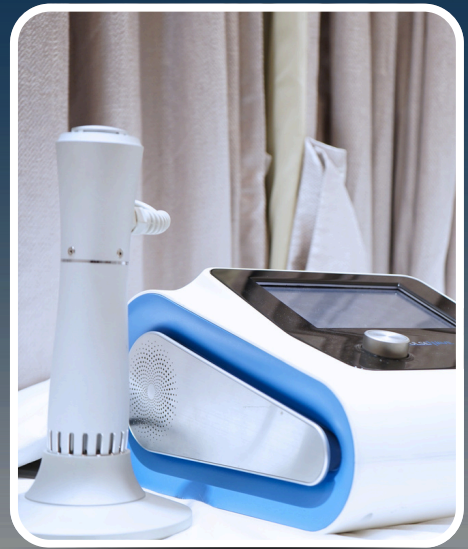
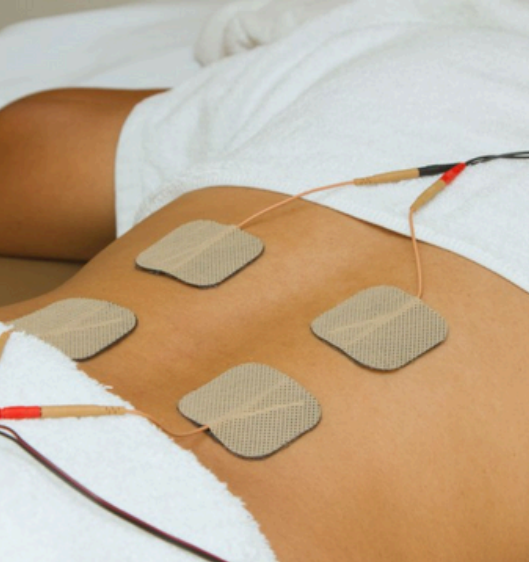




KLS Wellness
Institute for Anti-Aging
— NAVI MUMBAI —

PUT YOUR SPINE BACK ON TRACK





About Us

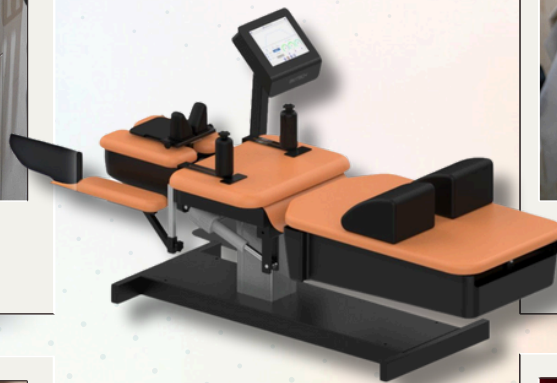
At KLS Wellness, we specialize in the comprehensive management of spine related pain , offering a unique blend of medical technology and time-honored traditional healing practices. Whether the patient is struggling with persistent back pain, neck stiffness, or paraspinal discomfort, our multidisciplinary approach at KLS wellness is designed to address the root cause, not just the symptoms restoring body's natural alignment and function.

Our institute is an abode for those seeking lasting relief from spinal ailments, with treatments that goes beyond pain management to target cellular detoxification and rejuvenation. By working at the deepest levels of your physiology, our therapies not only alleviate functional pain but also promote internal healing, disease prevention.

The treatment program is tailored according to individual case which is customized after a detail consultation and spine imaging. The treatment combines the precision of modern science with the wisdom of natural healing to offer truly personalized care. We believe spinal health is central to overall vitality. At KLS Wellness, it's not just about being pain-free but it's about regaining one's freedom of movement, enhancing your energy levels , and living with a renewed sense of well-being from the inside out.



CLASS 4 LASER



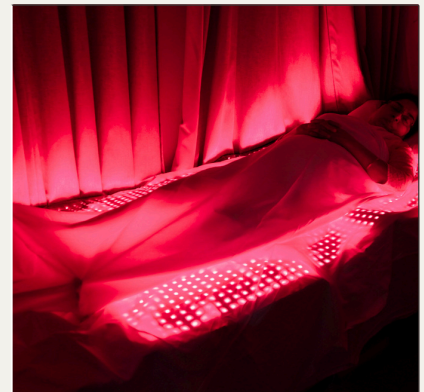
**Non Surgical
Robotic Spinal
Decompression**



I Tecar



**Extracorporeal
Shock Wave Therapy**



Prism Light Pad

Types and Causes of Back Pain

Mechanical or Axial Back Pain -

This type of pain remains mostly in the back and feels like aching or stiffness, worse with movement or after activity.

Causes can be muscle strain, poor posture, disc degeneration, arthritis in the spine (spondylosis), or joint wear and tear.

