



## JAMUNALAYA Old Age Home



**Smt. S. JAMUNA - Chairman**

Jamunalaya is a Registered Charitable Trust  
Old Age Home Managed by  
Smt. S. Jamuna and Team

Patient Care at Home  
Senior Citizen Home

### Best Elder Health Care Facilities available.

- Systematic Admission
- A/c / Accommodation Fully Furnished with 1 Sharing / 2 Sharing / Dormitory Hall with good ventilation, T. V. in all the Rooms.
- Lift facility
- Staff for cleaning / Caretaker Nursing Staff
- Day Care Center
- Mobile Health Care System
- Ambulance facility
- Physiotherapy / Acupuncture / Nursing / Rehabilitation



## JAMUNALAYA Old Age Home



**Dr. ASHA - Physiotherapist**

- Senior Physiotherapist - Dr. Kishan
- Food : Vegetarian Only
- Well balanced Diet
- 06:00 a.m. - Milk / Coffee / Tea
- 08:00 a.m. to 08:30 a.m. - Breakfast
- 12:30 p.m. to 01:00 p.m. - Lunch
- 03:30 p.m. - Tea / Coffee
- 06:00 p.m. - Snacks
- 08:30 p.m. to 09:00 p.m. - Dinner
- Extra Medicine / Diaper will be borne by resident.
- Weekly twice Doctor visit with basic Medical Facility
- Treatment Charges Extra
- Provide access to Telephone, Wi-Fi and other forms of communications.



## JAMUNALAYA Old Age Home



**S. ANITHA - H.R**

- Eco-Friendly Environment / Refreshment / Park / Badminton Court Etc.,
- Yoga Class
- Good and Safe with Security.



## ABOUT PHYSIOTHERAPY

The suffering of a patient when affected by an injury, illness or disability is immense.

We as a team help to manage pain, facilitate recovery and equally help to reduce the risk of injury again. We have adopted proven techniques, latest technologies and advanced care to help patients regain their normal movement and function.

### To achieve this we follow a protocol:

- Initial Assessment to establish the diagnosis and find out the root cause behind the problem.
- A care plan which involves short term and long term treatment goals.
- Setting an aim for pain management to restore normal movement
- Electro therapy like Ultrasound, IFT, TENS PEMF, LWD along with manual therapy like mobilization and soft tissue techniques like Myofascial release and Trigger point therapy.
- Periodic re-evaluation and follow up done by a senior Physiotherapist to monitor the recovery process.

### Treatment for the conditions below are available:

#### Orthopaedic Physiotherapy

- Joint Pain
- Arthritis
- Lower Back Pain
- Neck pain
- Spondylitis
- Slipped disc
- Sprain
- Tendinitis
- Fasciitis Plantar
- Frozen Shoulder
- Fibromyalgia
- PID



#### Neurological Physiotherapy

- Hemiplegia
- Spinal Cord Injury
- Parkinsons Disease
- Stroke
- Neuropathy
- Multiple Sclerosis
- Motor Neuron Disease
- Facial Palsy



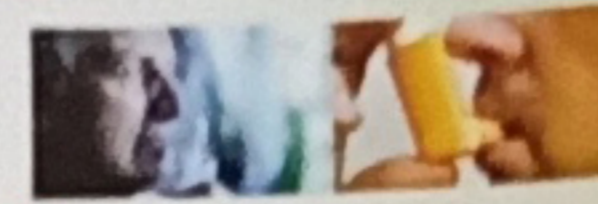
#### Sports physiotherapy

- Ligament Injuries
- Tennis Elbow
- Ankle Sprain
- Meniscal Injuries
- Dislocation



#### Cardio Pulmonary Rehabilitation

- COPD
- Asthama etc.,



#### Post Operative Physiotherapy

Physiotherapy plays a vital role in the pain relief, restoring normal ROM and improves muscle strength.

- TKR
- THR
- Spine Surgeries
- Rotator Cuff Repair
- Ligament Reconstruction



#### Paediatric Physiotherapy

- Developmental Delay
- Cerebral Palsy



#### Geriatric Rehabilitation

- Balance Impairment
- Generalized Weakness
- Postural Instability



General Medicine cases are also treated

As a team of Jamunalaya our goal is to help to encourage development and facilitate recovery, enabling people to stay in work while helping them to remain independent in activities of daily life for as long as possible. We help to maintain health for people of all ages, helping patients to manage pain and prevent disease.

**S. SARAVANAN**  
Vice Chairman



**SARAVANABHAVA**  
**JAMUNALAYA**



**OLD AGE HOME**  
**Ashraya Dhama**

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