



مستشفى ثومبي للعلاج
الطبيعي وإعادة التأهيل
**THUMBAY PHYSICAL THERAPY
AND REHABILITATION HOSPITAL**

THE NO. 1 REHABILITATION HOSPITAL
IN THE REGION



THE STATE-OF-THE-ART ACADEMIC HOSPITAL FOCUSING ON ALL
ASPECTS OF PHYSICAL THERAPY AND REHABILITATION



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**THUMBAY PHYSICAL THERAPY
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in Cooperation with
VILLA BERETTA, FACILITY OF
THE VALDUCE HOSPITAL
IN COMO – ITALY



Dr. Thumbay Moideen

Founder President
Thumbay Group

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As the pioneers of providing world-class healthcare at affordable costs, Thumbay Group's healthcare establishments have always been regarded as sources of pride by the region's healthcare sector. We strive to care for each patient as though they are family - by giving each patient the individual time and care they deserve.

In continuation of our endeavors to offer extraordinary care, Thumbay Group has launched the Thumbay Physical Therapy & Rehabilitation Hospital - a state-of-the-art facility equipped with specialized technology designed to enhance patient recovery and rehabilitation. Our experienced and highly skilled physical and occupational therapists stay current on the most effective approaches to injury prevention and rehabilitation. They evaluate and treat a wide range of musculoskeletal dysfunctions, including acute injuries, degenerative conditions, and athletic and work related injuries. The therapists and physicians work closely together to ensure consistently superb rehabilitation of postsurgical patients.

It has always touched my heart to see the difference our hospitals make in the lives of the people in the community. We hope to continue the good work through Thumbay Physical Therapy & Rehabilitation Hospital.

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EDUCATION | HEALTHCARE | MEDICAL RESEARCH | DIAGNOSTICS | RETAIL PHARMACY | HEALTH COMMUNICATIONS
RETAIL OPTICALS | WELLNESS | NUTRITION STORES | HOSPITALITY | REAL ESTATE | PUBLISHING | TRADING
MARKETING & DISTRIBUTION | MEDICAL TOURISM | EVENTS | MEDIA | TECHNOLOGY



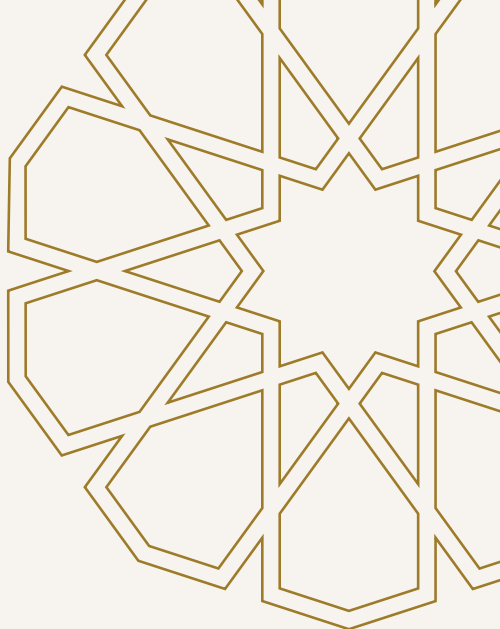
www.thumbay.com



Thumbay Group

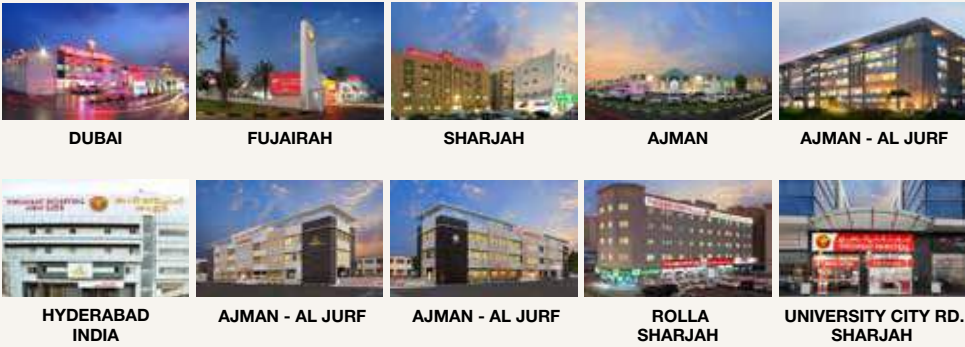
Founded by Dr. Thumbay Moideen in 1998, Thumbay Group is a diversified international business conglomerate with operations across 20 different verticals including Education, Healthcare, Medical Research, Diagnostics, Retail Pharmacy, Health Communications, Retail Opticals, Wellness, Nutrition Stores, Hospitality, Real Estate, Publishing, Technology, Media, Events, Medical Tourism, Trading and Marketing & Distribution. Headquartered in Dubai, the group presently a team of 5000 people, which is projected to increase to around 25,000 by the year 2023, with the completion of ongoing and upcoming projects. Currently, Thumbay Group is focusing on its strategic long-term plans which will see the group scale its businesses almost ten times and expand its operations globally.