Nerve-Related (Radicular) Pain -

This type of pain shoots down the leg or arm which feels like burning, tingling, numbness, or electric-shock sensations.

Causes can be slipped disc (herniation), spinal narrowing (stenosis), or pressure on a nerve root.

Referred Pain -

This type of pain felt in the back but caused by issues in nearby organs like renal or gallbladder problems, pelvic conditions or hip joint issues .

Inflammatory Back Pain -

This Pain is caused due to inflammation in the spine like autoimmune disease such as ankylosing spondylitis, rheumatoid arthritis; spinal gout ; etc. Patient experiences stiffness and pain that's worse in the morning or after rest, better with activity.

Serious or Unusual Causes -

Spinal infections, tumors, fractures, or nerve damage (like cauda equina syndrome). Here the patient may experience fever, unexplained weight loss, weakness, loss of bladder/bowel control. Whoever experiences this type of back pain should immediately visit a doctor.

Pain can occur at following levels of spine

Cervical (Neck Pain):

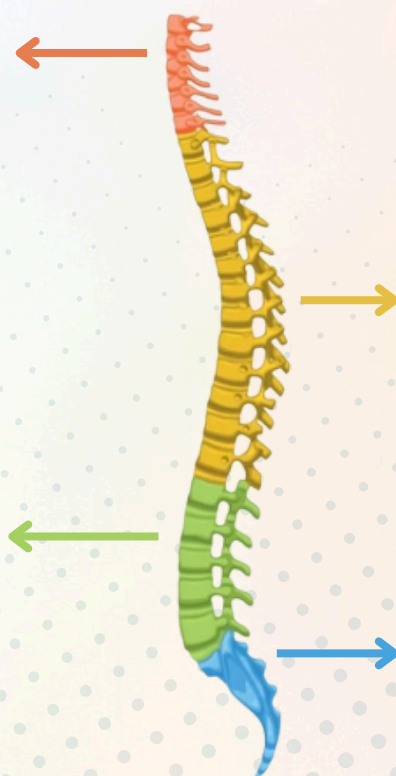
Caused by poor posture, disc issues, or arthritis.
May radiate to shoulders or arms.

Lumbar (Lower Back Pain):

Most common; due to disc problems, muscle strain, or sciatica.

Coccyx (Tail bone pain) :

Caused by trauma, prolonged sitting, repetitive strain affecting the coccyx.



Thoracic (Upper Back Pain):

Often from poor posture, muscle strain, or spine deformities.

Sacral (Pelvic/Buttock Pain):

Linked to sacroiliac joint dysfunction or trauma.

Conventional Approaches

The right plan depends on the cause



Medication -

The first line of management is medications such as pain relievers like ibuprofen, paracetamol, etc.; muscle relaxants oral or local applications; Nerve pain medications like pregabalin, gabapentin, etc.; anti-inflammatory drugs or steroid in severe pain cases.

Physical Therapy -

If pain still persists then physiotherapy is advised such as physio modalities like hot/ cold compresses, ultrasound, TENS (nerve stimulation); physical therapies like gentle exercise for particular pain area to strengthening core muscles; stretching and posture correction; etc.



Injections -

In severe cases, minimal invasive treatments are recommended if needed, such as Epidural steroid injections for nerve pain; Joint or nerve blocks for persistent pain; Radiofrequency ablation to reduce long-term joint pain, etc.

Surgery -

In severe cases, if spinal pain is not better with above management or if there is a nerve damage, canal stenosis or spinal instability, then surgery is recommended, like Discectomy, Laminectomy or spinal fusion, etc.



APPROACH AT KLS WELLNESS

At KLS Wellness, we go beyond the conventional approach. This consists of a combination of non-surgical treatments like Physical therapy, Physio Pain modality with Robotic decompression treatment and recent advanced laser technology and light-based therapies, which is combined with internal detoxification such as Hyperbaric oxygen therapy, ozone therapy, Colon hydrotherapy, Saunas, etc. These integrated therapies with some lifestyle modification result in decreasing the pain and provide a sustained pain relief to the patient.

