



Dua Old Age Caring Institution

In-House Physiotherapy Centre for Elderly



HEALTH PRIORITY

Why Physiotherapy for the Elderly Matters

38%

Annual Fall Rate

Indians over 60 experience falls annually, making prevention crucial

70%

Accidental Deaths

Falls cause majority of accidental deaths in those aged 75 and above

Ageing naturally leads to muscle degeneration, joint stiffness, and progressive mobility loss, significantly increasing fall risk and dependence on caregivers. Our physiotherapy services directly address these challenges by improving strength, balance, and flexibility, thereby enhancing seniors' safety and fostering independence in daily living.

Our Tailored Physiotherapy Services

At Dua Old Age Caring Institution, we understand that every senior has unique needs. Our comprehensive physiotherapy programme is designed to deliver personalised care that addresses individual health conditions and mobility goals.



Personalised Assessments

Comprehensive fall risk evaluations and customised conditioning programmes designed specifically for each resident's unique health profile and mobility requirements



Targeted Exercise Sessions

Focus on building strength, improving balance, increasing walking speed, enhancing endurance, and maintaining flexibility through both clinic-based and convenient bedside sessions



Education & Support

Comprehensive guidance for seniors and caregivers on environmental safety modifications and proven fall prevention strategies to create safer living spaces



Benefits for Our Residents

Physical Improvements

- Enhanced mobility and confidence to perform daily activities independently without assistance
- Effective pain management for arthritis, osteoporosis, and other chronic conditions
- Reduced reliance on medications through natural therapeutic interventions
- Improved cardiovascular health and stamina

Holistic Wellness

- Physical recovery complemented by emotional well-being support
- Compassionate care that respects dignity and promotes self-confidence
- Social engagement opportunities during group therapy sessions
- Greater independence in performing everyday tasks





Dua's Commitment to Senior Wellness

We believe every elder deserves to live with dignity, safety, and joy. Our in-house physiotherapy centre embodies this commitment through professional excellence and compassionate care.



Expert Care Team

Highly qualified physiotherapists specially trained in geriatric care, delivering holistic, evidence-based treatments tailored to elderly needs



Integrated Approach

Comprehensive care combining physiotherapy with emotional support, nutritional guidance, and social engagement for complete wellness



Empowering Lives

Dedicated to helping our elders live safer, healthier, and more fulfilling lives with independence and confidence every single day

"Join us in our mission to transform elderly care through professional physiotherapy services that honour our elders and restore their vitality."