

A photograph of a female caregiver in blue scrubs assisting an elderly man with a walker. The caregiver is smiling and has her hand on the man's arm. The man is wearing glasses and a light blue shirt. The background is a bright, indoor setting.

**Athulya**  
Senior Care

**when the going gets tough...  
we make you tougher.**

**REHAB CARE AT ATHULYA**

The aging process presents unique challenges, particularly when it involves recovery from hospitalization or managing a mobility health ailment. When such circumstances arise, the right support and care can make a significant difference. This is where we step in.

At Athulya, we understand the diverse needs of seniors and offer personalized care solutions, including cutting-edge rehabilitation and physiotherapy services. Our dynamic approach is designed to enhance seniors' independence and comfort, promoting an improved quality of life.



Post-hospitalization / illness recovery can be taxing for seniors, affecting daily life and well-being. Athulya's specialized rehabilitation is a beacon of hope, bridging the gap between hospital care and daily activities. We help seniors reclaim their vitality, ensuring they can embrace life with renewed confidence.

## Rehabilitation at Athulya: Our Pillars of Care

At Athulya, we embrace a holistic senior care approach, understanding seniors need more than medical care. Our focus on emotional support, social interaction, and stimulating activities ensures a fulfilling lifestyle for them at Athulya.



**Expert Medical Care:** Rehabilitation Medicine Physician leading the medical care and closely monitoring the rehab process with a team of experienced therapists, dietitian & nurses.



**Engaging Physio Sessions:** Beyond therapeutic, our sessions are engaging, introducing exercises that seniors eagerly anticipate.



**Custom-Tailored Plans:** Catering to individual health and goals, we craft plans that resonate with each senior's unique journey.



**Modern Facilities:** Our top-notch spaces, packed with the latest gear, ensure comfortable and safe therapy sessions.

At Athulya, we believe that every senior deserves to live a fulfilling, comfortable, and independent life. Our rehabilitation and physiotherapy services are a testament to this belief. By providing expert care and personalized attention, we ensure seniors can overcome their physical challenges and embrace their golden years with renewed strength and confidence.



## Service Highlights



**Integrated Care Team:** Dedicated Physicians, expert Physiotherapists, Rehabilitation Nurses and Medical Social workers



**360 degree holistic approach:** Physiatry / Rehabilitation Medicine, Occupational therapy, Speech Language Pathology, Clinical Psychology, Clinical Nutrition



**Regain Strength:** Targeted routines bolster physical strength and mobility, fostering overall wellness.



**Empower Independence:** Our services restore seniors' capability to handle daily tasks, enhancing life's quality.



**Relieve Pain:** Manage and reduce pain with our therapeutic routines.



**Accelerate Healing:** We ensure a swift transition to regular life post-hospitalization.



**Minimize Hospital Returns:** By fortifying physical health, we reduce the chances of readmission, ensuring prolonged well-being.



**Get better than before:** While an medical intervention aids cure, our services aid holistic healing, ensuring recovery to normalcy.

Whether you or your loved one requires rehabilitation after hospitalization, or you're looking for quality physiotherapy services, Athulya is here to help. We invite you to experience the Athulya difference and discover how we're transforming senior care in India.



## ATHULYA SENIOR CARE CORPORATE OFFICE

No. 40, North Phase, 5th Cross Street, Kalaimagal Nagar, Ekkatuthangal, Chennai, Tamil Nadu - 600032



Assisted Living



Dementia Care



Rehab Care



Palliative Care



Transition Care



Home Care

## WHERE COMPASSION MEETS CARE.

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