



MULTI-SPECIALITY PHYSICAL HEALTH & WELLNESS CENTRE

About the Resource person

Dr. Aditi Singh (PT),

Co-founder and Managing Partner

REVIVE Multi-speciality Physical Health & Wellness, India.

A Physical Therapist with Masters in Neurology & experience in Physical health care and rehabilitation is also a STOTT PILATES Certified Instructor, the only Physical therapist in India to be trained in TORONTO, CANADA (The home base of STOTT PILATES).



Her knowledge of functional biomechanics, anatomy, rehabilitation, Pilates and physical assessment has come from the latest in continuing education courses as well as years of experience (clinical as well as academic) from working with clients at all levels and other health care professionals around the country.

She is a resource person and guest faculty at many prestigious institutions with keen focus on Fitness and Science of Fitness. She was recently invited to present a CME on Physiotherapy and Pilates at the International conference conducted at AIIMS, New Delhi. She has conducted various workshops on 'Pilates' for physiotherapy students and professionals across the country. Apart from these, she was invited as a resource person by Rotary club, Police line Rajasthan, Hospitals, Institutes and Clubs across the country to address issues related to physical health, wellness and fitness.

At REVIVE Physical Health and Wellness, India she takes various group, semi-private and private sessions of Pilates throughout the week for fitness enthusiasts. She also takes Clinical Pilates sessions for her patients suffering from back pain, neck pain, postural dysfunctions, arthritis, post fracture stiffness, post surgical muscular weakness and nerve injuries. She has special interest in women's health and has developed many programs combining Physiotherapy and Pilates for antenatal, postnatal, osteoporosis and urinary incontinence- issues specific to women.

Pilates, a new trend in Fitness is one of the recent addition in offering specific exercise regimen concentrated on Core muscle strengthening. Core Strengthening is a key element in training sportsmen and women and Dr. Aditi has been using Pilates to help achieve core strengthening in them.

The use of a holistic approach with evidence based practice for better care and positive outcomes has been an approach receiving positive feedback from clients across various segments, cultures and geographical boundaries.

Dr. Aditi Singh is consummately interested in the science of physical health care and she continues to learn, share, grow and remain a beacon of wellness.