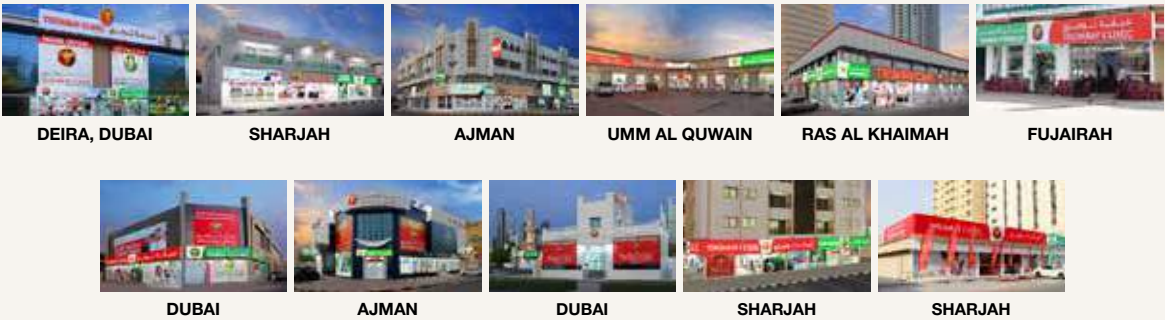


LARGEST ACADEMIC NETWORK OF HOSPITALS, CLINICS LABS & PHARMACIES

OUR NETWORK OF THUMBAY HOSPITALS



OUR NETWORK OF COMMUNITY THUMBAY CLINICS



Healthcare Division

Thumbay Group's healthcare division presently operates academic hospitals in the UAE (Dubai, Ajman, Fujairah & Sharjah) and Hyderabad – India, as well as a network of day care centers and state-of-the-art family clinics at various locations in the UAE, making it the largest network of private academic hospitals in the region.

All the hospitals and clinics provide clinical training for the students of Gulf Medical University (GMU) - Ajman, the leading private medical university in the region owned by Thumbay Group.

They treat patients from over 175 nationalities, and are staffed by doctors, nurses and technicians from over 25 different countries, speaking more than 50 languages.

Thumbay Group also operates CAP accredited diagnostic labs (Thumbay Labs) and retail pharmacy outlets (Thumbay Pharmacy), in the UAE and India.

According to Thumbay Group's strategic plans, the Thumbay academic hospital network will have a total of 1000 beds in the UAE, 1500 beds in India and 750 beds elsewhere in the Gulf and Africa by 2022

Over 400 Doctors	Patients from 175 nationalities	Faculty and staff from over 25 countries	Students from 80+ nationalities	Tie-ups with more than 60 leading institutions worldwide	9 Hospitals, 15 Clinics	60 Pharmacies	5 Diagnostic Labs



Akbar Moideen Thumbay

Vice President, Healthcare Division
Member of Thumbay Group Board

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Rehabilitation is among the most complex and specialized fields in all of medicine. Thumbay Physical Therapy & Rehabilitation Hospital provides services for those who have suffered functional loss due to a disabling illness or injury. Working closely with patient and families, our team designs a care plan to meet each patient’s individual goals and needs. With a team of highly trained professionals, state-of-the-art equipment and compassionate spirit, Thumbay Physical Therapy & Rehabilitation Hospital assists you on your journey home.

The rehabilitation hospital intends to participate in a rigorous review of its services periodically, by global rehabilitation review bodies and organizations. We aim to achieve an established pattern of excellence, where patients are provided with the highest quality of services available.

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**Redefining the future
of healthcare**



مدينة ثومبي الطبية **THUMBAY MEDICITY**

Thumbay Medicity, in Al Jurf, Ajman houses the region's leading private medical university - the Gulf Medical University, the largest private academic hospital in the region - the 500-bed Thumbay University Hospital, the first private dental hospital in the country and the largest academic dental hospital in the Middle East region's private sector - Thumbay Dental Hospital and the biggest state-of-the-art rehabilitation hospital in the country - Thumbay Physical Therapy and Rehabilitation Hospital. With specialized hospitals, Thumbay Medicity is a referral facility to which primary and secondary care hospitals and clinics refer serious cases.

Moreover, the specialized hospitals of Thumbay Medicity are Academic Health Centers of the Gulf Medical University Academic Health System (GMUAHS), which give them the unique advantage of having the expertise of doctors who are also academicians and researchers. GMUAHS has the distinction of being the first private academic health system in the region.

Thumbay Medicity also houses Body & Soul Health Club and Spa, The Terrace Restaurant, Food Court, Blends & Brews Coffee Shoppe and a wide range of public utilities.



Thumbay Physical Therapy & Rehabilitation Hospital

Thumbay Physical Therapy & Rehabilitation Hospital is the biggest and most advanced rehabilitation hospital in the UAE, providing comprehensive therapy service in a positive and supportive environment, with dedicated staff who promote and encourage independence. **It has a built-up area of 60,000 square feet**, and offers a unique continuum of care that no other medical provider in the country can match. At our high-tech facility, you are assured that your individualized plan of care will provide you the best possible recovery.

Our rehabilitation team boasts skilled professionals who specialize in senior rehabilitation and are committed to your success. Physician specialists work closely with our rehabilitation team to direct your individualized therapy treatments and maximize your physical improvement. It's part of our holistic approach, which acknowledges that your particular path to healing and recovery is best served by considering all aspects of daily living.

