



We Make Lives Better.



GARDEN[®]
PMR HOSPITAL
Integrated Neuro & Ortho Rehabilitation



Who We Are

Garden PMR Hospital is India's first integrated **Physical Medicine and Rehabilitation (PMR)** hospital, seamlessly blending modern medicine, traditional Ayurveda, physiotherapy, occupational therapy, speech and swallowing therapy, and advanced rehabilitation technologies. Our holistic approach ensures that every patient receives personalized, evidence-based care through specialized medicines, regenerative therapies, and cutting-edge treatments tailored to individual needs.

At Garden PMR, innovation meets compassion, led by an expert team of experienced professionals dedicated to restoring mobility, function, and quality of life. Our hospital offers premium facilities and a patient-centric environment, ensuring the highest standards of care and hospitality. Through targeted diagnosis and customized treatment plans, we redefine rehabilitation, empowering individuals on their journey to recovery.

Welcome to **Garden PMR Hospital**, where excellence in rehabilitation transforms lives.

OSAMA LUTHFY
FOUNDER & MANAGING DIRECTOR

Vision

World's destination for Integrated Physical Medicine and Rehabilitation, where excellence in diagnosis meets promising solutions in Neuro-Orthopedic Rehabilitation.

Mission

Empowering Recovery:

To provide comprehensive, integrated medical care by seamlessly combining modern medicine with alternative therapies for precise diagnoses and effective rehabilitation.

Comprehensive Wellness:

Our approach focuses on accelerating recovery and enhancing well-being through personalized, patient-centric treatments that restore vitality.

Trust & Excellence:

With the highest ethical standards and transparency, we strive to earn patient trust while delivering world-class rehabilitation solutions.



Core Values



Excellence & Innovation

Quality: We are committed to the highest standards of care and continuous improvement.

Innovation: We embrace the latest technologies and techniques to enhance patient outcomes.



Collaboration & Teamwork

Interdisciplinary Approach: We promote collaboration across all specialties to provide comprehensive care.

Communication: We maintain open, honest, and transparent communication among staff, patients, and families.



Patient-Centered Care

Compassion: We prioritize empathy and kindness, treating each patient with dignity and respect.

Individualized Treatment: We tailor rehabilitation plans to meet the unique needs of each patient by understanding their physical and emotional challenges.

Our Specialist



Dr. Aneesh Nalinakshan

BAMS, MBBS, MD(PM&R).FIPM

Where Ancient Wisdom Meets Cutting-Edge Science: Your Ortho-Neuro Rehabilitation Specialist

Dr. Aneesh Nalinakshan, BAMS, MBBS, MD (PM&R), FIPM, is a distinguished rehabilitation specialist in India, uniquely holding dual medical degrees along with a specialization in Physical Medicine and Rehabilitation (PM&R). With over 20 years of academic and professional experience, Dr. Aneesh integrates traditional and modern rehabilitation techniques to deliver optimal patient outcomes.

He earned his **BAMS** from **Government Ayurveda Medical College, Kannur**, **MBBS** from **Government Medical College, Trivandrum**, and **PM&R specialization** from **Government Medical College, Calicut**. After completing his **Senior Residency** at **Government Medical College, Pariyaram**, Dr. Aneesh developed exceptional clinical and theoretical expertise in orthopedic and neurorehabilitation. He is proficient in interventional pain management and coordinates physiotherapy, speech therapy, and occupational therapy for comprehensive patient care.

A prolific contributor to medical literature, Dr. Aneesh has presented papers at numerous conferences and published in various journals, ensuring he stays at the forefront of therapeutic advancements. As the first doctor in India to hold both a medical degree and a PM&R specialization, his integrative approach to rehabilitation sets him apart in the field.

Integrated PMR Protocol

Garden PMR Hospital, India's leading integrated Physical Medicine & Rehabilitation hospital, revolutionizes recovery through a unique, multidisciplinary approach. Our Integrated PMR Protocol seamlessly combines modern PMR, Ayurveda, and the latest therapeutic advancements to accelerate recovery.

