

# YOUR HEALTH COMES FIRST

## REHABILITATION, PHYSICAL THERAPY AND ACUPUNCTURE

Physiotherapy is the branch of rehabilitation that is responsible for the application of physical agents for a therapeutic purpose, restoring movement and functionality when there is any affection due to injury, illness or disability.



### *Physical agents used in this area*

- Electrotherapy
- Heat
- Cryotherapy
- Hydrotherapy

The purpose of physical therapy is to restore and maintain physical functionality of the patient, letting him have an independent life even with limitations, reintegrating him to his environment.



### *What is acupuncture?*

*Is an alternative supportive method to medicine, this technique consists in the manipulation of needles and inserting them in energetic points of the body, restoring its balance, with the purpose of relieve pain and improve the wellness of the patient.*

### *Benefits*

- ✓ Reduces pain
- ✓ Improves blood circulation
- ✓ Releases stress and anxiety
- ✓ Improves sleep cycle