

Our
EXPERTISE



KINNARI MORE

Neuromuscular & Paediatric Physiotherapist

Kinnari has graduated from the University of Pittsburgh, Pennsylvania. She has a special interest in Neurological Rehabilitation which includes Spinal Cord injury, Stroke, Vestibular, Paediatric Rehabilitation and Proprioceptive Neuromuscular Facilitation techniques.



GIRIVASAN RAJARATHINAM

Pain Management and MSK Physiotherapist

Girivasan has an MSc in Advanced Manipulative physiotherapy from University of Birmingham, UK. Giri has more than 16 years of clinical experience in Orthopaedic/Musculoskeletal out-patient and In-patient settings at Bon Secours hospital, Dublin, Ireland.



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FOR LOCATION
SCAN ME



IRAC
MSK CENTRE

At IRAC, we aim to provide highly specialized, comprehensive and patient-centred care for people with various musculoskeletal problems.

Our SERVICES

SPORTS PHYSIOTHERAPY

Following a sport or exercise-related injury, a course of sports physiotherapy can help you rebuild strength, regain flexibility and improve your range of movement. It can also help to prevent similar injuries in the future and can be used as a way of improving performance.

ORTHOPEDIC PHYSIOTHERAPY

Orthopaedic physical therapy can be life-changing. A skilled physical therapist (PT) can get you back on track with your daily activities after surgery, an injury, accident, or illness. That's because an orthopaedic PT specialises in diagnosing and treating conditions that affect any part of your musculoskeletal system.



RHEUMATOLOGICAL PHYSIOTHERAPY

Rheumatological physiotherapy is a specialist form of physiotherapy dedicated to treating a variety of rheumatological conditions. These are autoimmune diseases which cause inflammation in muscles, joints, ligaments and tendons, and can cause a number of symptoms including pain, swelling and stiffness. The end point is to improve functionality and reduce pain.

PAIN MANAGEMENT PHYSIOTHERAPY

Physiotherapists play an important role in the management of pain. If your pain persists and becomes chronic then the emphasis shifts to more to managing the condition and minimising its impact on your life, rather than necessarily finding a cure.

PAEDIATRIC PHYSIOTHERAPY

The aim here is to minimize the effects of physical impairment and promote optimal function and musculoskeletal development. Paediatric physiotherapists recognize the importance of working in partnership with the child, family and carers to maximize a child's abilities and independence.

NEUROLOGICAL PHYSIOTHERAPY

Neurological physiotherapy involves the treatment of people with movement and function disorders that have originated from problems within the body's nervous and neuromuscular system. These conditions often manifest themselves as muscle weakness, poor balance and coordination, uncontrolled muscle spasms and tremors, loss of function and decreased sensation.



DAVID JOHNSON
Sports Therapist

David has degrees in Osteopathy and Sports Therapy. David has 15 years of clinical experience, along with numerous continued professional development certifications such as: Musculoskeletal Diagnostic Ultrasound, Shockwave Therapy and Advanced Osteopathic Principles.



NITIKA SHARMA
Rheumatology and MSK Physiotherapist

Nitika is qualified to assess and treat various Rheumatological and MSK problems. She is a certified Mat and Ball Pilates trainer from the Australian Physiotherapy and Pilates Institute. Nitika is also a trained Pelvic Floor Rehabilitator (Female), specialising in pregnancy/ Postpartum and Pelvic Floor Dysfunction.