With a 99% success rate, our expert team specializes in precise diagnoses, ensuring each patient receives a personalized, evidence-based treatment plan that maximizes recovery potential. By uniting the strengths of diverse medical disciplines, we provide a comprehensive and targeted approach that eliminates treatment gaps and optimizes outcomes.

Many patients struggle with misdiagnoses and fragmented treatments, delaying their recovery. At Garden PMR Hospital, we bridge these gaps by integrating modern medicine, Ayurveda, physiotherapy, prolotherapy, and specialized rehabilitation techniques under one roof. Our highly experienced professionals work in perfect synergy, focusing on a single goal—rapid and sustainable recovery.

This world-class integrative treatment model not only enhances healing but also helps patients avoid unnecessary surgeries, restoring mobility, independence, and quality of life with unparalleled expertise and compassionate care.



Our Departments



Modern Medicine

Modern medicine combines evidence-based practices, the latest medical technologies, and a patient-centered approach to deliver comprehensive medical care.

Comprehensive Diagnostics:

Thorough clinical examinations and advanced techniques for accurate diagnoses and timely care.

Multidisciplinary Approach:

Collaboration with other specialties ensures holistic treatment.

Preventive Health Focus:

Regular screenings and check-ups help patients maintain optimal health.

Advanced Treatments:

Access to cutting-edge therapies, medications, and technology provides unmatched care.

Patient-centred Care:

Our healthcare plans are tailored to meet each patient's unique needs and conditions.



Diagnostic And Medical Services



Laboratory
Testing



Imaging
Technology



On-site
Pharmacy



Ayurveda in Rehabilitation

*A Holistic
Healing Approach.*

Ayurveda, a 5,000-year-old Indian "science of life," emphasizes prevention and holistic health. It integrates ancient wisdom with modern knowledge, aiming to eliminate impurities, reduce symptoms, and foster harmony. Natural remedies, including herbs, oils, and spices, are core of Ayurvedic therapies. This system promotes the coordinated function of the soul, mind, and body within the cosmos. India's biodiversity has been crucial to Ayurveda's development and survival.

Physiotherapy Department

*Where Advanced Technology
Meets Compassionate Care.*

Our experienced and skilled physiotherapists, equipped with the most advanced equipment, deliver individualized treatment plans for each patient's unique needs. We offer comprehensive services in orthopedic, neurological, and sports rehabilitation, fitness, and pain management. Our therapeutic exercises and interventions are conducted in a patient-friendly atmosphere, ensuring comfort and efficacy. Under the expert supervision of a PMR specialist, we provide exceptional care to help you achieve your rehabilitation goals and improve your quality of life.

Therapies includes

- Manual exercises
- Different training methods
- Electrical stimulation
- Shockwave therapy
- Hydrotherapy
- Dry needling
- Mechanical traction
- Taping
- Diathermy
- Ultrasound therapy
- Vibration therapy
- Wax therapy
- Isometric isotonic and isokinetic





Occupational Therapy Department

*Empowering Independence and
Quality of Life*

The Occupational Therapy Department, under the Physical Medicine Rehabilitation Head, helps individuals overcome physical, sensory, and cognitive challenges. Therapists focus on improving daily living activities through personalized intervention plans. Progress is regularly monitored, and plans are adjusted to meet individual goals. Services aid recovery from illness, disability, and medical events, enhancing quality of life and independence. By integrating orthopedic and neurological expertise, the department empowers patients to achieve their highest potential.

Department Of Speech And Swallowing

Restoring Voices, Reviving Strength

Experienced therapists under a PMR specialist are dedicated to helping individuals of all ages overcome challenges and achieve their communication goals. Speech and swallowing therapy benefits people with various conditions, including:

- Aphasia, apraxia, dysarthria
- Autism spectrum disorder, dementia, developmental delay, memory impairments
- Brain injury, cognitive communication disorders, neurological disorders
- Stroke, cerebral palsy, Down syndrome
- Parkinson's disease, Alzheimer's disease
- Vocal cord dysfunction, voice disorders, stuttering, and swallowing disorders

By focusing on individualized care, we strive to enhance each patient's quality of life, empowering them to communicate effectively and safely manage swallowing difficulties.



