

Corebasics Physical Medicine & Rehabilitation

Benefits of Pressotherapy:

- ✓ Stimulates immune system, building up your defenses against pathogens and lower your blood pressure if you have hypertension;
- ✓ Assists in kidney function as helps eliminate fluid in the tissues;
- ✓ Assists in premenstrual swelling due to fluid-retaining effects of estrogen and progestin;
- ✓ Recovers your skin elasticity and reduces bags under the eyes by increasing oxygen flow to the body's tissues and helping them regenerate;
- ✓ Improves loss of muscle tone in case of disability;
- ✓ Tones your muscles and joints in case of athletic performance enhancement; and
- ✓ Shapes your body in case you follow the diet to lose weight.

TimTam Recovery is a rehabilitative tool used in the recovery process of various parts of the body – from the neck to the feet.

Benefits:

- ✓ Remedy for the back of the neck, the shoulders, the upper back for frozen shoulders and stiff necks;
- ✓ Reduces back pain and stiffness;
- ✓ Improves range of motion by using it on deltoids, upper arm, forearms, and chest muscles;
- ✓ Treats cramps in the legs, forearms, carpal tunnel in the hands and wrists, tennis elbow;
- ✓ Strengthens and increases the flexibility of glutes, the hip flexors; and hamstrings, quads, and the thighs;
- ✓ Improves flexibility in calves and treat plantar fasciitis pain in the feet; and
- ✓ Helps in muscle recovery, relaxes the knots, tension in muscles.

Manual Therapeutic Treatment is also known as “medical massage” focuses on number of medical conditions either chronic (lasts a long time) — or acute (happened recently). Some of the healing benefits are:

- ✓ Reduces joint and muscle disorders, overuse and repetitive strain injuries;
- ✓ Remedy for the Neck, Shoulder & Back pains;
- ✓ Improves post-surgical scar tissue, reduces swelling;
- ✓ Helps in injuries at workplace and athletic trauma;
- ✓ Treats illness and injury, alleviating pain and stress, aiding soft tissue healing;
- ✓ Reduces migraines, cluster headaches, tension headaches, sinus headaches; and
- ✓ Increases blood flow and releases stored lactic acid

About Corebasics Physical Medicine & Rehabilitation:

It is an Internationally recognized Physical Therapy and Rehabilitation practice located in The Sustainable City, Dubai. Corebasics is the largest private rehabilitation center in the local region - where luxury meets rehabilitation. The reputable team of highly skilled and compassionate clinical professionals specialize in delivering the highest quality rehabilitative care, tailored to your individual needs. The expertise prevails in all fields of Physical Therapy, Physical Medicine & Rehabilitation, and notably the Services of Excellence Musculoskeletal Rehabilitation, Pediatric Rehabilitation, Women's Health, Lymphedema Treatment, Manual Lymphatic Drainage, Hand Therapy, Sports Injury Prevention, Cancer Rehabilitation, Neurological Rehabilitation, Therapeutic Massage, as well as the unmatched Corporate Wellness Program. It offers an extensive array of elite services from physical therapy to recovery