Located at Thumbay Medicity, in Al Jurf, Ajman close to the leading private medical university – the Gulf Medical University as well as Thumbay Dental Hospital & the 500-bed Thumbay University Hospital, Thumbay Physical Therapy & Rehabilitation Hospital delivers signature services on an all-inclusive campus, recreating the comforts of home life with the security and support of around-the-clock medical attention. Our licensed and certified staffs work 24/7 as a close-knit team, providing you with compassionate care in each of our services.

GULF MEDICAL UNIVERSITY





The outpatient department of the hospital offers neurocognitive rehabilitation to help brain-injured or cognitively impaired individuals to regain normal functioning. Sports medicine is yet another important area, and the hospital is fully-equipped for the diagnosis, treatment and management of sports injuries and musculoskeletal disorders in national and international level sportspersons and athletes, as well as providing complete care for teams. Orthopedic medicine is also available at the hospital, for the prevention and correction of fractures, deformities, disorders, injuries and diseases of the bones, muscles, ligaments, tendons and related tissues.

- Spread over three floors, the hospital features cutting-edge amenities for physical therapy, such as Hydrotherapy Pool, Robotics and a unique Full Body Cryotherapy Chamber.
- One of the most remarkable component of the inpatient facilities at the hospital is its 'Therapeutic Garden', an innovative approach to rehabilitation intended to give patients a positive experience during their recovery.
- The Therapeutic Garden will improve the patients' balance, walking, and other life skills, helping them recover from stress and promote health.
- The hospital also has gyms for the convenience of patients.

The 500-bed Thumbay University Hospital at Thumbay Medicity complements the facilities of Thumbay Physical Therapy and Rehabilitation Hospital. It has 50 dedicated in-patient beds for physical therapy and rehabilitation patients.



Vision & Mission

Vision: To be the leading rehabilitation facility in the Middle East.

Mission: To provide patient centered care of the highest quality in an academic set up.



Academic Health System

Thumbay Physical Therapy & Rehabilitation Hospital is an Academic Health Center under the Gulf Medical University Academic Health System, the first private academic health system in the region.

The GMU Academic Health System links the healthcare, education and research functions driven by the interactions between itself and its academic partners.

Academic Health Systems greatly improve patient care, medical education and research. The synergies between these central activities improve health and wellbeing, at the same time broadening the horizons of knowledge and ensuring a modern, flexible and sustainable workforce. They also ensure wider community engagement by developing a deeper social conscience and delivering significant economic and health benefits to the community.



What sets us apart?

- Thumbay Physical Therapy and Rehabilitation is a one-of-its-kind advanced facility that offers comprehensive rehab.
- Cutting-edge & innovative technology introduced in the region.
- The facility exclusively has 50 inpatient beds at the Thumbay University Hospital.
- Unique Therapeutic Garden providing an innovative approach to rehabilitation
- Collaborating with a strong clinical partner - Villa Beretta, Valduce Hospital, Italy

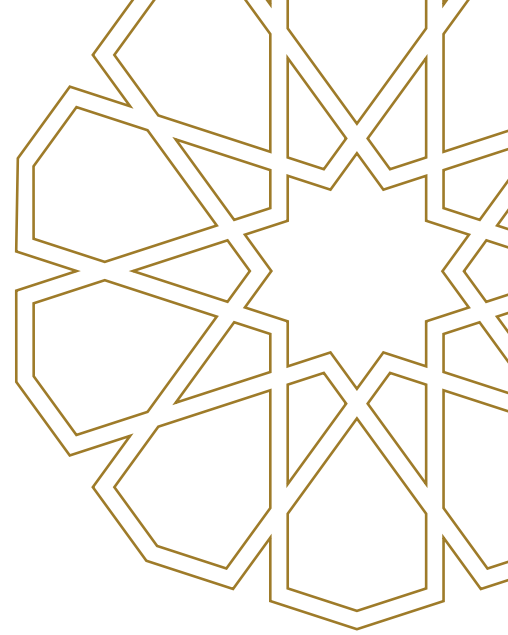


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Innovative Technologies

- ADL Simulator
- Advanced Robotics
- Applied Virtual Reality
- Driving Simulators
- Electric Stimulation
- Full Body Cryotherapy
- Hi-Performance Training Gym
- Hydrotherapy
- Innovative Electrotherapies
- Sensory feedback
- Short wave diathermic therapy
- Therapeutic Garden
- Wearable Technologies
- Zero-Gravity Treadmill





Orthopedic Rehabilitation

The hospital has the expertise to prevent/correct fractures, deformities, disorders, injuries and diseases of the bones, muscles, ligaments, tendons and related tissues.

