

ANODYNE SPINEFITLIFE CLINIC

CORPORATE WELLNESS

IT'S TIME SAY GOODBYE TO PAIN +91-9718437110



01

SPINE



02

NECK



03

SHOULDERS

Increase workplace productivity by enhancing employee well-being.



ANODYNESPINE
FITLIFE CLINIC



CHIROPRACTOR & PHYSIO

HITESH KHURANA

www.anodynespine.com

WELLNESS PROGRAM

THE ADVANTAGES



- HEALTHIER WORKPLACE
- INCREASED PRODUCTIVITY
- AVOID RISK OF DISEASES
- ENHANCED FITNESS LEVEL

THE RESULTS

Employees participating in fitness and wellness programs tend to be healthier. Moreover, it reduces the chances of taking sick leaves. The program intensively focuses on enhancing employee productivity as work places.



SCAN QR CODE

 B-17, EAST KRISHNA NAGAR

 C-99, LAJPAT NAGAR I, DELHI 110024

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THE ASSESSMENT



SEGREGATION & PRIORITIZING

The assesment tools feature Karada scan, Postural Assessment, Plum Line, Manual Muscle Testing (MMT), Range of Motion (ROM), Tenderness, Sensation Assessment, Functional Balance Test, Strength Testing, Functional Testing: Squats, Pushups etc, Acute or Chronic Pain



GOAL SETTING AT INDIVIDUAL LEVEL
WHICH IS SPECIFIC, MEASURABLE,
REALISTIC & TIME BOUND

Offering Monthly Retainership Programs Focusing on Enhancing Corporate Wellness.

Dr. Hitesh Khurana is leading the team & provides excellent services in the field of pain management, spine-related pain and injuries, sports injuries, and rehabilitation. We are loved and trusted by our patients, and have been industry leaders in our proximity.



“ All Companies Provide Salaries, We Provide Wellness That is Value Addition. ”

DR. HITESH KHURANA

CONTACT US



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