Programs Done in Spine Program



**MEDICAL
CONSULTATION**



CLASS 4 LASER



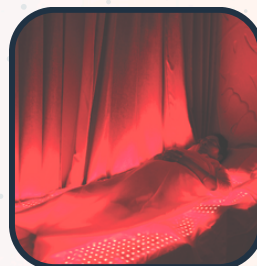
**PHYSIOTHERAPY
ASSESSMENT**



**EXTRACORPO
REAL SHOCK
WAVE
THERAPY**



**ROBOTIC SPINAL
DECOMPRESSION
4D SYSTEM**



PRISM LIGHT



**INTERFERENTIAL
THERAPY**



INFRARED SAUNA



REHABILITATION



OZONE SAUNA



I TECAR



**TRANSCUTANEOUS
ELECTRICAL NERVE
STIMULATION
(TENS)**

Programs Done in Spine Program



SPINE BASTI



**ULTRA SOUND
THERAPY**



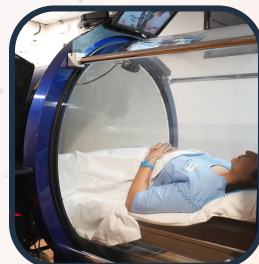
ACCUPRESSURE



YOGA



**AVACEN
MICRO-
CIRCULATION**



HBOT



POTLI SHEK



OZONE THERAPY



**FOOT
REFLEXOLOGY**



**GUT CLEANSING
WITH
HYDROCOLON
THERAPY**

Treatment Offered at KLS for Pain Management



Advanced Non-Surgical Robotic Spinal Decompression 4D System

Robotic Spinal Decompression is a non-invasive therapy which uses 4D technology designed to relieve back and neck pain caused by conditions such as herniated discs, degenerative disc disease, nerve root compression, and sciatica. The advanced 4D movement capability, allows adjustments in multiple directions such as Flexion & Extension, Lateral Flexion (Side Bending) and Axial Rotation. It uses robotic precision to gently stretch the spine and create negative pressure within the spinal discs. This helps retract bulging or herniated disc material, reduces pressure on compressed nerves, and promotes improved disc hydration and healing all without surgery or discomfort. This multi-plane motion allows for highly targeted decompression, tailored to each patient's specific spinal condition. The robotic control ensures consistent, smooth, and safe therapy sessions, with real-time feedback for optimal effectiveness.



Physical Therapy

Physical therapy plays a crucial role in managing and treating spine conditions by addressing pain at its root, improving mobility, strengthening supportive muscles, and preventing future injuries. Regular, guided movement promotes better circulation and flexibility, enhancing the body's natural healing processes and reducing stiffness. Through targeted interventions, physical therapy not only relieves discomfort but also improves functional mobility, empowering patients to return to their daily activities with greater ease, strength, and confidence.

Therapies which can help patients with back and neck related issues-

- Stretching exercises
- Strengthening exercises
- Manual therapy
- McKenzie exercises
- Posture correction exercises
- Aerobic conditioning
- Ergonomic Advice

These exercises are personalized based on pain severity, cause, and functional limitations, and are often combined with modalities for optimal recovery

Physiotherapy Modalities

Extracorporeal Shockwave Therapy (ESWT)



This machine delivers focused acoustic waves that penetrate deep into muscles, tendons, and joints. Shockwave therapy works in two phases: the positive phase applies direct mechanical force to the targeted tissue, while the negative phase inducing cavitation and forming tiny gas bubbles that quickly collapse. This collapse produces additional shockwaves, boosting the treatment effect. These dynamic actions help relieve pain, stimulate tissue repair and regeneration. It also breaks down calcifications and reduces muscle tightness.

Class 4 Laser Therapy

The laser emits specific wavelengths of light that penetrate deep into muscles and tissues. This targeted light energy reduces inflammation, swelling, and muscle stiffness stimulating cellular repair, enhancing oxygen delivery and ATP (energy) production at that particular location. It calms down the Nerve cells further leading to reduced pain signals and faster relief. It is clinically proven to accelerate healing in both acute injuries and chronic musculoskeletal conditions.



Physiotherapy Modalities

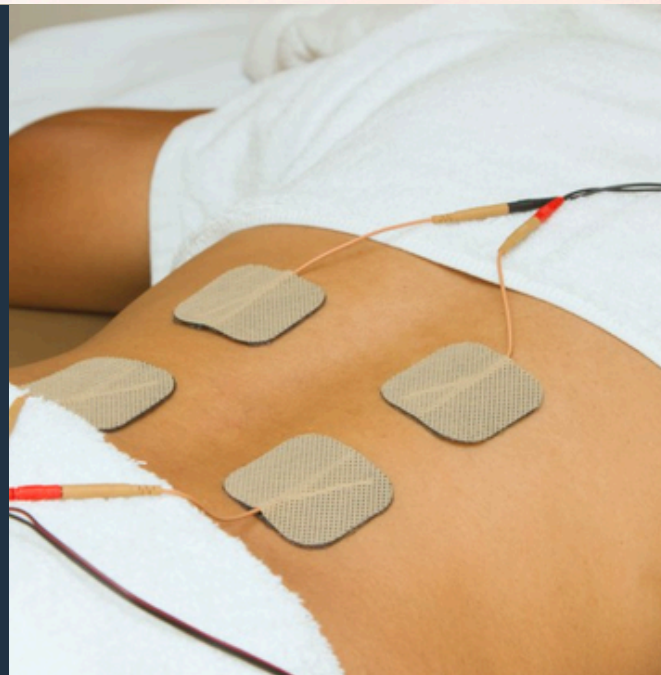
I Tecar Therapy



I-Tecar uses high frequency radio waves to generate therapeutic heat inside muscles and joints, increasing blood flow and cellular metabolism at and around the areas where it is used. This internal energy reduces inflammation, relaxes the tight muscles and stimulates deep tissue healing. The therapy also helps drain excess fluids and toxins, relieving pressure on nerves. It is proven safe and effective for acute injuries and chronic pain, with immediate and long-lasting results.

