

**For Emergency Medical Services
Contact : 105757**

**SANCHETI INSTITUTE FOR
ORTHOPAEDICS & REHABILITATION**

ISO 9001 : 2008 CERTIFIED HOSPITAL



KNEE CLUB

sancheti

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(TURN KEY TO A HEALTHY KNEE)



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From Sancheti Hospital For the First Time in Pune - Knee Club

Objective :

Educate & guide people to take care of their knee so as to prevent and manage knee problems.

Salient Features :

- Critical evaluation & diagnosis.
- Increasing the flexibility and strengthening the muscles of leg. Includes prescribed exercises and treatment with equipments.
- Modified Yoga to meet individual needs and relaxation.
- Lessons in diet and weight management.

Prospective members :

- People of all age group having knee problems.
- People with mild / moderate osteoarthritis of knee.
- People with no knee problems but to ensure its non occurrence.
- Overweight persons.
- Any person to avoid Knee Pain.

Advantages :

- Awareness & knowledge about the status of your knee by clinical diagnosis & investigation.
- Prescription of customized exercise program under supervision of trained physiotherapist.
- Regular check up by Orthopaedic surgeon.
- Do's & Don'ts of knee.
- All activities in club environment as against hospitalisation.
- Diet control.
- Advice for external aid if required.
- To improve quality of life.

Membership Fees :

Quarterly Membership	Rs. 1600/-
Guest membership for non residents of Pune :	
1 Month	Rs. 700/-
10 Days	Rs. 500/-

Track Record

Over 3000 satisfied members in 7 years.
The benefits are real and plenty.