

**Steps 2 Recovery Physiotherapy & Chiropractic Center**

**DISCOVER THE  
 POWER OF  
 MOVEMENT**

**HEALING HANDS.  
 CARING HEARTS.**

**Meet Our Experts**

**Dr. MANALI SHARMA (PT)**

Manual Expert  
 MPT - (Neuro & Spine), IAP | HCOPA

**Dr. HARSHVARDHAN  
 CHATURVEDI (PT)**

Chiropractor  
 MPT - (MSK & SPORTS)

**8 AM - 8 PM**

**WHAT WE TREAT**



Back & Neck Pain



Joint Pain Injuries (Knee & Shoulder Pain)



Ligament Injuries (ACL & PCL)



Muscular Imbalance (Hip Pain)



Neural Injuries (Sciatica & Varicose)



Soft Tissue Injuries (Calf Pain)



Slip Disc



Postural Dysfunction (Neck Hump & Scoliosis)



Vestibular Conditions (Vertigo)



Sports Injuries (Tennis Elbow)



Migraine & Sinusitis



Stroke & Parkinson's Condition



# OUR SERVICES



Manual Therapy



Reformer Pilates



Yoga & Meditation



Chiropractic & Osteopathy



Post Surgical Rehabilitation



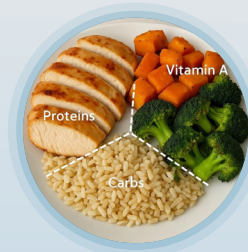
Neurological Rehabilitation



Oncology Rehabilitation (Breast, Brain & Prostate)



Strength & Conditioning



Diet & Nutrition Meals



Accupressure (Cupping Therapy)



Spinal Decompression Therapy



Accupuncture (Dry Needling)



Sports Injury Rehabilitation (Agility Drills)



Chronic Pain Management



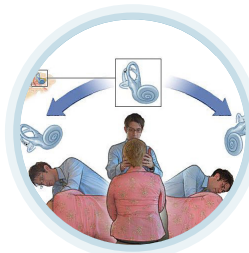
Core & Balancing Training



Anti/Post Natal Pregnancy Protocols



Pelvic Floor Rehabilitation



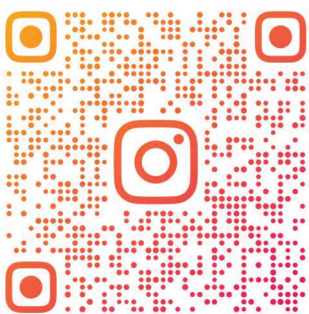
Vestibular Rehabilitation (BPPV)



Aquatic Yoga & Aerobics



Advance Laser Treatment



@STEPS2RECOVERY

**HOME CARE AVAILABLE WITH EXPERTS**

**PERSONALIZE TREATMENT  
FOCUS ON PREVENTION**

**+91 9220505767**

**+91 9588925771**