Interferential Therapy

Interferential Therapy (IFT) uses two medium-frequency currents that cross over in the body to create a low-frequency effect deep in the tissues. This helps reduce pain with less discomfort compared to direct low-frequency treatments. IFT works by blocking pain signals and boosting natural painkillers (endorphins), while also improving blood flow, reducing swelling, relaxing tight muscles, and easing spasms. It's commonly used by physiotherapy as a first-line treatment for both acute and chronic muscle or joint pain, especially in areas like the back, neck, and shoulders.



Physiotherapy Modalities

Ultrasound Machine



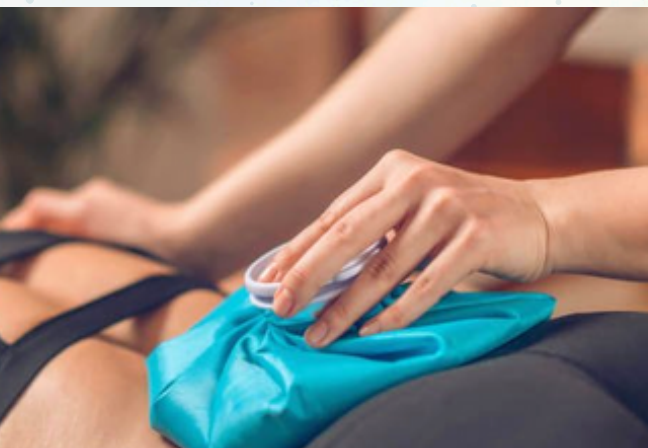
This machine emits high-frequency sound waves that penetrate deep into muscles and soft tissues. These waves create gentle vibrations and heat at the cellular level, improving blood flow and tissue flexibility. It accelerates healing by enhancing cellular repair and reducing inflammation. Tight muscles and trigger points in the back, neck, shoulders, and other areas are relaxed and softened.

Transcutaneous Electrical Nerve Stimulation (TENS)

It delivers low-voltage electrical impulses through the electrodes placed on the skin to stimulate nerves in the affected area. These impulses block pain signals from reaching the brain, providing immediate relief. It reduces muscle tension and improves circulation in the area where its applied. They also trigger the release of endorphins, the natural painkillers produced by the body.



Hot and Cold Compresses



Hot and cold compresses is an effective physiotherapy tools for managing acute as well as chronic pain. A hot compress dilates blood vessels thus increasing blood flow, relaxes tight muscles, and helps with chronic pain or stiffness. In contrast, a cold compress constricts the blood vessels thus reducing blood flow, inflammation and swelling and numbs sharp pain, making it ideal for acute injuries like sprains.



Aquatic Therapy

Aquatic physiotherapy is a therapeutic approach that involves performing physiotherapy exercises in a warm-water pool to alleviate spine and joint pain. The buoyancy of water reduces the stress on the joints, allowing for pain-free movement and improved joint mobility. Warm water helps relax muscles, enhancing flexibility and reducing stiffness. Additionally, water's natural resistance strengthens muscles. This therapy is particularly beneficial for individuals with arthritis, chronic pain, etc. as it promotes healing, reduces swelling, and improves overall function.

Therapies which can help patients with back and joint issues –

- Walking in water: forward, backward and sideways.
- Leg Raises (Standing or Side)
- Flutter Kicks (with or without kickboard)
- Wall Push-Ups
- Heel-to-Toe Raises
- Knee-to-Chest Stretch
- Cycling Motion (Floating or Standing)
- Spot Marching
- Wall squats
- Stretching
- Gentle relaxation technique in the pool

These exercises are personalized based on pain severity, cause, and functional limitations

Spine Basti



Spine Basti is a unique treatment where a ring of dough is placed over the affected level of spine and filled with warm, medicated herbal oil. The oil is retained for a specific time, allowing deep penetration into muscles and tissues around the spine. This process helps improve local blood circulation, reduces stiffness, and calms inflamed nerves. The warmth and medicinal properties of the oil help soften tight muscles and nourish spinal tissues. Regular sessions of Spine Basti promote pain relief, better flexibility, and enhanced mobility.

