



BILD EXERCISE CLINIC

Behavioural Intervention
for Lifestyle Disorders

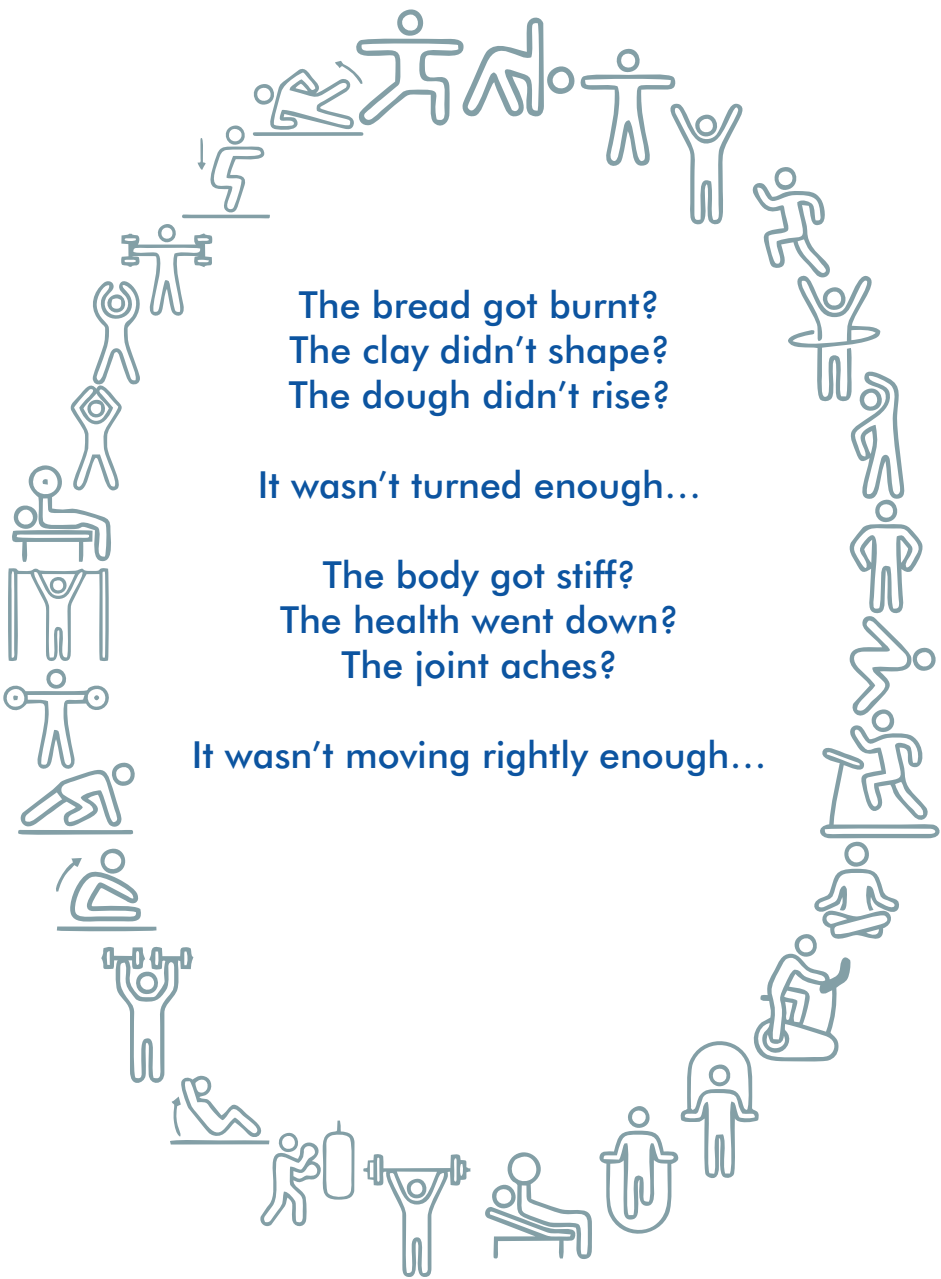
**A UNIQUE
JOURNEY OF
EXERCISE
Towards
A Healthy Life...**

**A novel exercise
treatment center for
lifestyle disorders**



Lata Mangeshkar Medical Foundation's

DEENANATH MANGESHKAR HOSPITAL & RESEARCH CENTER



The bread got burnt?
The clay didn't shape?
The dough didn't rise?

