





ABOUT DISC

Diversified Integrated Sports Clinic (DISC) is a group of clinics established by individuals who share a passion for preventative healthcare. DISC challenges the standards of health within the local community by providing an international team of highly qualified doctors from different medical backgrounds relating to musculoskeletal medicine.

DISC established its presence in the United Arab Emirates in September 2014 within Dubai Healthcare City, Dubai and continues to expand within the region. DISC opened an additional site in Dubai at the Jumeirah Lake Towers, and established a branch in Kuwait at the iconic AlHamra Business Tower. DISC has a continued vision to expand both regionally and internationally.

The goal of the founders is to provide evidence-based, innovative healthcare solutions for musculoskeletal and preventative medicine, which is the future and current inclination of healthcare, and target individuals of any age and any health condition. DISC offers an array of complementary services including: sports and regenerative medicine, chiropractic, osteopathy, physiotherapy, musculoskeletal rehabilitation, massage therapy, strength and conditioning, kinesiology, with room to grow into traditional Chinese medicine. The most exciting part about DISC facilities is that patients receive an integrated team approach involving joint efforts in treatment methods to optimize the patient's recovery.

DISC aims to provide the highest quality of complementary and alternative medicine anywhere in the world, allowing the community to benefit from higher healthcare standards.

VISION

To become the globally preferred healthcare brand for musculoskeletal disorders and injuries.

MISSION

Treating, educating and inspiring through innovative healthcare and lifestyle wellness approaches.

OBJECTIVES

To carry out this Mission and foster the Group practice of injury prevention and pain management, DISC must:

1. Build a reputation as a patient-centered care provider.
2. Be an innovative and resource conscious provider of quality and safe patient care.
3. Engage, improve and retain a diverse workforce, capable of implementing the activities and services to achieve the organizational goals.
4. Educate and promote lifestyle wellness approaches.





THE CLINICS

The idea of our space is to create a feeling of escapism, (**warm, welcoming, healing**), by mixing the right kind of materials, such as concrete, wood, bricks and plants. The curved edge of the DISC logo serves as an inspiration which can be subtly implemented in many areas of the space. By treating the identity in such a way, we avoid the corporate feel.



OUR SERVICES

Our aim is to offer an integrative approach to pain management and rehabilitative therapy. We target every aspect of injury and prevention; from diagnosis to treatment planning using manual, movement therapy and education to promote a physical and emotional change in a patient.

- **Chiropractic:** offer specialized spinal and joint manipulation from high amplitude, high velocity, to low amplitude low velocity techniques appropriate to the patients condition, health status and age.
- **Physiotherapy:** manual and manipulative therapy to correct any musculoskeletal dysfunctions in the body by restoring joint and soft tissue mechanics to resume pain free movement.

- **Osteopathy:** offers a holistic manual therapy approach to reduce and resolve strains, stress and dysfunction in all areas of the body. The goal is to remove restrictions to vascular, neural and biomechanical mechanisms and ultimately support the body's natural healing process.

- **Movement Therapy / Kinesiology:** analyze and correct movement dysfunction through exercise. Offering biomechanical strength and conditioning through appropriate exercise, according to stages of tissue healing, after an injury or surgical procedure.

- **Medical Consultations:** consultations with our Medical Doctors for diagnosis and team referrals for all musculoskeletal conditions such as muscular, ligament sprains and tears; fractures, acute and chronic joint pain. In-house procedures such as ultrasound guided joint injections, Platelet-Rich Plasma (PRP) injections.

- **Corporate Wellness:** home and office ergonomic assessments, advise on sleep positions, workstations or sports ergonomics.

*Services provided may differ depending on clinic location

DISC DUBAI

Since the rapid economic growth sport in Dubai, the city has seen a high influx of expatriates who are hard working, aware and health conscious, which has in turn caused an increased involvement in activities and sports. This trend has caused an increase in musculoskeletal conditions such as headaches, neck, mid and low back pain, hip, knee and any other joint injuries, sports injuries such as golfer's and tennis elbow, jumper's knee as well as work-environment related injuries due to poor ergonomics such as carpal-tunnel and sciatica pain, all of which are treated conditions at DISC-Dubai.

DISC-Dubai was established in 2014 within the Dubai Healthcare City. Its success and growing patient needs necessitated the establishment of an additional site at the Jumeirah Lake Towers allowing DISC to expand its services to the wider community.

DISC-Dubai is three times accredited by the Dubai Healthcare City Authority-Regulatory (DHCR) under the umbrella of the International Society for Quality in Healthcare (ISQua). Notably, this distinction, along with the desire to continue to strive for excellence has resulted in DISC-Dubai being awarded the 2019 Dubai Healthcare City Authority Excellence Awards for its exceptional outpatient clinic practice.





DISC KUWAIT

Kuwait has shown a growing need for comprehensive treatment services as its population not only young and rapidly growing, but also has a widespread combination of indoor, sedentary lifestyle and poor diet habits. This has driven the demand for personalized healthcare, a rise in health awareness, disease prevention and lifestyle improvement.

DISC-Kuwait was established in October 2018 and is committed to lifestyle wellness and disease prevention. The ultimate aim is to lift the standards of healthcare services in Kuwait and providing the highest quality of care that exceeds patients' expectations.

DISC-Kuwait provides a unique experience to the Kuwait community through a holistic and integrated approach to pain management and rehabilitative therapy. This collaborative approach combines elements of different treatment methods of physiotherapy, osteopathy and movement therapy, whose joint efforts optimize the patient's recovery.

In line with DISC's pledge to quality and innovation, DISC-Kuwait is committed to the pursuance of the accreditation status under the umbrella of the International Society for Quality in Healthcare.



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