Acupressure

It involves use of sustained, deep pressure and slow strokes to reach the deeper layers of muscle fascia and connective tissues. This technique targets myofascial trigger points and areas of muscular tension commonly associated with spinal conditions. It is effective in managing musculoskeletal dysfunctions such as muscle spasms, strains, sprains, and pain related to disc protrusions or bulges. The mechanical stimulation promotes vasodilation, enhancing blood circulation and lymphatic drainage, which helps reduce localized inflammation. By releasing chronic muscle tension, it improves tissue elasticity and spinal mobility, aiding in postural correction and functional recovery. Regular sessions support the rehabilitation of the back, neck, and paraspinal muscles, offering both symptomatic relief and long-term musculoskeletal health.



Prism Light Pad



The Prism Light Pad utilizes photobiomodulation (PBM), delivering targeted red (660 nm) and near-infrared (850–940 nm) light into the skin and deeper tissues. These wavelengths penetrate through the dermis into muscles, fascia, and joint structures, reaching affected spinal and paraspinal areas. PBM stimulates mitochondrial activity, enhancing ATP production, which boosts cellular repair and regeneration. The therapy promotes microcirculation, reduces oxidative stress, and modulates inflammation at the cellular level. It accelerates healing of damaged tissues up to 5 times faster, aiding in recovery from disc-related pain, muscle fatigue, and chronic spinal conditions.

Avacen

This Class 2 medical device applies controlled thermal stimulation to the palm, a region rich in vascular and nerve networks. By delivering targeted heat therapy, it activates thermoreceptors and enhances microcirculation not only locally, but systemically. The improved peripheral and central blood flow aids in the distribution of oxygen and nutrients to muscles and joints throughout the body. This process supports the reduction of muscular tension, alleviates joint stiffness, and promotes systemic relaxation. Clinically beneficial in managing chronic musculoskeletal pain, including back, neck, and shoulder discomfort.



Ozone Sauna



The Ozone Sauna integrates the calming warmth of a traditional sauna with the therapeutic effects of steam, medical-grade ozone therapy, and chromotherapy (coloured light therapy). Steam and heat promote vasodilation, enhancing microcirculation and lymphatic flow, which aids in reducing muscle stiffness and joint pain, particularly in the spine and paraspinal areas. Ozone therapy supports cellular oxygenation and detoxification, helping to eliminate metabolic waste and reduce systemic inflammation. Chromotherapy uses specific wavelengths of light to influence the autonomic nervous system, encouraging deep neuromuscular relaxation and stress relief. This multi-sensory environment promotes both physiological recovery and mental rejuvenation, benefiting those with chronic back, neck, and shoulder pain.

Infrared Sauna

Unlike traditional saunas that heat the air, infrared saunas use far-infrared wavelengths (FIR) to directly warm the body at a deeper, cellular level. This penetrative heat targets muscles, joints, and connective tissues, promoting enhanced circulation, tissue oxygenation, and cellular detoxification. It accelerates the healing of microtears, muscular spasms, and inflammation, especially in the paraspinal, lumbar, cervical, and shoulder regions. Infrared therapy also modulates the autonomic nervous system, helping reduce chronic fatigue, anxiety, and sleep disturbances often associated with persistent pain. Regular sessions improve metabolic function, reduce oxidative stress, and support neuromuscular relaxation. It is a safe, non-invasive adjunct to spinal rehabilitation which aids both physical and mental recovery.



Additional Therapies

Hyperbaric Oxygen Therapy (HBOT)



HBOT is a safe, non-invasive treatment where the patient breathes 100% medical-grade oxygen in a pressurized chamber. During the session, one can either recline or lie down comfortably within the transparent chamber. He may watch a movie or favourite series on the screen placed above the chamber, listen to music or even go to sleep.

How Does HBOT Work?

In our normal environment, oxygen is mostly carried by red blood cells. But under hyperbaric conditions (usually 1.5 to 2.0 atmospheric pressure), oxygen dissolves directly into: Blood plasma, Lymphatic fluid, Spinal fluid, Bone and soft tissues.

This means even areas with poor circulation get a fresh supply of oxygen essential for tissue repair, nerve recovery, and reducing inflammation.

Key Benefits of HBOT in Pain Management & Back Conditions -

Works as anti inflammatory

- Reduces Inflammation Around the Spine by decreasing swelling that puts pressure on nerves

Accelerates Healing of Discs, Ligaments & Joints

- Stimulates collagen production for disc and Improves blood flow to degenerative tissues

Improves Nerve Recovery

- Promotes oxygen delivery to compressed or injured nerves and Enhances neuroplasticity

Boosts Energy, Mood & Sleep

- Alleviates depression and anxiety caused by chronic pain
- Enhances oxygenation in the brain, improving mood and cognition

Mobilizes body's own stem cells to injury site for faster recovery.

Enhances Immune cells like white blood cells to fight infection and aids recovery .

