



# Dua Old Age Caring Institution: In-House Physiotherapy Centre for Elderly

Empowering our seniors with expert, compassionate physiotherapy care in the comfort of their home.

# Why In-House Physiotherapy Matters for Seniors



Physiotherapy is transformative for elderly individuals facing age-related challenges such as arthritis, reduced bone density, and joint stiffness. It improves mobility, builds strength, and provides significant pain relief through targeted interventions.

Our in-house approach enables safe, non-strenuous exercises specifically tailored to each senior's unique needs. This prevents dangerous falls, enhances independence, and allows residents to maintain their dignity and autonomy.

Most importantly, therapy within the familiar, comfortable environment of Dua eliminates the stress and physical risk of travelling to external clinics—keeping our elders safe, secure, and supported.

# Expert Care by Skilled Physiotherapists



## Geriatric Specialists

Our centre is staffed by highly trained physiotherapists with extensive experience in geriatric care and post-surgical rehabilitation, ensuring specialised attention for age-specific conditions.



## Personalized Treatment

Each resident receives individualized one-on-one sessions that focus on addressing root causes, not merely symptoms. This ensures effective pain management and genuine functional recovery.



## Continuous Monitoring

We provide ongoing assessment and adjustment of therapy plans based on each senior's progress, maximizing results whilst maintaining the highest standards of safety and comfort.

# Comprehensive Benefits & Services



## Post-Operative Rehab

Accelerate recovery and reduce complications following surgery.



## Strength & Balance

Maintain abilities for independent daily living activities.



## Holistic Support

Emotional well-being integrated with physical therapy.



## Convenient Scheduling

Regular sessions inside Dua—no external visits needed.





STAR OUR PROMISE

# Dua's Commitment: Enhancing Quality of Life for Our Elders

## Cornerstone of Care

In-house physiotherapy is fundamental to our elder care philosophy, promoting dignity, independence, and joy in every resident's daily life.

## Comprehensive Approach

We combine expert medical care, compassionate emotional support, and a safe, nurturing environment to help our seniors not just survive, but truly thrive.

## Join Our Mission

Together, we're empowering our elders to live healthier, more active, and fulfilling lives every single day—because they deserve nothing less than excellence.