

### Hydro Therapy

- Swimming pool
- Butterfly pool
- Under water massage
- Four cell bath
- Whirlpool

### Occupational Therapy Methods

- Bo bath method
- Functional training
- Training for Activity of daily living (ADL)
- Forced used therapy
- Mirror assisted body therapy
- Sensibilities treatment
- Handcraft therapy
- Wheelchair training

## Orthopedic Rehabilitation Program

### Flexibility...Mobility...Recovery

#### Orthotic and Prosthetic Innovations in Empowerment :

Dar El Mona specializes in serving orthotic and prosthetic services and products with one goal in mind empowering human potential.

#### Orthotic and prosthetic products such as :

- Hip Knee ankle foot orthosis
- Knee ankle foot orthosis
- Ankle foot orthosis
- Above knee prosthesis
- Below knee prosthesis
- Back braces
- Hand splints
- Crutches
- Others

In order to help reach these goals, Orthopedic Rehabilitation Program will include other features like :

- Psychological support rehabilitation program.
- Social and behavioral skills retraining.
- Vocational training program.
- Entertainment activities through fixed programs or per request.
- luxury accommodation and general amenities for our patients.
- Patient and family education and counseling.




## A Step For A Better Life

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## Who we are?

Dar El Mona is the first and largest private Medical and Rehabilitation resort in Egypt, founded in 1996 by the late Professor Dr. Khairy Samra, world renowned Neurosurgeon.

## Location :

- Dar El Mona is located at Kilo 20.5 of Cairo-Alex Desert Road in a pollution-free environment with magnificent views of the Giza Pyramids
- It covers more than 86,000 m<sup>2</sup>, of which 1100 m<sup>2</sup> are green areas

## Our Capacity :

- 120 beds for inpatients
- Over 100 outpatients

## About Dar El Mona Orthopedic Rehabilitation Program

Our Orthopedic Rehabilitation Program adheres to a holistic approach of treatment that constitutes of developing a customized and integrated treatment plan for every patient.

Our experts provide the entire spectrum of treatment, from inpatient post-operative care to outpatient procedures, in addition to physical and occupational therapy. Our program brings together the region's foremost rehabilitation physicians, nurses, therapists, and other clinicians to offer adults and children superior rehabilitation care.



## Our Orthopedic Rehabilitation Program serves patients with conditions like :

- Post fractures
- Back Problems
- Post hand surgeries
- Rotator cuff tear (post-operative/ non-operative)
- Shoulder impingement
- Sprain/strain (conservative or post-operative)
- Tendinitis
- Tennis elbow (lateral epicondylitis)
- Patellofemoral syndrome
- Post amputation.
- Posture deformities
- Post ACL and meniscus surgeries.
- Post amputation.
- Posture deformities
- Sacroiliac joint dysfunction

## Our Physiotherapy Program is divided to different divisions like :

### Computerized Rehabilitation equipment

Dar El Mona Physiotherapy department is well equipped with state of the art computerized equipment which is commonly used in Neuro and Orthopedic Rehabilitation Programs such as:

- Robotics and virtual reality
- Tyromotion
- Next Step
- C Mill



## Manual Therapy

- Therapeutic Exercise
- Myofascial Release
- Gymnastic Exercise

## Electrotherapy

- Ultrasound
- TENS
- Electric stimulation
- Shock waves
- Infra-red
- Electro magnetic
- Cervical and lumbar traction
- LASER (scanner, pointer)

