


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

{vsig}physiotherapy{/vsig}

**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	10:00-12:00pm	12:00-1:00pm	1:00-3:00pm	3:00-4:00pm	4:00-6:00pm
<b>Monday</b>	Baby court	Old folks	Lunch & Break time	Down syndrome rehabilitation	Charting/Filing	Male/Female Group exercise
<b>Tuesday</b>	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Hydrotherapy	Charting/Filing	Male/Female Group exercise
<b>Wednesday</b>	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Stroke rehabilitation	Charting/Filing	Male/Female Group exercise
<b>Thursday</b>	Baby court	Old folks	Lunch & Break time	Hydrotherapy	Charting/Filing	Male/Female Group exercise
<b>Friday</b> (BENCOS)	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Dormitories session	Charting/Filing	Male/Female Group exercise
<b>Saturday</b>	Baby court	Mix exercise (Main Rehab)	Lunch & Break time	Pulmonary rehabilitation	Charting/Filing	Male/Female Group exercise
<b>Sunday</b> (PILAH OS)	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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