Ozone Therapy



Medical Ozone Therapy involves the administration of a precise blend of medical-grade ozone (O_3) and oxygen (O_2) — typically 0.5% to 5% ozone and 95% to 99.5% oxygen. This unique mixture is introduced into the body using safe, targeted methods such as rectal, ear, boto, local injections etc.

Physiological Actions of Ozone Therapy -

- Redox Signaling: Mild oxidative stress activates Nrf2, promoting antioxidant enzyme expression (SOD, catalase, glutathione peroxidase)
- Immunomodulation: Balances Th1/Th2 immune response; supports autoimmune regulation
- Microcirculation Enhancement: Increases 2,3-DPG in red blood cells, improving oxygen release in hypoxic tissues.
- Analgesic Effects: Modulates nociceptor sensitivity and reduces local acidity around nerves.
- Stem Cell Activation: Encourages local stem cell recruitment and tissue regeneration
- Antimicrobial Action: Inactivates bacteria, viruses, fungi, and even biofilms ,supporting tissue detox and healing
- Cellular Metabolism : Stimulates mitochondrial function (ATP production), fueling tissue repair and regeneration.

Key Benefits of ozone therapy in Pain Management & Back Conditions -

Improves Cellular oxygenation

- Increases oxygen carrying capacity of blood thus enriching tissues with oxygen, especially in poorly perfused or inflamed areas of spine
- Improves red blood cell flexibility and oxygen delivery to microcirculation

Acts as Anti Inflammatory and activates antioxidant defence mechanism

- Reduces nerve irritation and soft tissue inflammation
- Triggers the body's antioxidant defense systems (via Nrf2 pathway), reducing oxidative stress

Accelerates Healing

- Stimulates collagen synthesis and promotes repair of damaged discs, ligaments, and joints

Improves Mobility and Flexibility

- Decreases stiffness in the spine and joints

Modulates Immunity and supports Detoxification

- Reduces proinflammatory mediators (like $TNF-\alpha$, IL-1, IL-6) and balances immune response

Hydrocolon Therapy



Hydro Colon Therapy (also known as Colon Hydrotherapy or Colon Irrigation) is a safe and gentle procedure that involves flushing the large intestine (colon) with temperature controlled, purified water to remove accumulated waste, toxins, gas, and mucus.

This process cleanses the colon, enhances gut function, supports detoxification, and can even help reduce pain and inflammation especially in those with chronic back pain, bloating, fatigue, or inflammatory conditions.

How Does It Work?

- A small, sterile tube is gently inserted into the rectum, and filtered, warm water is introduced into the colon.
- This loosens and flushes out accumulated waste, toxins, gas, parasites, and even undigested food residues from the walls of the colon.
- As the gut is cleansed, the colon's natural muscle tone improves, gut flora is rebalanced, and systemic inflammation may reduce.

KEY Benefits of Colon Cleansing in Pain Management & Back Health

Reduces Systemic Inflammation

- Toxic buildup in the gut can increase inflammatory markers like CRP and cytokines.
- By removing waste and supporting gut integrity, hydro colon therapy may reduce low-grade chronic inflammation that contributes to joint and back pain.

Relieves Abdominal Pressure & Bloating

- A sluggish gut can cause distension and strain on the lower back muscles and spine.
- Clearing the colon relieves pressure, easing lower back discomfort and tension.

Enhances Nutrient Absorption

- A clean colon allows better digestion and absorption of pain-modulating nutrients like magnesium, omega-3s, and B vitamins.

Improves Gut-Brain Axis & Mood

- A healthy gut supports better mood, sleep, and pain tolerance through serotonin and GABA production.
- Reduces gut-driven anxiety and stress, often linked to chronic pain.

IV Micronutrient and Antioxidant Drip



Back and neck pain often go beyond bones and muscles, rooted in cellular inflammation, oxidative stress, and nutrient deficiencies. That's why our spinal pain management includes IV Micronutrient and Antioxidant Drip Therapy

IV micronutrient therapy delivers a powerful blend of vitamins, minerals, and antioxidants directly into the bloodstream, bypassing the digestive system for maximum absorption and rapid effectiveness. Our drips often include High dose Vitamin C, B-complex, Magnesium, Glutathione, and NAC.

Atlas Full Body LED Therapy

The Atlas Capsule is a full-body LED therapy device with AI Features that uses 11,616 medical grade LEDs to deliver targeted light therapy for pain relief and healing. It emits different therapeutic wavelengths Red, Infrared, Blue, Yellow and Orange each penetrating the skin at different depths to reduce inflammation, improve circulation, and support tissue repair. Infrared and red lights are especially effective in managing chronic pain by promoting cellular regeneration and decreasing muscle and joint discomfort. The 360° capsule design ensures full body exposure, maximizing therapeutic impact with 11 preset programs which not only is beneficial for pain relief but also works on skin, cellulite and gives an antiageing benefits.