Services

- Injury prevention and Functional Rehabilitation
- Core and Balance Assessment
- Back pain Clinic
- Post Surgery Rehabilitation

Technologies

In addition to the technologies available through sports medicine, we also will offer specialized treatments in:

- Lower limb functional training gym
- Upper limb functional training gym
- Core and balance robotic assessment room (fall prevention, back pain treatment)



Sports Medicine

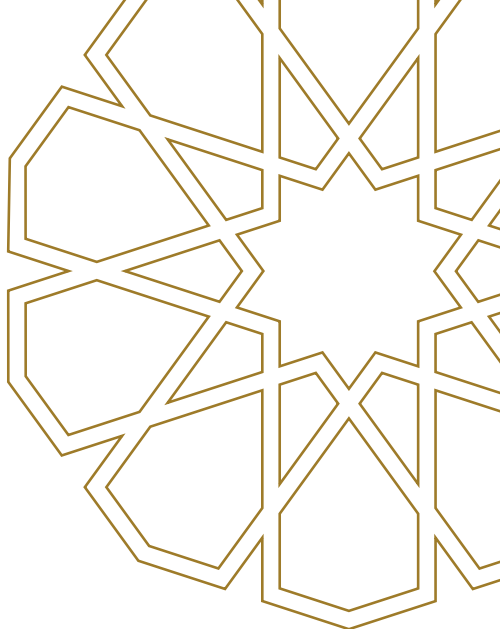
Thumbay Physical Therapy and Rehabilitation Hospital is fully-equipped for diagnosis, treatment and management of sports injuries and musculoskeletal disorders in national and international level sportspersons and athletes.

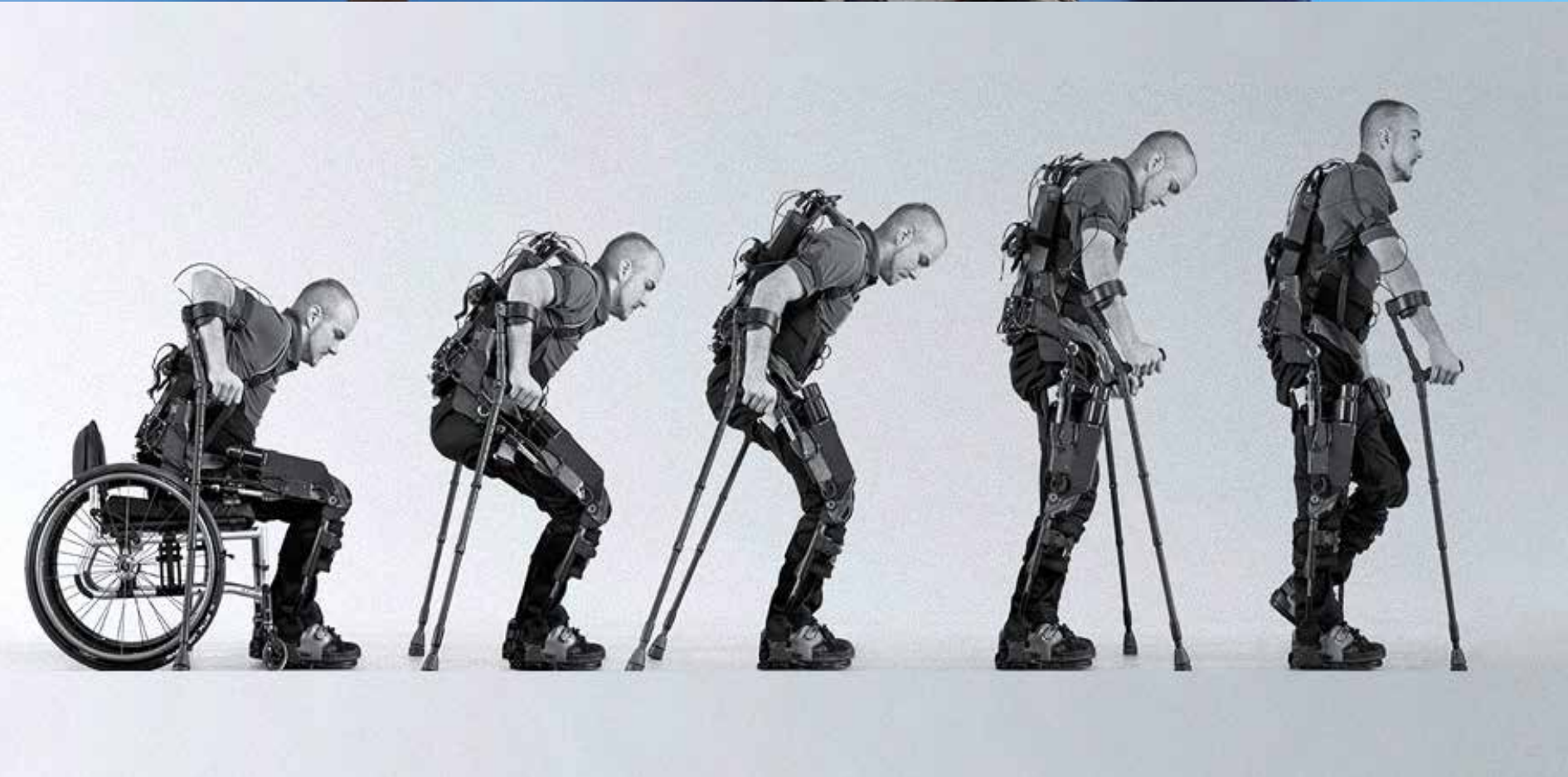
Services

- Pre-season Assessment
- Optimization of Performance
- Injury prevention and Functional Rehabilitation
- Rehabilitation
- Full blood test Analysis

Technology

- High performance training gym (Functional training using VR, Antigravity treadmill)
- Hydrotherapy pool
- Full Body Cryotherapy chamber
- Innovative electrotherapies
- Musculoskeletal manual treatment
- Movement/ Gait/ Running Analysis
- EMG Analysis





Neurological Rehabilitation

Patients with neurological impediments resulting from stroke, traumatic brain and spinal cord injuries, Parkinson's and neuro degenerative diseases.