Department Of Psychology

Restoring Mind And Well-Being

Psychological support under the PMR team focuses on patients' emotional well-being and mental resilience throughout their recovery journey. Specialized care is available for individuals facing anxiety, depression, trauma, cognitive impairments, and adjustment difficulties due to neurological or orthopedic conditions. Through counseling, cognitive-behavioral therapy, and mindfulness techniques, we help patients manage stress, improve coping skills, and enhance motivation for rehabilitation. This integrated approach ensures that psychological health is aligned with physical recovery, empowering patients to regain confidence, independence, and overall well-being.





Department of Regenerative medicine

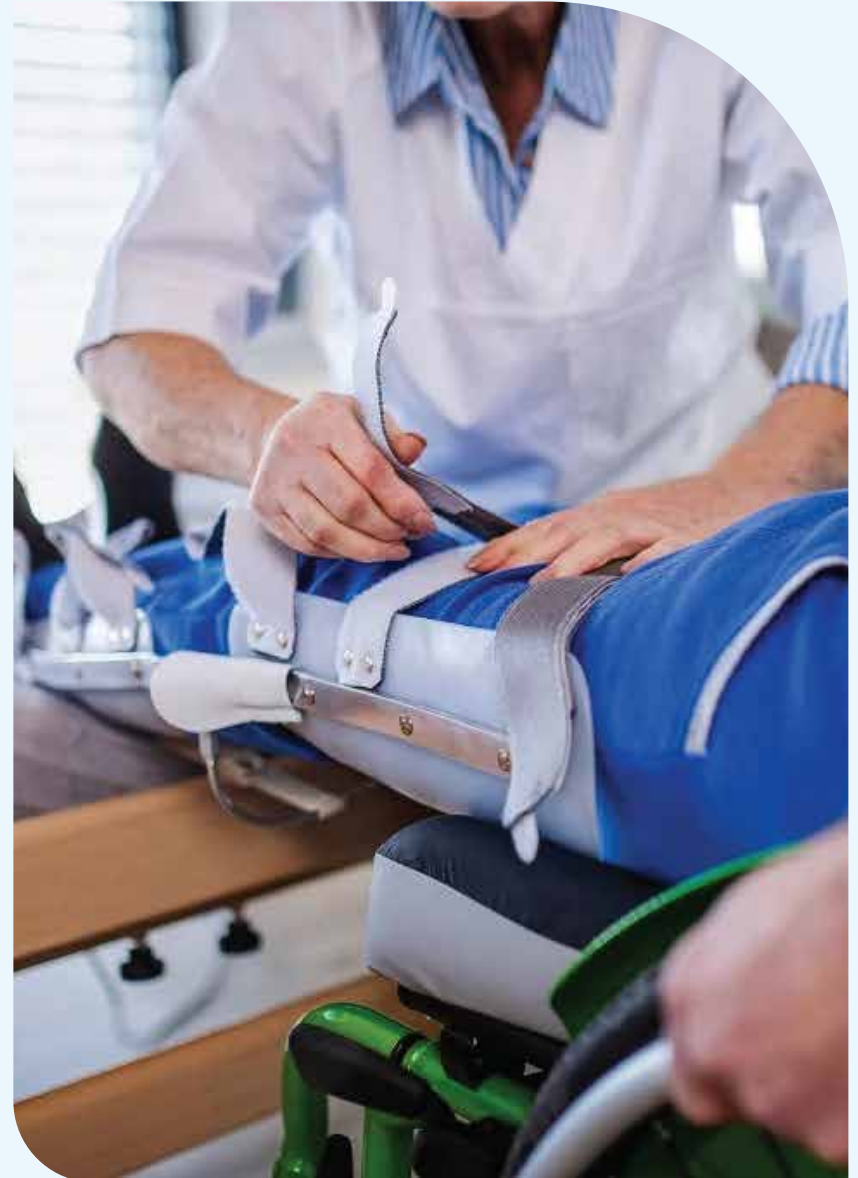
Prolotherapy: Regain Stability & Strength

Prolotherapy is a regenerative treatment like PRP, DEXTROSE that aims to facilitate the natural healing process and strengthen weakened or damaged joints and ligaments. Prolotherapy provides relief from chronic pain and supports mobility, helping heal damaged muscles, bones, and joints.

