

Injury Rehabilitation Program

for a competitive athlete to the weekend warrior

Starts March 5th – Come for an assessment session



Two Sessions a Week, Tuesday and Thursday

between 6.30pm and 7.30pm

Rs. 600 per session / Rs. 3, 800 a month

Injury can occur due to a strong force – such as a fall, accident, collision, laceration or it can be a chronic injury that has resulted from overuse of a muscle, joint, ligament, or tendon.

The individualised rehabilitation program is designed to return you to a pain free life, and back to the activities you love.

It can also start before or immediately after surgery when an injury requires a surgical intervention.



The program will be handled by V.Mariappan, M.Sc fernc.,(Ph.D) in Exercise physiology. He is a fitness professional with more than ten years experience in training, rehabilitation and fitness testing. His key skills are in exercise programming and rehabilitation, fitness assessments, sports massage, one-on-one training and group exercise sessions and health promotion work.

To enrol, please call Ravi at Madras Club Gymnasium +919444422337

Sharath Vijayaraghavan
Honorary Secretary

P. B. Biswajit Babu
Member-in-charge, Gymnasium