



ABOUT US

At Dynamique, our professional team are dedicated to delivering primary health care services and sports training through an integrated interdisciplinary approach to help you in your sports rehabilitation journey to get back to sports field, school, work, pre and post-surgery recovering, enhance sports performance and achieving personal goal of healthier and active lifestyle.

RECOVER
STRENGTHEN
PERFORM
RECOVER

OUR SERVICES

- Physiotherapy
- Sports Rehabilitation
- Youth Sports Training
- Strength & Conditioning Training
- Customized Fitness Program
- Sports & Deep Tissue Massage Therapy
- Employee Wellness Program
- Return To Work Programme (RTW), Perkeso



DYNAMIQUE SPORTS REHAB CENTRE

OUR ADDRESS
 B-G-39 & 40,
 Dataran Cascades,
 No.13A, Jalan PUJ 5,
 Kota Damansara,
 47810 Petaling Jaya,
 Selangor.

T : +60 3-7629 4822/ 4821
E : dynamiquefitlife@gmail.com
W : www.dynamiquesportsrehab.com

OPENING HOURS
 Tue-Wed : 10 am to 8 pm | Thurs, Fri & Sat : 9 am to 5 pm
 Sun : 9 am to 1 pm | Mon : CLOSED




WE ARE SPECIALIZED IN

- **PHYSIOTHERAPY & SPORTS REHABILITATION**
 - Pain management
 - Pre/Post orthopaedic surgery rehabilitation
 - Joint & muscle injuries
 - Sports Injuries
 - Osteoarthritis
 - Scoliosis
 - Frozen shoulder
- **YOUTH SPORTS TRAINING AND STRENGTH & CONDITIONING TRAINING**
 - Enhance sports performance (swimmer, golfer, gymnast etc)
 - Maintain and improve overall fitness & wellness
 - Achieve fitness goal
 - Injury prevention
- **SPORTS MASSAGE**
 - Pre-race sports massage
 - Post-race sports massage
 - Recovery sports massage

YOUR ONE-STOP

health, sports and lifestyle centre



DYNAMIQUE
 SPORTS REHAB CENTRE