Prolotherapy helps to regain your strength and take control without surgery. This therapy offers a comfortable and effective way to live actively and pain-free.

Department of Orthosis & Prosthetics

Our Orthosis and Prosthetics unit plays a vital role in rehabilitation by enhancing mobility, stability, and function. We assess each patient's needs, carefully design and fabricate high-quality custom orthoses and prostheses, and ensure a precise fit through expert measurement. Our specialist provide comprehensive training to help patients adapt, regain independence, and improve their quality of life with the help of Orthosis and Prosthetics . With a patient-centered approach, we focus on delivering the best possible support for functional recovery and long-term well-being.



Ayurvedic Wellness & Detox: For Better Health

Ayurveda offers a natural way to cleanse and heal the body through Panchakarma therapies like Vamana, Virechana, Vasthi, Nasya, and Raktha Mokshana etc. These age-old treatments use herbal medicines and oils to remove toxins, correct metabolism, and restore balance.

A thorough assessment of Prakriti (body constitution) and Dosha imbalance helps design personalized detox plans, including special diets and medicines. Along with this, yoga and pranayama support mental and physical well-being. A full-body check-up ensures an in-depth understanding of your health, followed by corrective therapies.

Regular Ayurvedic detox not only rejuvenates the body but also helps prevent metabolic disorders like obesity, diabetes, heart disease, stroke, high blood pressure, and cholesterol issues, Experience the power of Ayurveda and embrace a healthier, balanced life.



Alternative Therapies

Yoga, Meditation, and Pranayama

Holistic practices promoting physical, mental, and emotional balance.

Yoga, meditation, and pranayama are holistic practices that promote mind-body wellness by enhancing flexibility, strength, and mental clarity. Yoga incorporates precise postures (asanas) to improve physical balance, while meditation fosters inner peace and focus. Pranayama (breath control) regulates energy flow, reducing stress and improving lung function. In today's fast-paced world, these practices are vital for stress management, immunity, and overall well-being. Performing them under expert guidance ensures correct techniques, preventing injuries and maximizing benefits. Proper posture and breathing are essential to achieve therapeutic effects, making these practices an integral part of rehabilitation and a healthier lifestyle.

- Yoga
- Hijama
- Accupuncture
- Naturopathy
- Ozone
- Chelation



Conditions We Manage

Neuro Rehabilitation

- Stroke
- Bells Palsy
- Spinal Cord Injury
- Traumatic Brain Injury
- Cervical Radiculopathy
- Motor Neuron Diseases
- Neuro Degenerative Conditions
- Parkinson Disease
- Multiple Sclerosis
- Myopathies
- Guillien Barrie Syndrome Etc.
- Rehabilitation After Neuro Surgeries



Ortho Rehabilitation

- Orthopedic Pains
- Lower Back, Neck, Elbow, Knee Joint
- Hip, Shoulder, Ankle & Foot,
- Intervertebral Disc Prolapse
- Osteoarthritis
- Myofascial Pain Syndrome
- Spondylosis and Spondylitis
- Fibromyalgia
- Carpal Tunnel Syndrome
- Plantar Fasciitis
- Osteoporosis
- Tendinitis, Bursitis, Radiculopathy
- De Quervain's Tenosynovitis
- Postural Alignment Corrections
- Complex Regional Pain Syndrome
- Rehabilitation After Ortho Surgeries

Sports Rehabilitation

- Lateral Epicondylitis (Tennis Elbow)
- Medial Epicondylitis (Golfer's Elbow)
- Hamstring/IT Band Syndrome
- Rotator Cuff Tear
- Shoulder Impingement Syndrome
- Bursitis
- Shoulder Dislocation
- Ligament Tears (ACL/PCL/MCL/LCL)
- Sprains
- Achilles Tendinopathy
- Overuse Shoulder Injury



