

Expert Physiotherapy Near Shanti Nagar Sector 5 at Dr. Vigil's Advance Physio for Quick Recovery

Dr Vigil's Advance Physio, treatment begins with a detailed assessment to understand the root cause of your pain or movement limitation. Rather than offering temporary relief, the team focuses on long-term recovery through structured and personalized therapy programs. Each patient receives a customized plan that may include manual therapy, therapeutic exercises, stretching techniques, posture correction, electrotherapy, and strengthening routines.

If you are searching for expert [**physiotherapy near Shanti Nagar Sector 5**](#), professional and result-oriented care is available at Dr Vigil's Advance Physio, conveniently located in Mira Road. The clinic is well-known for delivering advanced rehabilitation services focused on reducing pain, restoring mobility, and improving overall physical function.



The clinic treats a wide range of conditions including back pain, neck pain, knee pain, frozen shoulder, arthritis, slip disc, ligament injuries, muscle strains, and post-operative rehabilitation. Whether you are recovering from a fracture, sports injury, or joint replacement surgery, the therapists guide you through every stage of rehabilitation with professional supervision.

In addition to general physiotherapy, Dr Vigil's Advance Physio offers specialized services such as sports physiotherapy, neuro-rehabilitation for stroke and paralysis patients, geriatric

physiotherapy for senior citizens, and pediatric physiotherapy. Home-visit physiotherapy services are also available for patients who find it difficult to travel.

Residents near Shanti Nagar Sector 5 trust the clinic for its modern equipment, hygienic environment, and compassionate approach to care. The focus is always on helping patients regain strength, flexibility, and confidence in their movements. With consistent therapy sessions and proper guidance, many patients experience noticeable improvements within a short period.

For reliable and effective physiotherapy near Shanti Nagar Sector 5, Dr Vigil's Advance Physio remains a trusted choice for comprehensive rehabilitation and long-lasting pain relief. For more visit us!