

ON THE MOVE

THE OFFICIAL MONTHLY WHATSAPP NEWSLETTER



PhysioQinesis

Recover . Function . Strengthen

ISSUE- DEC, 2023



Physioqinesis ”

We exist to empower and enhance human movement, performance and quality of life.

Our Genesis

Founded in 2016, Physioqinesis is the brainchild of Dr Shwetha Rao Warke. One of the largest physiotherapy and sports rehabilitation centres in Thane, Physioqinesis was established with the singular goal of creating an ecosystem of healthcare professionals providing quality services to clients helping them reach their greatest potential. Staying firm on our core values of integrity, compassion, competence, customer centricity and teamwork, Physioqinesis was awarded as one of the top 10 physio clinics in India by siliconIndia.

To further champion sports and help India reach the pinnacle of sporting glory, Physioqinesis Performance Lab-a one of a kind, state-of-the-art facility dedicated to performance enhancement for athletes and fitness enthusiasts was created.

With this newsletter, we welcome you to be a part of the PQ community, receive reliable information for a healthier you and stay up to date with our many new offerings. Lets get started.

IN THIS ISSUE

PQ WISDOM	
Quick Tips to relieve neck pain	2
PQ TESTIMONIAL	2
PQ FAQ	3
PQ AT YOUR SERVICE	3
FOUNDER'S MESSAGE	3



PQ WISDOM

3 Quick tips to relieve neck pain at Work

Endlessly working on the computer with no breaks. Deadlines. Grouchy boss. All good reasons for aggravating your neck pain but, Let us look at what is really contributing to that nagging neck pain.

Poor posture. Poor Ergonomics. Overuse. Here are 3 quick tips to address these issues and alleviate your neck pain at work (which do not put your job in jeopardy!)

Here are the Tips:

- 1) Perform neck stretches hourly at work so as to relieve tension in tight muscles and prevent stiffness from sustained postures.

- 2) Workstation modification can help in avoiding neck pain. Make sure elbows are supported on armrests, the computer screen is at eye level and the monitor is not too far so that you have to slouch.

- 3) Avoid neck pain stemming from eye strain by putting the 20-20-20 rule into practice. Simply spend 20 seconds looking at an object 20 feet away after 20 minutes of computer work.

“PQ TESTIMONIAL”



Perfect one stop place for your sports related requirement.. As an endurance runner I have been taking deep tissue massages from them.. their staff person Amol is quite knowledgeable and expert with massaging. Highly recommend.

--- **Harshal Potdar**



PQ FAQ

Did you know the intensity of pain felt does not necessarily relate to the amount of tissue damage.

Consider these examples for perspective. A single cut may hurt a lot while amputated war veterans have been known to feel no pain during war.

A finger cut may hurt a violinist more than a runner.

Thus pain is contextual and complex. To know more, book a session with us.

PQ AT YOUR SERVICE

Be it nagging neck pain or aching ankles, sore shoulders or burning back!

Deep tissue sports massage therapy is a necessary service offered by us to maintain optimal muscle structure following a rigorous event or during routine training for relieving your soreness or for improving your performance.

It not only helps to improve muscle performance and body posture but flushes out excess lactic acid build up, aids in tissue repair, speeds up recovery and makes you feel completely rejuvenated and new.

Make sure you book one right now!



FOUNDER'S MESSAGE

The secret to Good Health is showing up. Be it in the gym, for a physiotherapy session or a morning walk. Consistency is king.

SPECIAL OFFER

For Tata Mumbai Marathoners, avail Package of 5 Massage Sessions for Rs.6000 flat*

*offer valid till 31st dec,2023, T&C applied