Rheumatology

- Ankylosing Spondilitis
- Gouty Arthritis
- Rheumatoid Arthritis
- Sle
- Sjorgens Syndrome
- Ulcerative Colitis ,Crohns Disease
- Polymyalgia Reheumatica

Pediatric Rehabilitation

- Developmental Disorders(Global Developmental Delay)
- Cerebral Palsy
- Brachial Plexus Palsy
- Austism Spectrum Of Disorders
- Torticollis
- Down Syndrome
- Muscular Dystrophy
- Learning Disability
- Idiopathic Toe Walking
- Clubfoot
- Spinal Cord Injury/Post Rta
- Speech Disorders



Dentistry

Our dental department promotes optimal oral health, prevents dental diseases, and provides specialized care for both children and adults.

Services Offered:



Preventive Dentistry

Dental Checkups, Cleaning,
Fluoride Treatments, dental
Sealants



Restorative Dentistry

Filling, crown And Bridges,
Dental Implants, Dentures



Cosmetic Dentistry

Teeth Whitening Veneers,
Cosmetic Bonding,



Orthodontics

Braces And Aligners,
Retainers



Endodontic

Root Canal Treatment



Periodontal (Gum Care)

Treatments For Gum
Diseases
And Gum Surgery



Oral & Maxillofacial Surgery

Tooth Extraction, jaw
Surgery, Oral Cyst And
Tumors



Pediatric Dentistry

Prosthodontics:
Full Mouth Rehabilitation,
Reconstruction Of
Damaged Teeth



Kerala: A Global Wellness & Tourism Destination

Kerala, known as “God’s Own Country,” is a paradise of lush landscapes, pristine backwaters, and serene beaches, attracting millions of international visitors each year. With its breath-taking natural beauty, diverse wildlife, and tropical climate, Kerala stands out as a premier travel destination.

Beyond its scenic charm, Kerala is deeply rooted in India’s rich spiritual and cultural diversity. The state offers a unique blend of heritage, tradition, and modern comforts, ensuring an enriching experience for every traveller. Tourists can explore Ayurveda, an ancient healing science, through traditional herbal therapies, rejuvenation treatments, and wellness retreats set amidst tranquil natural surroundings.

With world-class infrastructure, premium accommodations, and easy accessibility, Kerala ensures a safe and seamless travel experience. Visitors can indulge in authentic native flavours, witness vibrant art forms, and immerse

Facilities





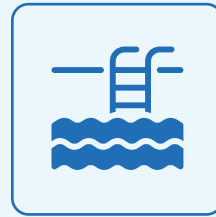
Pre Checking
Registration



24x7 Reception



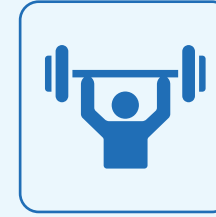
Multicuisine
Restaurant



Swimming Pool



Multilingual
Staff Availability



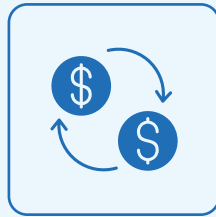
Gym



Mini Supermarket



Recreation Area



Money Exchange



Prayer Hall



Special Diet
Meal



Caregiver
As Per Need

1BH
Executive Room
(1 Bedroom with
attached bathroom,
Hall)

1BK
(1 Bedroom with
attached bathroom,
Kitchen)

2BH
Deluxe Room
(2 Bedroom with
attached bathroom,
Hall)

2BK
Suite Room
(2 Bedroom with
attached bathroom,
Hall, Kitchen)

Air-conditioned fully furnished spacious rooms. Google TV, Free Wi-Fi, Double door refrigerator, Ironing facility, Kettle, Specially designed spacious patient friendly bathroom

Your Global Destination For Compassionate Care & Hospitality



Youtube



Website



Instagram

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