Services

- Neuro Motor patient evaluation and treatment
 - Physical Rehabilitation
- Neurological assessment and treatment
 - Neuro Motor Training
 - Cognitive Training
 - Speech Therapy
 - Technology
- Intelligent Technologies
 - Virtual Reality
 - Wearable Robotic Technologies
 - Sensory Feedback Devices
 - Gait Analysis Lab
- Occupational Therapy
 - ADL Activities / Kitchen Simulator
 - Driving Simulator
- Neuropsychology Service



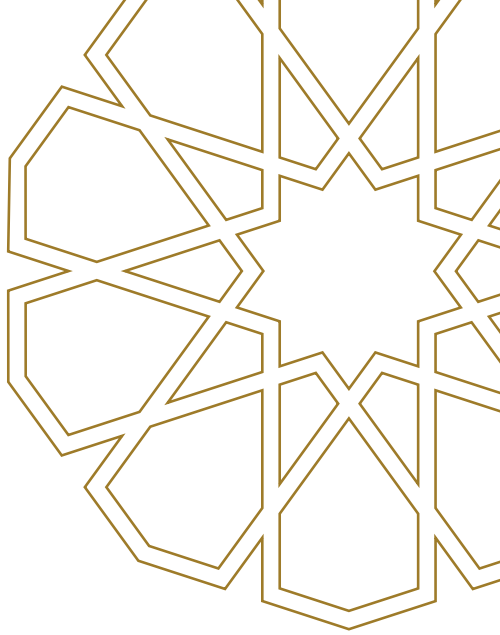


Pediatric Rehabilitation

Pediatric rehabilitation at Thumbay Physical Therapy and Rehabilitation Hospital provides:

Services

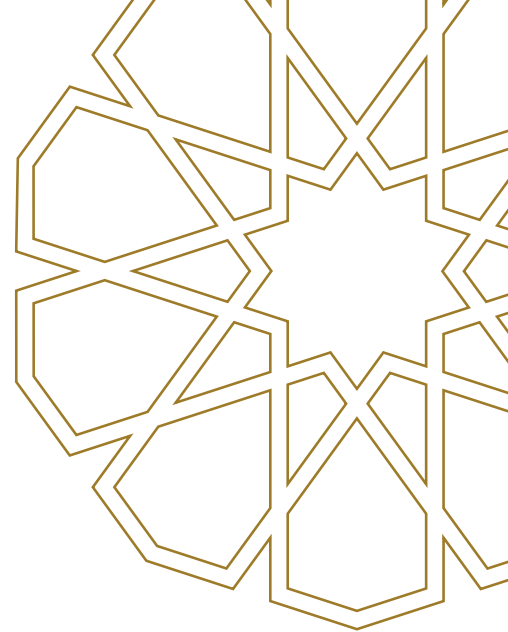
- Gait Analysis & Training
- Hydrotherapy
- Neuropsychology Service
- Occupational Therapy
- Orthotics and Prosthetics
- Sensory Integration
- Sitting assessment
- Speech & Language Therapy





Facilities

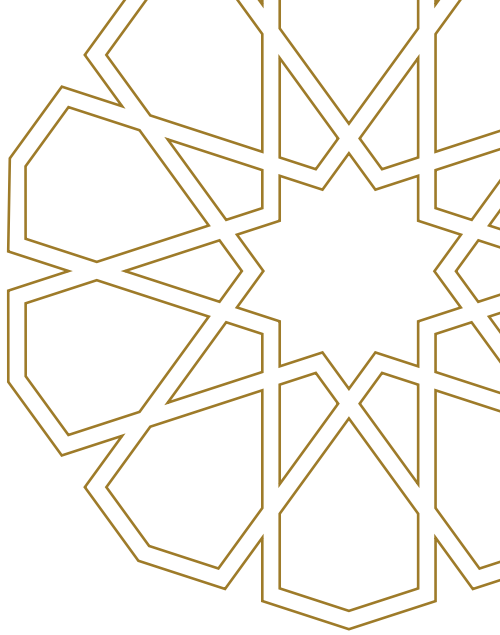
- Over 60,000 sq.ft.
- 50 inpatient beds
- 8 clinics, 17 treatment rooms, 3 functional training gyms
- Hydrotherapy Centre
- Full Body Cryotherapy Chamber
- Therapeutic garden for faster and smoother recovery.
- State-of-the-art Simulation Lab
- Virtual Reality Zone
- Prosthetic and Orthotics Clinics





Professional Staff

- Rehab Physicians
- Sports medicine doctor
- Rehabilitation Nurses
- Certified Medication Assistants
- Certified Nurses Aides
- Physical Therapists
- Occupational Therapists
- Speech/Language Pathologists
- Restorative Aide
- Social Services Director
- Activity Director
- Nutritionist
- Acupuncturist





