



### ➤ *Ananda Pain Management*

Chronic and debilitating pain is *growing* exponentially affecting a large number of people globally. Ananda Pain Management includes *comprehensive* physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to *reduce* the intensity of pain, *improve* mobility and flexibility of joints, enhance physical functioning, and gradually *remove* pain entirely through addressing the root causes.

**Who is this programme for:** Those experiencing muscular skeleton pain, cervical, spondylosis, spinal and specific joint issues, specific joint issues, osteoarthritis and rheumatoid arthritis, lower back pain, unexplained aches & pains.

Ananda Pain Management starts with a detailed assessment by our Physiotherapy and Ayurvedic experts. The treatment plan is highly customized basis the root cause of pain, and includes comprehensive physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to reduce the intensity of pain, improve mobility and flexibility of joints, enhance physical functioning, and gradually remove pain entirely through addressing the root causes through ongoing management.

The programme is effective for symptomatic pain relief in non-chronic conditions where muscular or musculoskeletal pain onset is less than 2 to 4 years. Specific Physiotherapy sessions, and Ayurvedic therapies allow for reduction of pain and improving range of movement with guidelines for ongoing management. This is effective for pain reduction and mobility enhancement treatment of select non-degenerative conditions to achieve where muscular or musculoskeletal pain onset is less than 5 to 6 years. In addition, Ayurvedic pain care therapies and localized therapies helps to reduce the inflammation.

Both Physiotherapy and Ayurvedic therapies involve manipulation of soft tissue structures of the body to prevent or alleviate pain, spasm, tension or stress and to promote musculo-skeletal health. Personalised yoga asanas work on gently unlocking stiff joints and reducing pain.

The **14-night Programme** is required when muscular or musculoskeletal pain onset is more than 5 to 6 years, or for Neuro-Muscular or Neurological Pain or other degenerative conditions. Physiotherapy sessions are designed to increase range of motion of the joint complex; mobilize or manipulate soft tissues and joints; induce relaxation; change muscle function; modulate pain; and reduce soft tissue swelling, inflammation or movement restriction. Based on the assessments including chronic neck pain, chronic low back pain, fibromyalgia, osteoarthritis or similar other chronic pain syndromes, a set of customized exercises are practiced under expert guidance and a home exercise regime is prescribed to ensure pain alleviation.

Pain Management	Comprehensive			Intensive		
	7	14	21	7	14	21
Inclusions   Nights:	7	14	21	7	14	21
<b>THERAPIES</b>						
Ayurveda, International, Oriental, Physiotherapy, Cleansing	12	24	36	19	38	57
<b>PERSONAL SESSIONS</b>						
Yoga, Pranayama, Meditation	2	4	6	2	4	6
<b>CONSULTATIONS</b>						
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	8	9	10	8	9	10

\*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

**Consultations with Lead Consultant** – Physiotherapy Doctor

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