It wasn't turned enough...

The body got stiff?
The health went down?
The joint aches?

It wasn't moving rightly enough...

The Idea Behind Bild

For millions of years, humankind has evolved in stages. With every stage of evolution, significant changes in lifestyle occurred which affected human health. Type II diabetes, blood pressure, heart disease, cholesterol, persistent headache, neck pain, knee pain, muscle weakness and many such issues are now becoming increasingly evident in the younger demographic.

Although the medical fraternity tirelessly strives to deal with the challenges given by ever-changing lifestyles, the biggest contributor in the treatment of these conditions is one's individual physical fitness. And the key to physical fitness is exercise. Walking, although better than sitting for extended amounts of time, might not be enough; especially if your overall health allows you for more varied forms of exercise.

Research shows that burning calories is not enough to achieve a noteworthy improvement in metabolic equilibrium and other bodily functions. A comprehensive exercise program with variations which also engages the mind is more effective and encouraging to achieve physical fitness, rather than just mechanical repetitions. The internet, WhatsApp and social media are just endless sources of contradictory information on fitness and health. Also, our social circle of friends, family, neighbors have a plethora of advice to offer which could be misleading or incomplete. This over-information makes us susceptible to wrong choices of exercise programs, thus increasing the risk of injuries and other complications. And since every individual constitution is unique, the fitness regime which benefits one might not necessarily benefit another. Hence, to address all the above issues, DMH has established BILD, an exercise clinic based on well-researched scientific principles.

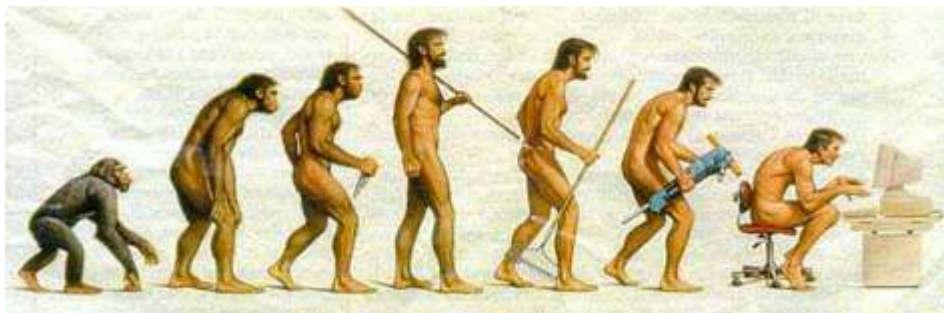


BILD EXERCISE CLINIC

Speciality Exercise Centres



Knee-specialty exercise centre



Deepak Desai Advanced Centre for
Joint Injury, Strength and Sports



V. B. S. Mani
Hypoxic (high-altitude) Training Centre



Posture Pain Clinic

Exercise Physiology Testing Lab



Assessment of Physical Fitness
Health-Related Physical Fitness (HRPF) test



Specialized Assessment of
knees and legs (Y-Balance Test)



Body Composition Analysis



VO₂max Test

Specialized Technology



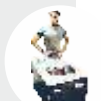
Anti-Gravity Treadmill
To enhance walking endurance



Isokinetic Technology
For strength training and joint issues in athletes



Blood-flow Restriction Training
For strength training and rehabilitation



Cold Water Therapy
For Athletic Recovery



Medical Leg-Press
For Knee Pain



Compression Device
For Muscle Pain



Inversion Table
For Lower Back Pain







Specialised Exercise Centre For Knees

Deepak Desai Advanced Centre for Joint Injury, Strength and Sports



Useful for:

