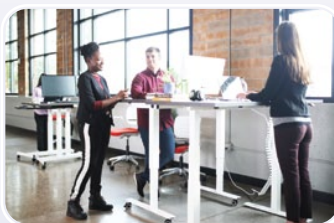
At Edinburgh Physioplus and wellness centre we help you get through the three pillars of health promotion & wellness mainly Physical (fitness,nutrition, sleep,preventive treatment, self care,disease management & safety) Financial (financial security,budget & planning and retirement planning, Interpersonal(Social, spiritual, intellectual,mental and stress management.



Work station ergonomics

About;

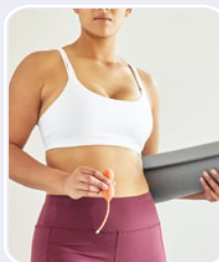
Your working environment can have a huge impact on your physical and mental health. Yet many of us are working in uncomfortable conditions without realising we're putting ourselves at risk. Ergonomics has a massive impact when it comes to reducing the risk of injury in the workplace.



Women's health (Pelvic floor complications)

About;

The pelvic floor refers to the muscles that support your reproductive and urinary tract, including your bladder, uterus (or prostate), and rectum, also wrapping around the urethra, vagina (in female), and rectum. These muscles attach to your pelvis and tailbone and sacrum. In addition to providing support, they also help you control bladder and bowel function.



Chest physiotherapy

About;

Chest physiotherapy is a group of physical techniques that improve lung function and help you breathe better. Chest PT, or CPT expands the lungs,strengthens breathing muscles, and loosens and improves drainage of thick lung secretions.



Paediatrics (celebral palsy, down syndrome,clubfoot & flatfoot)

About;

Here at Edinburgh Physioplus & Wellness centre we treat, correct and manage congenital deformities present at birth, appearing later at childhood or caused by injuries or illnesses that were not present at birth. This includes Cerebral palsy and Down syndrome. We also treat clubfoot and flatfoot deformities in babes.



Our Services

Orthopaedic and Musculoskeletal

About;

The term musculoskeletal refers to muscles, bones, joints, nerves, tendons,ligaments, cartilage, and spinal discs. Musculoskeletal Physiotherapy utilises the basic sciences of anatomy, physiology and biomechanics as background theory in the assessment and management of patients. Example of Orthopaedic and Musculoskeletal disorders are Arthritis and sciatica.



Neuro-Rehabilitation

About;

Neurological rehabilitation is designed to help patients with nervous system or neurological diseases. The type of rehabilitation treatment recommended depend on the areas of the body affected by the neurological condition. Symptoms may include muscle weakness and abnormal muscle tone, Pain, Difficulty walking.



Sports Injuries/ Sports Massage

About;

Sports injuries occur during exercise or while participating in a sport.Children are particularly at risk for these types of injuries, but adults can get them too. Example include sprains, strains, Knee injuries, Achilles and tendon rupture.



Therapeutic massage

About;

This is the mobilisation of soft tissue (such as muscle, fascia and body fluids) to restore normal systemic and biomechanical/functional use. It can be used to assist in the treatment of most musculo-skeletal and associated problems.



Fracture Management

About;

We help treat manage closed or open fractures, complete fractures, displaced fractures, partial fractures and also stress fractures. More specifically we manage Aulsion, Comminuted, Compression, Impacted, Oblique,Spiral and transverse cases.



About Us

Introduction

Who are we?

We are a team of professional physiotherapists concerned with human function, movement and maximising physical, potential and quality of human life within the spheres of promotion, prevention, treatment/ intervention, habilitation and rehabilitation.

A great place for the best Physiotherapy solutions in Kenya.

We are always ready to meet all your Physiotherapy needs by providing Professional Doctors, Affordable prices and Flexible Schedules.

- Standards of treatment
- Restoration of movement
- Quality care services
- Patient experience
- Good communication
- Affordable prices



| Faith Francis, CEO.

Helping Restore Painfree Movement.

Here at **Edinburgh Physioplus & Wellness Centre**, we strive to help our patients to resolve to restore movement and function. We specialise in Orthopaedic and Musculoskeletal, Neuro-Rehabilitation, Sports injuries, Women's Health, Workstation Ergonomics and Therapeutic Massage.

★ Our Vision;

We are a team of innovative,empathetic, exemplary physiotherapists who are driven by passion, inspiration and performance to help restore pain-free movement to our clients.

★ Our Mission statement;

To be the best at seeing and treating the whole person with the knowledge that we were all created to move pain free.

★ Our Values;

- Empathy** - the foundation of compassionate healthcare professionals.
- Quality** - the foundation of evidence-based, whole-patient treatment.
- Integrity** - the foundation of trust and authenticity.
- Performance** - the foundation of healthy patients.
- Innovation** - the foundation of outstanding personal and business results
- Commitment** - the foundation of engagement and leadership