

Assess, Treat, Rehabilitate and Deliver

With over 35 years combined experience, Renew's therapists have gained the respect of the medical community and benefit from excellent working relationships with many referring Consultants, GPs and Health Insurance Companies which ultimately results in first class care for our clients.



Physiotherapy treatment is complemented by our UK-qualified on site Exercise Physiologist and Massage Therapists.

Personalised care management and continuous assessment of a patient's progress are core components of our rehabilitation programme.

We firmly believe that the quality and variety of rehabilitation delivered by the Renew team is unsurpassed within Trinidad and Tobago.

Focused on achieving maximum recovery

With our central location, number of full time staff members and convenient opening hours: Monday to Friday 7 a.m. to 7 p.m. and Saturdays 8 a.m. to 12 noon, we are able to deliver prompt and efficient treatment while minimising disruption to your working day. Renew's convenient location in St. Clair also offers on-site parking, wheel-chair access and a designated patient pick up and drop off zone.



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Port of Spain, Trinidad
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renewstarserpentine@gmail.com

Monday-Friday 7 a.m.-7 p.m.
Saturday 8 a.m.-12 noon



**Trusted and Endorsed
by Leading National Athletes**

**First Class Physical
Rehabilitation**

Welcome to Renew

Driven by a passion to deliver first class and diverse rehabilitation, Renew's team of highly qualified professionals is focused on achieving maximum recovery for every client.

Since its opening in 2009, Renew has become one of the biggest and most successful rehabilitation clinics in Trinidad and Tobago offering a diverse range of specialist services including:

- Physiotherapy
- Occupational Therapy
- Specialist Hand and Upper Extremity care
- Custom made Hand Splints
- Specialist Sports / Exercise Physician
- Diagnostic Ultrasound
- Exercise Physiology
- Strength and Conditioning
- Sports, Deep Tissue, Relaxation
- Lymphoedema Treatments / Massage
- Corporate Ergonomic Work Station Evaluations



Indeed, Renew is trusted and endorsed by many of the country's National Athletes. Renew's focus also includes treatment of neurological and orthopaedic conditions within the paediatric, geriatric and general population.

Our team also boasts a US qualified Occupational Therapist who specialises in hand and upper extremity care.

First Class Physical Rehabilitation

Custom made splinting is also available and is made on site by our Occupational Therapist. Renew's team is able to deliver effective treatment for a full range of out-patient conditions including:

- Sports Injuries
- Joint and Soft Tissue Injuries (sprains/strains)
- Back and Neck Pain
- Whiplash
- Prolapsed Discs
- Postural Low Back Pain
- Joint Degeneration
- Sciatica
- Lifting Techniques/Advice
- Muscle, Joint and Nerve Problems
- Repetitive Strain and Overuse Injuries

With one of the country's leading Sports Injury Doctors located within our facility, we deliver both assessment and rehabilitation under one roof; this results in excellent communication between doctor and therapist which ultimately leads to faster and more complete recovery for the client.

Personalised care management and continuous assessment of a patient's progress are core components of our rehabilitation programme.

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With personalised treatment programmes delivered by our UK and USA trained physiotherapists, Renew's methodology places the client at the centre of our four step approach to care: **Assess, Treat, Rehabilitate and Deliver.**



- Post-Operative Conditions
- Ligament Reconstructions (ACL Reconstructions)
- Tendon Repairs
- Arthroscopies - Cartilage Repairs
- Joint Replacements
- Arthritic Conditions
- Postural Evaluation
- Core Strengthening / Stability
- Ergonomic and Postural Evaluations



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