- Knee Pain, Knee Stiffness and Instability
- Knee Pain hampering sports, activities like mountaineering, walking and running
- ACL, Meniscus or Post-Surgical Weakness in the Meniscus



Highlights:

- Customized Exercise Programs designed by the Doctor
- Focus on Strength, Flexibility, Balance and Stability
- Use of Latest (ultra-modern) Technology
- An Evaluation and Exercise Plan for those wanting to start sports

Specialized Technology:



Kineo Intelligent Load



Cold Water Therapy



Delfi BFR Technology



Anti-gravity Treadmill

(MAHARASHTRA'S ONLY)

Going Mountaineering? Preparing For Marathon, Ironman?



Maharashtra's Most Advanced Hypoxic (high-altitude) Chamber Offers Scheduled Practice Sessions In A Scientifically Simulated Environment, Which Helps In Increasing Endurance And Acclimatizing Better.

Advantage Of Hypoxic Training

- Practice being in the low oxygen environment of the hypoxic chamber as per the doctor's advice which helps the body acclimatize to the high-altitude oxygen levels.
- Helps boost endurance levels of marathon runners, cyclists and other endurance athletes

(MAHARASHTRA'S ONLY)



Troubled With Back Pain, Neck Pain, Knee Pain?

Overuse Of Computer, Laptop, Mobile Phone?

With long hours of sitting, extensive use of computers, laptops, mobile phones and also repetitive household chores, our body gets used to a fixed set of movements, which puts a strain on our spine and joints, giving rise to various pains and aches.



For how long will you take painkillers? Learn to defeat the aches and pain instead:

- Correct technique of using computers, laptops, mobile phones; of bending and lifting weights
- Ergonomic use of computer tables, laptop, study table, chair
- Pain-related muscle balancing exercises
- Exercises to improve muscle strength

(MAHARASHTRA'S ONLY)

Have You Scientifically Assessed Your Physical Fitness As Per Your Age?

Bild Exercise Clinic offers physical fitness evaluation and a doctor-designed exercise plan

- What is physical fitness? What factors define physical fitness?
- Based on your age, when and how should you start exercising?
- Which exercises are best suited for someone with diabetes or blood pressure?
- How does one chalk out a weekly exercise plan?
- Which exercises are advisable for arthritis?



What Is Assessed In Physical Fitness Test?



Specially Designed Assessment For Knees And Legs

Useful for:

- Knee Pain, Knee Stiffness and Instability
- An aching ankle, flat foot, frequent leg sprains
- ACL, Meniscus or other ligament injuries
- Reduced Strength in knees and ankles post-surgery



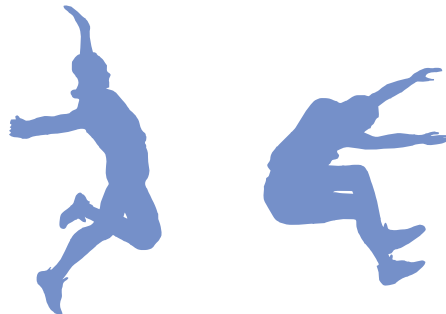
Have You Checked The Strength, Endurance And Stability Of Your Knees And Legs?

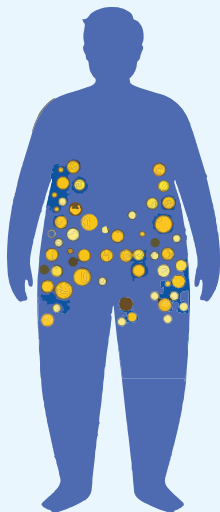


Y Balance Test

What Exactly Is Assessed?

- Strength of leg muscles
- Stability of knees
- Capacity to maintain balance
- Disparity among both legs
- Effect of exercises and treatment directives





Body Composition Test

An Ultra-Modern **In-body 770's** body composition test helps you to know your body fat percentage, muscle mass and abdominal fat percentage.

