

Dr Vigil's Advance Physio Offers The Best Cardiac Physiotherapy in Mira Road

Dr Vigil's Advance Physio offers specialized [Cardiac Physiotherapy in Mira Road](#), focused on improving heart health, physical endurance, and overall quality of life for patients with cardiac conditions. Cardiac physiotherapy plays a vital role in recovery after heart-related illnesses and procedures, helping patients regain strength, confidence, and functional independence through medically supervised rehabilitation.

Our cardiac physiotherapy programs are designed for individuals recovering from heart attacks, bypass surgery, angioplasty, heart failure, and other cardiovascular conditions. Each patient undergoes a detailed assessment to evaluate heart function, physical capacity, risk factors, and lifestyle needs. Based on this evaluation, our expert physiotherapists create a personalized rehabilitation plan tailored to the patient's medical condition and recovery goals.



At Dr Vigil's Advance Physio, we focus on safe and progressive exercise training to improve cardiovascular endurance, muscle strength, flexibility, and breathing efficiency. Our sessions include controlled aerobic exercises, strengthening routines, breathing techniques, posture

correction, and relaxation methods. All exercises are performed under close professional supervision to ensure safety, prevent complications, and promote steady improvement.

Patient education is an essential part of our cardiac physiotherapy program. We guide patients on lifestyle modifications, stress management, energy conservation, and safe physical activity levels to support long-term heart health. Our team works closely with physicians and caregivers to ensure a coordinated and holistic approach to recovery.

Safety and comfort are our top priorities. We follow strict monitoring protocols during therapy sessions, ensuring that patients exercise within safe limits. Our clinic provides a supportive and encouraging environment that helps patients regain confidence and overcome fear associated with physical activity after a cardiac event.

Choosing Dr Vigil's Advance Physio for cardiac physiotherapy in Mira Road means choosing professional expertise, personalized care, and a patient-focused approach. Our goal is to help patients recover safely, improve functional capacity, and return to an active, healthier lifestyle with confidence and peace of mind. For more visit us!