


Physiotherapy is a science-based health profession, which aims to identify and accept the

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Approaches to physiotherapy for the physically disabled:

Individual programmers, Hydrotherapy, Keep-fit, Slim & Trim, Massage & Relaxation. It is important that

Physiotherapy and Massage therapy Daily Schedule:



REHABILITATION UNIT DAILY SCHEDULE

DAY	TIME					
	8:00-10:00am	10:00-10:30am	10:30-11:00am	11:00-11:30am	11:30-1:00pm	1:00-4:00pm
Monday	Baby court	Old folks	Lunch & Break time	Down syndrome rehabilitation	Charting/Filing	Male/Female Group exercise
Tuesday	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Hydrotherapy	Charting/Filing	Male/Female Group exercise
Wednesday	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Stroke rehabilitation	Charting/Filing	Male/Female Group exercise
Thursday	Baby court	Old folks	Lunch & Break time	Hydrotherapy	Charting/Filing	Male/Female Group exercise
Friday (BENCING)	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Dormitories session	Charting/Filing	Male/Female Group exercise
Saturday	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Pulmonary rehabilitation	Charting/Filing	Male/Female Group exercise
Sunday (PILAH)	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Dormitories session	Charting/Filing	Male/Female Group exercise

Note: Hydrotherapy session depends on weather

Approved by: _____ Prepared by: _____

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