MIOT REHAB CENTRE

MIOT International

MIOT Rehab Centre's Holistic Rehabilitative Care Helps You Live Your Best Life

Healthcare is about more than getting the right treatment. Long-term hospitalisation or traumatic injuries should not make patients dependent on their families. They need to relearn how to take care of themselves, so that they can be independent. Rehabilitation plays an important role in their journey of recovery.

Rehabilitation is widely perceived as physiotherapy, but that is only one of its facets. Any part of the body could need rehabilitation, and it demands specialised expertise. This inspired the birth of MIOT Rehab Centre in 2022. It is a first-of-its-kind centre providing head-to-toe rehabilitation supported by specialists across disciplines.

Customised Care Plans to Help You Regain Your Independence

Be it a child, an adult, or an elderly person, if they have been hospitalised or are recovering from trauma, they need to get back on their feet and be independent. This enables them to resume their roles at school, work, and being the breadwinner of the family.

MIOT Rehab Centre understands every patient's needs and creates a personalised rehabilitation plan for them. The treatment protocol is administered and reviewed as the patient progresses.

Supported by a Dedicated Rehab Board

MIOT Rehab Board comprises of neurologist, spine surgeon, neuro surgeon, neuro-physiotherapist, neuro-modulation therapist, physical medicine and rehabilitation specialist, occupational therapist, respiratory therapist, intensivist, speech & swallow therapist and a psychologist. They are also supported by specialists across other disciplines.

Since its inception, MIOT Rehab Centre has rehabilitated over 1,000 patients, helping them regain their lost abilities. It has witnessed the transformation of many people, who have recovered and returned to an independent life.

The Importance of Rehabilitation

A global study by WHO and the Institute for Health Metrics and Evaluation (IHME), reveals that one-third of the world's population is experiencing a health condition that improves through rehabilitation. This need has increased by 63% since 1990, from 1.48 billion to 2.41 billion people across the world.

Rehabilitation also plays a vital role in reducing the disabling impact of certain chronic health issues. The associated pain and complications are addressed through treatment. The patients are also taught ways to practise self-management and provided with assistive products.

Modifications at Home

MIOT Rehab Centre's care extends beyond the programme, to the patient's home. The team advises their family on modifications that can be made to make everyday tasks easier for them. For example, a paraplegic patient is suggested washroom modifications and home entry-and-exit modifications so that they can be more self-reliant.

Ergonomic Advice

When a patient needs to rejoin work, MIOT Rehab Centre gives them ergonomic advice and suggests modifications to help them ease into their routine. The goal is to help them resume a normal life without the need to take regular medications for pain management.

Home Visits

MIOT's rehabilitative care does not stop after discharging the patient. The Rehab Board ascertains their needs and arranges for a dedicated team of therapists to make home visits. This may be crucial in ensuring complete rehabilitation.

Post-rehabilitative Follow-up

Regular follow-up calls are made to the patient's attender to monitor the patient's outcome and familial support. This also helps to ensure that the set protocols are regularly followed at home.

Inpatient/Outpatient Rehabilitation Services

When a patient needs full-time rehabilitation for complete recovery, MIOT Rehab Centre not only ensures that they receive inpatient care, but also provides personalised outpatient rehabilitation.

Rehab Care for a Range of Neuro, Orthopaedic and Muscular Conditions

- Pulmonary Rehabilitation
- Neuro Rehabilitation (Stroke, Parkinson's Disease, Paraplegia)
- Neuromodulation
- Physiotherapy (injuries related to sports, fractures, trauma and arthritis)
- Occupational Therapy
- Speech & Swallow Therapy
- Psychology Counselling
- Cancer Rehabilitation
- Acute & Chronic Pain Management
- Cardiac Rehabilitation
- Repetitive Strain Injury

Group Therapy

Every patient performs their rehabilitative exercises individually. This could cause fatigue and stress. The presence of a group supports and uplifts them. MIOT Rehab Centre offers weekly group activities to all patients and their attenders, where they are asked to showcase their hidden talents. They speak up, sing and dance, besides participating in art and craft sessions. This helps the patients and their attenders relax, which promotes better rehabilitative progress.

At-home Exercise Schedule

During a patient's stay, they regularly perform the prescribed exercises and are monitored throughout. Ahead of their discharge, their exercise protocol is planned after taking their progress into account. These are presented to the patient through easy-to-follow instructions, so that they can continue the schedule at home, till they achieve total recovery.

Advanced Equipment and Facilities

Apart from manual rehabilitation, MIOT Rehab Centre uses state-of-the-art equipment and draws upon dedicated expertise to offer a holistic care programme. These include:

TIGO

It helps restore mobility to patients who have musculoskeletal weakness after an accident or surgery. Even patients who have a low level of consciousness can be made to work out with this equipment.

BALO

It is a standing and balancing exerciser that helps patients achieve better balance and mobility. It can even be used by elderly people who have not stood for years because of the fear of falling.

Re-education Board

This equipment helps patients retrain their range of movement. It enables them to regain even fine finger movement skills.

i-GAIT

It is a gait training device that helps achieve coordinated movement of the lower limbs and walk on the floor with ease, while being given maximum support.

Multi-gym

This state-of-the-art equipment is used for workouts that are part of rehabilitation programmes. It is a complete solution for upper limb rehabilitation.

Success Stories Born at MIOT Rehab Centre

The centre has successfully treated patients as young as 6 to as old as 92. This proves that rehabilitative care is important regardless of age.
Here are a few remarkable stories of recovery at MIOT Rehab Centre.

Mr. Hamad, 67 yrs
Farmer

"At the age of 67, I did not think I would have to learn to walk again."

Intensive rehabilitation at MIOT helped Mr. Hamad get back on track after a successful brain tumour surgery, by helping him walk, run, and improve his hand and finger movements.

"I can remember vividly, the feeling of losing control over my actions. But, I did not let Parkinson's define me."

Ms. Uma, 57 yrs
Teacher

MIOT Rehab Centre successfully brought Ms. Uma back to her old self, improving her coordination, balance, fine motor skills and speech.

"I was bedridden after a road accident but MIOT gave me a new life."

Mr. Rahul, 29 yrs
Businessman

MIOT Rehab Centre transformed the life of this businessman as he regained his ability to talk, walk, run, and analyse after comprehensive 12-week rehabilitation.

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