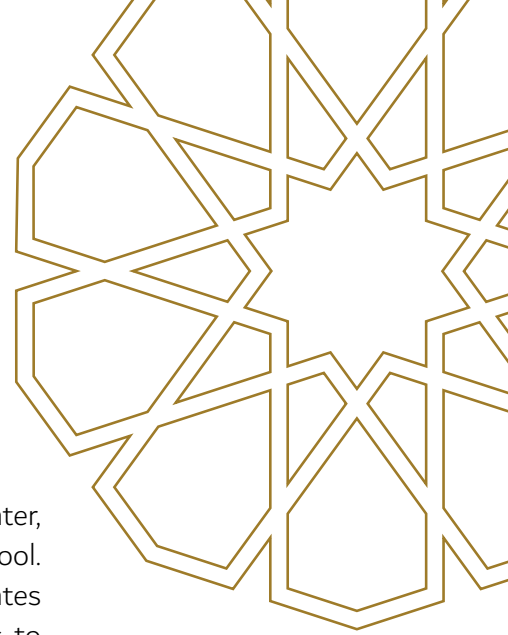
Hydrotherapy Center

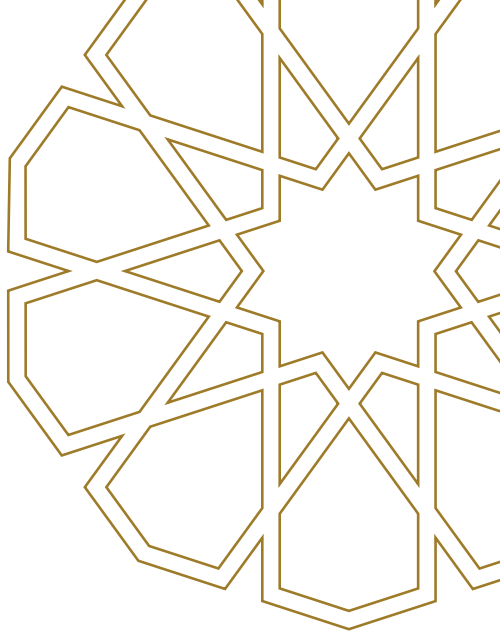
Thumbay Rehabilitation will house an advance Hydrotherapy Center, otherwise known as Aquatic Physiotherapy conducted in a heated pool. Aquatic Physiotherapy treatment (individually or in groups) incorporates individual assessment, diagnosis and the use of clinical reasoning skills to formulate a treatment program appropriate to each patient's needs. By combining hands-on pool based physiotherapy treatment techniques and specifically designed exercises supervised by physiotherapists with specific training in Aquatic Physiotherapy, hydrotherapy helps regain or enhance physical wellbeing in a warm relaxing environment

Benefits of Hydrotherapy

Aquatic Physiotherapy can help relieve pain, promote relaxation, mobilize joints, strengthen muscles, develop balance and coordination, and improve general fitness.

- Muscular relaxation and decreased muscle spasm.
- Decreased pain due to warmth and support.
- Gravity is countered by buoyancy.
- Increased muscle strength and endurance due to the greater resistance in water.
- Improvement in swelling, due to hydrostatic pressure.
- Enhanced balance and stabilization.
- Improved enjoyment and confidence to move better.





Therapeutic Garden

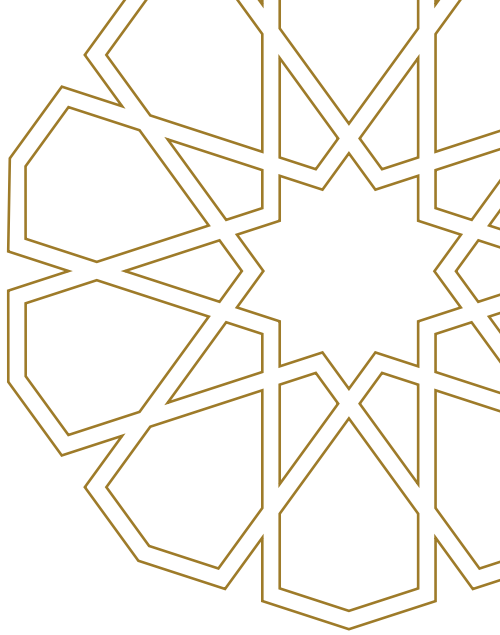
A therapeutic garden aims to bring about restorative effects to the mental well-being and positive health outcome of patients. Positive outcomes, including stress reduction, are derived through both passive and active nature connection to promote health and well-being. By interacting with nature, visitors can experience a number of health benefits like relief from mental fatigue, reduced stress, and overall improvement to emotional well-being.

The Therapeutic Garden at Thumbay Physical Therapy and Rehabilitation Hospital an innovative approach to rehabilitation intended to give patients a positive experience during their recovery. The rehab garden will improve the patients' balance, walking, and other life skills, helping them recover from stress and promote health.



