

“HUMANS OF PQ

MEET MR.DEV IYER, OUR 70 YEAR OLD CLIENT WHO DOESN'T LOOKS A DAY OVER 40!

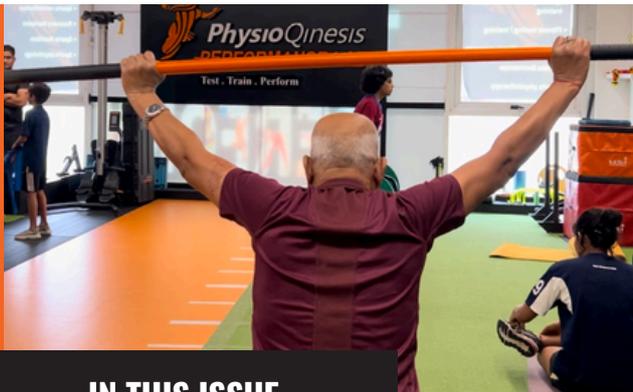
Who is Mr. Dev Iyer?

Hi, I am a hard-working and driven individual who isn't afraid to face a challenge. I'm passionate about my work and I know how to get the job done. I would describe myself as an open and honest person who doesn't believe in misleading other people and tries to be fair in everything I do. I am working on physical fitness in the Gym at PQPL and mental fitness through spirituality.



WHAT MOTIVATES YOU TO NOT MISS A SINGLE WORKOUT?

I enjoy my workout at PQPL. The atmosphere at PQ is amazing and the coaches also motivate me to workout and keep challenging me with new things to do. I also aspire to do the Himalayan Base Camp Trek soon and am working towards that goal thanks to my coach, Mr. Amritpal.



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WHAT MADE YOU START YOUR FITNESS JOURNEY AT PQ?

Joining a professional center like PQ was a no brainer for me due to my previous association with Dr. Shweta through the marathon training group Striders. I have also experienced Dr. Shweta's team consisting of outstanding professionals who have helped me multiple times during my marathon training for recovery or injury. Therefore when they came up with a unique performance lab, I joined as I was keen to continue my fitness journey at a holistic professional place.

HOW HAVE THE STRENGTH & CONDITIONING SESSIONS AT PQ HELPED YOU?

I am actually getting very fitter, looking fitter and my mobility has improved tremendously.



WHAT MESSAGE WOULD YOU LIKE TO CONVEY TO OUR READERS?

There's no excuse when it comes to fitness. So get yourself going and join PQPL as soon as possible and embark on your journey of fitness. As the old adage goes, "health is wealth" and you cannot buy health but you can stay healthier & fitter only by working out regularly. So join this science and technology driven fitness community. Nothing beats PhysioQinesis Performance Lab in terms of excellence.

PQ WISDOM

STRENGTH AND CONDITIONING-THE ANSWER TO ALL YOUR PERFORMANCE GOALS

Unless you have taken rehab at PQ, chances are that the physiotherapy sessions will end with you achieving your functional goals, being pain free and moving like you did before.

But what if you have a bigger goal?

What if your dream is to get back to playing basket ball like you did when you were a kid.

Or be able to workout in the gym like you did before you got injured?

What if your goal was to lose weight?



Enter strength and conditioning.

At the PQPL, our strength and conditioning coaches use principles rooted in science so that you achieve your higher goals.

We stay true to our motto, it's not just a gym to deliver world class programs that not only build strength and endurance but also improve athleticism!

How is it different than a regular gym?

BOOK A SLOT AND FIND OUT.



PQ FAQ

WHAT DO YOU MEAN BY SHOULDER STABILITY?



You know what's bad for an already mobile joint?
More movement.
The shoulder joint being inherently mobile only wants one thing more.
Stability.
And where does it get this stability from?
The scapula.

If the shoulder was a building, then the thorax and scapula are its foundation.
And the foundation is maintained by scapular muscles.

Scapular muscles are the stabilizers that are inherent for moving the shoulder in a pain-free and appropriate manner.

The three important stabilizers are Serratus anterior the punching muscle that keeps the scapula flush with the thorax Trapezius-middle and lower traps help the scapula retract or mine towards the midline Rotator cuff muscles- These center the ball over the socket so that we don't end up with impingement symptoms.

SO NEXT TIME YOU THINK OF THE SHOULDER, THINK OF THE SCAPULA.

PQ SERVICES



WHY DO YOU NEED A GENERAL FITNESS TESTING?

Are you stuck in the vicious loop of trying to get fit by joining a gym only to end up with aches and pains and wasting your membership? What if I told you that we at PQPL can take care of all your fitness needs without falling into a loop of recurrent injuries?

Our plan?

You.

By testing your body with our scientific and evidence based tests we start from the ground up to design a program tailormade for your body and goals.

So what are you waiting for?

BOOK A TEST TODAY.



PQ SPOTLIGHT

- PQ conducted an educational workshop on mobility and injury management for residents of Verraton and Neelkanth Woods in Thane
- PQPL arranged a power packed summer camp for Ashwamedh Weightlifting Centre
- PQ was the proud physiotherapy partner for the Thane City Football Club's trials



FOUNDER'S NOTE



Who do you think of when you hear these 4 beautiful qualities? -

Consistency
Prioritization
Strength
Patience

It's Mother's right?

But can you imbibe these same values in your health and fitness journey too?

Think about it.

Being consistent by prioritizing our health and fitness and having the patience to keep at it to grow stronger and stronger everyday.

Isn't this the mantra to follow as you chase for a healthy and fulfilling life?

Hence, make sure you emulate your mother by abiding by these values and also honor her with our help by gifting her a complimentary fitness test at the PhysioQinesis Performance Lab available this whole month of May!

Also while you are there, do avail a 15% discount on General Fitness testing for yourself!

SPECIAL OFFER

15% DISCOUNT

General Fitness Testing
@ PhysioQinesis Performance Lab

*offer valid till 31st May ,2024, T&C applied