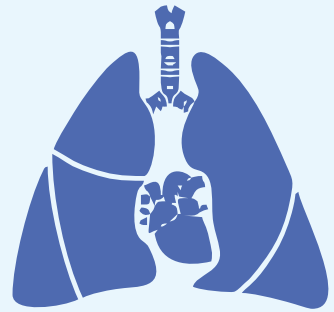
FEATURES:

- Multi-frequency high-tech equipment
- A test that can be conducted anytime by just standing on the machine
- Provides data which helps to make changes in diet and exercise patterns
- Helps monitor diet and exercise-induced changes in the body from time to time
- Helps understand age-related changes in muscle mass and body fat









Did You Undergo The VO_2 Max Test To Assess Your Cardiorespiratory Fitness?

VO_2 max Test is regarded as an excellent marker of the fitness of your heart, blood vessels and endurance capacity



Advantageous For:

- Marathon Runners 
- Cyclists 
- Regular Joggers 
- Ironman 
- Triathletes 
- Footballers and other Team Sport Players 

Anti-gravity Treadmill

A Beneficial Technology Developed By NASA

Useful For:

- Knee pain while walking or running
- Resuming walking or running post an ACL, knee or spine surgery
- For reduced capacity and strength needed for walking
- If a walker is needed to aid while walking



How Does This Treadmill Work?

- Uses air pressure to lift the lower body
- Helps in walking by reducing the weight bearing by the waist and knees
- Calculates difference in gait of left and right leg and helps to achieve an equilibrium between the two

(MAHARASHTRA'S ONLY)

Isokinetic Strength Training

State-Of-The-Art Technology For Exercise Treatment Of Athletes

Kineo Isokinetic technology helps increase muscle strength as required. Differential load Technology helps regulate exercises without any joint injury. It uses the world's most advanced technology to help athletes find solutions to joint-related problems.



Beneficial For:

- Badminton, Tennis, Table Tennis
- Football, Cricket, Basketball
- Cycling, Skating, Marathon, Swimming, Athletics
- Power lifting, Calisthenics, Gymnastics
- Mallakhamb, Combat Sports

Blood Flow Restriction Training (B.F.R.) A Gold standard Delfi technology



Highlights:

The blood flow restriction training exercises are done by regulating the blood flow to the hands or legs to some degrees. Thus, using reduced weights, even an injured joint can regain strength quickly.

This is used mainly for knee pain, ligament injuries, post-surgical complications in knees, and lack of strength. This technology helps to address various joint-related problems in athletes.



(MAHARASHTRA'S ONLY)

COLDTUB

Extra Cold Water Exposure Therapy for Recovery

In cold water treatment, the injured joint or the entire body below the chest is completely immersed in water for a few minutes.

Due to low temperature, significant changes take place in blood circulation, blood vessels and muscles, providing health benefits.

Useful For?

- Recovery in athletes
- Joint pain
- Acclimatizing with the cold before embarking on high-altitude trek



(MAHARASHTRA'S ONLY)

Medical Leg Press Machine

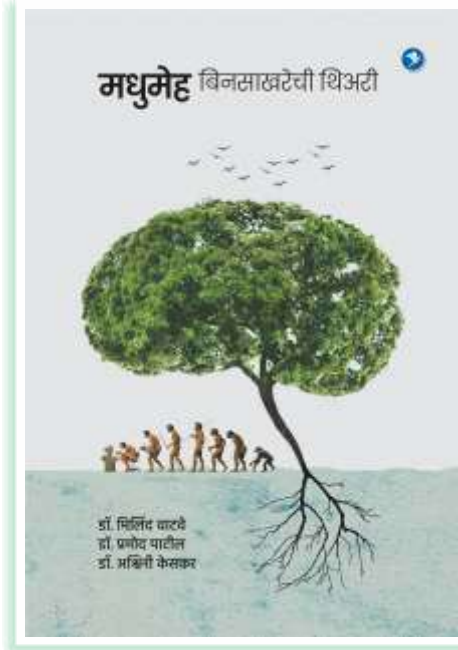
To Increase Knee Strength Effectively And Safely

Highlights:

- Useful for increasing knee strength
- Easy and safe for aging individuals
- Very useful for degenerating knees, knee pain, osteoarthritis, arthritis and swelling
- Helps rebuild strength by overcoming post-surgical weakness in knees
- Useful in injuries of ACL, meniscus, ligament or post-surgery



Diabetics, Maintain Fitness!