Telemedicine Service

We at Thumbay Physical Therapy and Rehabilitation Hospital provide Telemedicine and Teleconsultation with Villa Baretta Valudice Hospital, Italy for the purpose of diagnosis, treatment of patients. Telemedicine and teleconsultation are the application and development of the telecommunication networks. Health experts can solve problems by using the electronic and communication technologies without distance limitation. The telemedicine and teleconsultation system is developed between local site and consulting expert site, thus helping us to become dynamic in nature.



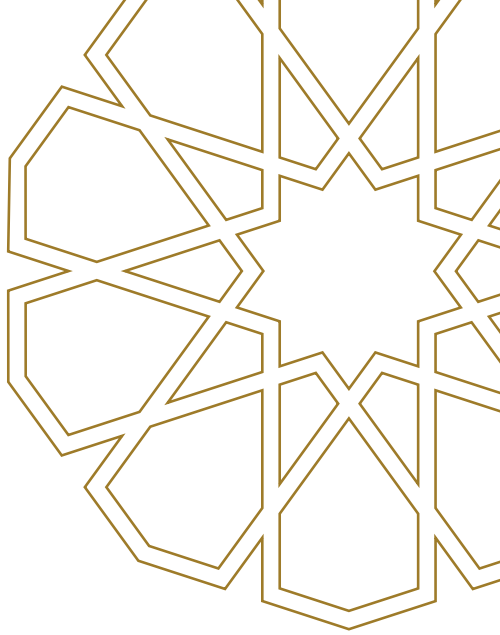


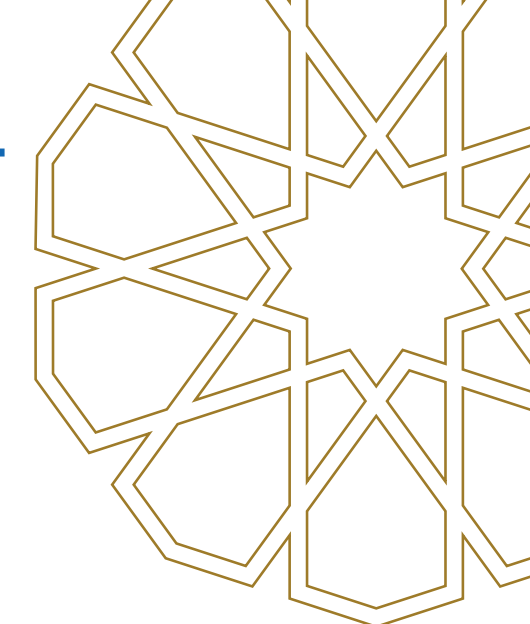
Orthotics and Prosthetics

Thumbay Physical Therapy and Rehabilitation Hospital is equipped with in-house rehabilitation store which provides high quality assistive devices, to maximize quality of life.

Our Portfolio includes:

- Foot Orthotics
- Lower Limb Orthotics
- Spine Orthosis
- Cranial Orthosis
- Prosthetics
- Seating Clinic





Marhaba Services

Truly Personalized Services to Patients

Thumbay Hospitals feature the Marhaba Lounge, which delivers a range of personalized services for patients and minimizing inconveniences, by fast-tracking patients' requirements. A patient arriving at the Marhaba Lounge would have his/her registration formalities, consultation, examination/diagnosis, procedures, documentation, billing etc. are done on priority, requiring minimal waiting times.

Fast Track Personal Assistance Includes:

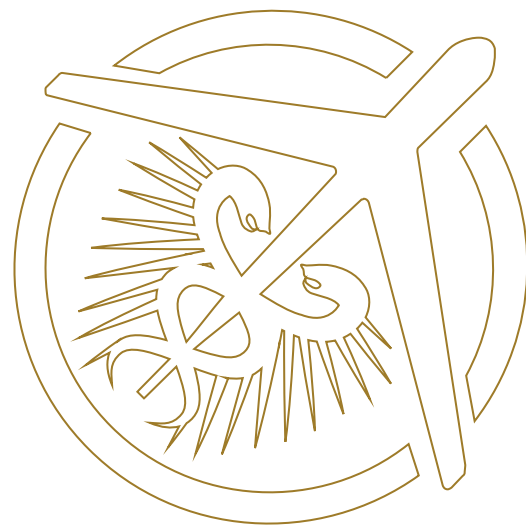
- Welcome Drink
- Registration
- Appointments
- Billing
- Blood Sample Collections
- Medicine Procurements
- Medical Reports
- Sick leave attestation
- Admission process
- Follow up appointments



ثومبي للسياحة العلاجية

THUMBAY MEDICAL TOURISM

YOUR FAMILY HEALTH TOURISM PARTNER



Thumbay Medical Tourism

Thumbay Medical Tourism (TMT) is an award-winning initiative of Thumbay Group's Healthcare Division, which has been making significant strides since its launch. TMT focuses on promoting Thumbay Group's ultra-modern healthcare services to the growing number of international patients visiting the UAE, at affordable costs.

Thumbay Hospitals are fast emerging as one of the most popular destinations for medical tourists. The cultural diversity of the patients is perfectly complemented by the staff from diverse nationalities.