Yoga and Meditation

Yoga and meditation are effective for managing spinal pain, including back, neck, postural discomfort, and sciatica. Gentle stretches improve flexibility, strengthen core and spinal muscles, and promote better posture. Mindful breathing and meditation reduce stress and muscle tension, enhancing pain management. Together, they improve circulation, coordination, and support long-term spinal health.

Specific poses like Cat-Cow, Downward Dog, Bridge, Child's Pose, Sphinx, Locust, and Supine Twist if done under expert guidance can ease nerve pressure and relieve back pain.



Shirodhara



The pain in back and neck spinal pain may not be just due structural issues, but also stem from chronic stress and nervous system imbalance.

Shirodhara, a classical traditional therapy that offers deep relaxation and healing by calming down the nerves and reducing stress. It involves gentle, rhythmic pouring of warm medicated oil or herbal decoction over the forehead, calming the mind, body, and nervous system.

This soothing process activates the parasympathetic system, helping the body shift from stress to healing mode. It eases muscle tension, calms the nervous system, and improves sleep interrupting the stress-pain cycle. It boosts serotonin and endorphins for natural pain relief, while lowering cortisol and supporting recovery in back and neck issues.

Optional Therapy

Weight Management



Our weight management program integrates colon cleansing, detox massage, light-based therapies, customized diet plans, targeted exercise, yoga, and advanced weight loss machines. This multi-modal approach boosts metabolism, enhances lymphatic drainage, improves digestion, and promotes fat breakdown. Colon cleansing and detox therapies help eliminate toxins, supporting better nutrient absorption and gut health. Light therapies and machines aid in spot fat reduction and skin tightening. Together, these scientifically backed methods support sustainable, healthy weight loss and overall well-being.

Aesthetic Medicine

Our medical cosmetology and aesthetic treatments are tailored to individual skin needs following expert consultation. We offer medi-facials, chemical peels, laser treatments, radiofrequency, Hydrafacial, ect Procedures like PRP (Platelet Rich Plasma), Electrocautery, Dermal hydration, Botox, and dermal fillers are offered here. All the Procedures are performed by expert professionals for precision and safety. These evidence based treatments target concerns like uneven skin tone, acne, pigmentation, fine lines and skin laxity enhancing natural beauty with clinically proven results.



Whole Body Cryotherapy



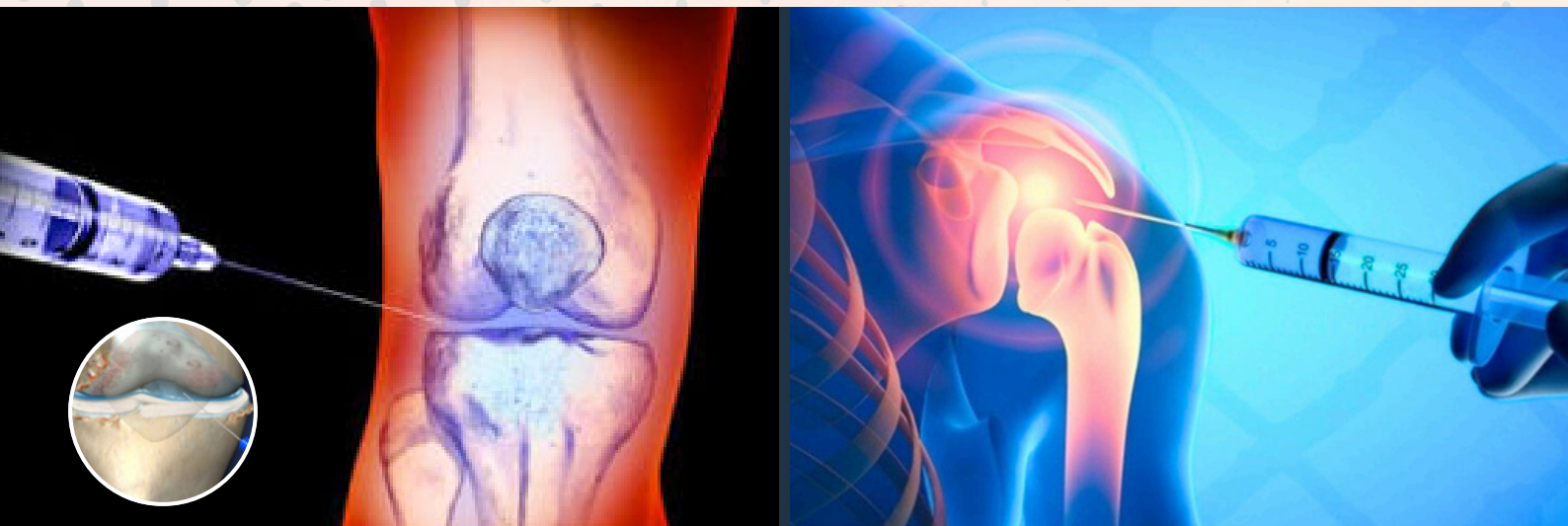
The word 'Cryo' means 'cold'. Whole Body Cryotherapy utilizes the analgesic and therapeutic effects of hyper-cooled air in a controlled chamber to reduce musculoskeletal pain and inflammation. It stimulates the body's natural healing abilities by exposing the body to extremely cold temperatures for few minutes. Super cooled air, usually -110°C and -180°C , is used to flash chill the body in a controlled 'cryochamber'. This reduces neuromuscular pain & myalgia, joint pain, headaches and migraines, neuropathies, mood disorders, atopic dermatitis, and other skin conditions.