A book in Marathi that lays out some very fundamental and revolutionary thoughts on diabetes and overall lifestyle-related disorders.

Madhumeh Binsakhrechi Theory

मधुमेह बिनसाखरेची थिअरी

Authors: Dr. Milind Watve
Dr. Pramod Patil
Dr. Ashwini Keskar

 सकाळ प्रकाशन

जगणं समृद्ध करणारी पुस्तक परंपरा

- Do we really need to fear diabetes?
- Does reduction in sugar levels reduce other risks of diabetes?
- What are the aspects of good health, how do you quantify them, and how do you maintain them?

**A book which presents a new outlook
on the treatment of diabetes and exercise**

- A well-studied attempt to present the entire scientific dimension
- A master key which helps to keep your physical well-being in your own hands

This book is available online, at major book sellers
and also at BILD Clinic Reception

Troubled With Aching Flat Foot, Ankles And Heel?



- Pain or swelling in the feet or ankles
- Heel pain
- Planter fasciitis
- Frequent sprains and twisting of the ankle
- Functional Flat Foot
- Shin Splits

For How Long Will You Bear The Pain? Start With Advanced Foot Exercises



Balance
training



Mobility
training



Strength
training

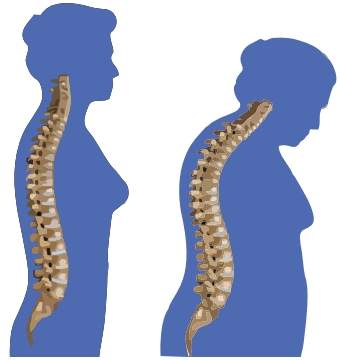


Gait
training

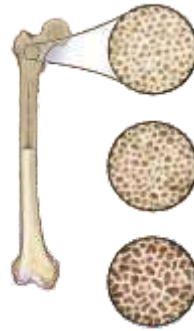


Stability
training

Muscle Weakness, Brittle Bones And Weak Joints?



With advancing age comes progressive muscle loss, degeneration, bone brittleness which gives rise to persistent aches and pains. This further leads to limitations on a daily basis, physical dependence and various other such issues



Bone density in healthy bones

Bone density in Osteopenia (weak bones)

Bone density in Osteoporosis (brittle bones)



The Best Solution Is An Effective And Holistic Health-Boosting Exercise Program

HIGHLIGHTS:

- A customised exercise plan on an individual assessment of physical fitness
- Doctor's guidance
- An exercise plan designed with your problems kept in mind
- Modern and safe equipment

Trying To Reduce Weight?

Short term diets show short term changes, but sustaining them is impossible.

Also, extreme dieting is known to cause adverse effects on the body. The framework of any diet plan should essentially address the individual's age, daily exercise, medical conditions and objectives.

A diet plan derived from such an all-inclusive viewpoint can be followed consistently and safely.



Know It All... But Can't Do It At All?

**Understand a
healthy diet and
exercise plan from
the doctor himself!**







“The idea is
to die young,
as late as possible”



**BILD
EXERCISE
CLINIC**

Behavioural Intervention
for Lifestyle Disorders

www.bildclinic.com



(Rehab-Exercise)

Bild Exercise Clinic

Dr. Pramod Patil

(MBBS, MD-Physiology), Clinical Physiologist
Diploma in Mountaineering & Allied Sports (DMAS)

Contact for Appointments:

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Monday to Saturday
10:00 am to 8:30 pm

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Rehab-Exercise

Bild Exercise Clinic

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