TMT renders a large portfolio of travel and medical services to medical tourists from all over the world, and also arranges on-demand translator services, accommodation services, customized treatment packages, preferred cuisine, travel arrangements, priority appointments, airport pick up & drop off, etc. Each medical tourist is attended to by a dedicated TMT staff. Most packages also include tourist site visits, dedicated fleet of vehicles and spa & recreational therapies.

Through TMT, medical tourists are fast-tracked to their appointments and investigations at Thumbay Hospitals. Moreover, the Medical Tourism team at Thumbay Hospitals goes the extra-mile to ensure patient care and satisfaction, and understands the needs of individuals from different countries and ethnic backgrounds. TMT has representative offices in 87 countries across the globe. As part of the Group's strategic plans, Thumbay Medical Tourism expects to welcome around 1000 medical tourists daily, by 2023.



مستشفى ثومبي الجامعي
THUMBAY UNIVERSITY HOSPITAL

Thumbay University Hospital

Thumbay University Hospital at Thumbay Medicity is the biggest private academic hospital in the region. The hospital is a state-of-the-art, purpose-built 500-bed smart facility with quaternary care facilities. The hospital is equipped with modern infrastructure, with over 120 clinics. The hospital features a special robotic pharmacy, a first of its kind in the region, in addition to a full-fledged radiology department with PET-CT scan, a first of its kind in the UAE's northern Emirates.





Gulf Medical University

The Gulf Medical University (GMU), Ajman is one of the leading private medical universities in the Gulf region, and has become the preferred-choice for medical education to students of 80 nationalities. The University offers various highly sought-after courses including Medicine, Dentistry, Pharmacy, Physiotherapy, Healthcare Management and Economics, Associate Degree in Pre-Clinical Sciences, Biomedical Sciences, Medical Laboratory Sciences, Medical Imaging Sciences, Anesthesia Technology, Nursing, Health Professions Education Public Health, Healthcare Management and Economics, Physical Therapy and Environmental Health & Toxicology.

The Thumbay Research Institute for Precision Medicine, the Thumbay Institute for Population Health and the Thumbay Institute of Health Workforce Development are the hubs for research, post-graduate studies, and continuous professional development. The university programs are accredited by Ministry of Education, UAE. All programs are recognized by World Health Organization (WHO) and listed in the WHO

Directory of Medical Schools and IMED under the auspices of FAIMER and the list of program offerings in universities of the Eastern Mediterranean Region (EMRO) of the WHO.

College of Health Sciences

College of Health Sciences works under the broader umbrella of GMU is committed to shaping the health professionals of tomorrow – who are knowledgeable, competent and ethical clinicians – sensitive to the cultural and social service needs of the society. The college offers courses in Physical Therapy, Nursing Sciences, Medical Laboratory Sciences, Medical Imaging Sciences, as well as Anesthesia & Surgical Technology.

The physical therapy courses include Bachelor of Physiotherapy (BPT) and Master of Physiotherapy (MPT) programs. These are unique programs with pre-clinical and clinical phases, opening the doors to several challenging opportunities for students in terms of employment, research career and higher education.

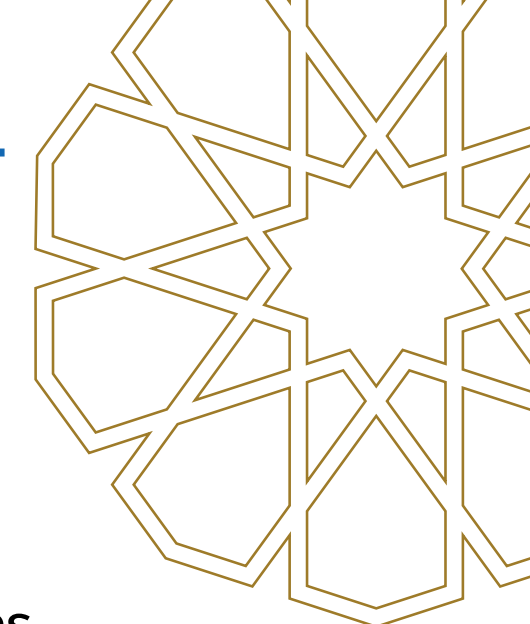




Teaching & Serving the Community

The Thumbay Hospital network provides clinical training for the students of Gulf Medical University (GMU). Many of our doctors also have the privilege of being professors at the university, and as a result stay constantly updated on the latest trends and developments in the field of medicine. This in turn lends an academic atmosphere to Thumbay Hospitals. Thumbay Hospital prides itself on being the largest network of private academic hospitals in the region. This is one of the most important aspects which differentiate Thumbay Hospitals from the other healthcare providers in the region. In the UAE alone, GMU and its network of pioneering teaching hospitals train around 20 per cent of the doctors and 60 per cent of the total healthcare professionals.

The College of Health Sciences of Gulf Medical University offers Bachelors (BPT) and Masters (MPT) programs in physical therapy.



Other Amenities

Thumbay Medicity offers a range of amenities for the convenience of patients and other community members, in addition to excellent care and treatment.

These include:

- Blends & Brews Coffee Shoppe
- Body & Soul Health Club & Spa
- Thumbay Food Court
- Theatre
- Free Parking
- Public Bus Station
- Supermarket
- ATM
- Swimming Pool
- Therapeutic Garden
- Basketball Court
- Tennis Court



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