FLOW PRESSO- LYMPHATIC DRAINAGE SYSTEM

Flowpresso is a non-invasive therapy system that combines compression, deep pressure, and infrared heat to support the body's natural healing processes. It works by gently applying rhythmic pressure to different areas of the body, enhancing circulation, lymphatic drainage, and relaxation. The technology uses specially designed garments with air chambers and far-infrared heat to deliver these effects. Benefits include improved sleep, reduced stress and inflammation, enhanced recovery, and support for detoxification.



Joint Pain Management Through Invasive Methods



With age, joint pain often becomes a part of life, commonly due to conditions such as knee osteoarthritis, frozen shoulder, tennis elbow, or plantar fasciitis. These issues typically arise from the gradual breakdown of joint cartilage, thinning of the synovial membrane, and reduced flexibility in supporting ligaments.

In the early stages, symptoms can often be managed with non-invasive treatments, medications, and lifestyle adjustments. However, as degeneration progresses to more advanced stages (Grade 3 and 4), specialized, minimally invasive therapies can play a key role in preserving joint health. These treatments not only relieve pain but also improve mobility and may significantly delay — or even prevent — the need for joint replacement surgery.

At KLS Wellness, we offer cutting-edge joint preservation treatments tailored to support your body's natural healing and restore joint function:

- Injectable Ozone Therapy
- Platelet-Rich Plasma (PRP) Therapy
- Prolotherapy
- Autologous Stromal Vascular Fraction (SVF) Therapy
- Gel Injections (Viscosupplementation)
- Cortisone Injections

Our approach focuses on non-surgical solutions that enhance mobility, support joint structure, and help you stay active longer.

Additional KLS Programs

ANTIAGING PROGRAM

CORPORATE WELLNESS PROGRAM

DETOX PROGRAM

JOINT [KNEE / SPINE] PROGRAM

DESTRESS PROGRAM

OBESITY MANAGEMENT PROGRAM

SUPER IMMUNITY PROGRAM

AESTHETIC MEDICINE

Testimonial



GRATITUDE



Every step in recovery, no matter how small, was a victory. We're beyond thankful to those who stood by us through it all.



HOPE



Pain may have brought us here, but compassion, care, and persistence helped us rise. Thank you for being part of our healing.



HEALING



Experience the natural healing power of spine treatments at KLS Wellness Institute!



STRENGTH



What once felt like the end became a new beginning. Our deepest gratitude to the team that believed in our recovery.



Rooms



Publications

Our Publications

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3. 'Intravenous ozonized saline therapy as prophylaxis for healthcare workers (HCWs) in a dedicated COVID-19 hospital in India', A retrospective study. Eur Rev Med Pharmacol Sci. 2021 May;25(9):3632-3639 Sharma A, Shah M, Sane H, Gokulchandran N, Paranjape A, Khubchandani P, Captain J, Shirke S, Kulkarni P.

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7. Infrared Radiation in the Management of Musculoskeletal Conditions and Chronic Pain: A Systematic Review <https://pmc.ncbi.nlm.nih.gov/articles/PMC8946909/>
8. Low-intensity LASER and LED (photobiomodulation therapy) for pain control of the most common musculoskeletal conditions
<https://pmc.ncbi.nlm.nih.gov/articles/PMC9980499/>
9. A comparison of the effects of deep tissue massage and therapeutic massage on chronic low back pain <https://www.researchgate.net/publication/228088433>
10. Low Back Pain Management Through Bowel Lavage (Panchaprasrutik Basti)—A Single Arm Clinical Trial
https://www.researchgate.net/publication/388816470_Low_Back_Pain_Management_Through_Bowel_Lavage_Panchaprasrutik_Basti_-A_Single_Arm_Clinical_Trial



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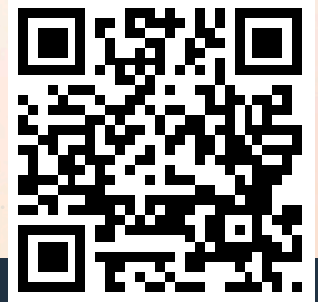
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