



Brand Name



Medical Box





**ELENA
GONCEAROVA**

Clinical Pilates Instructor
Co-Founder



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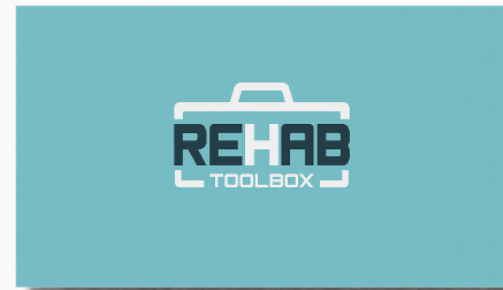
**SASHA
GONCEAROVA**

Kinesiotherapist
Co-Founder



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Meet
ELENA GONCHAROVA

CLINICAL PILATES INSTRUCTOR
(10+ Years of Experience)

Elena is an experienced, highly qualified Clinical Pilates instructor. She helped countless people with various needs and conditions, including professional athletes who suffered sports injuries, pre/post-natal women, and those who are managing disabilities.

Elena works with her patients to help them gain greater body awareness, manage pain, build strength, and improve alignment by teaching them to understand and appreciate their body's biomechanics.

FRIENDLY, SINCERE, PROFESSIONAL
She has changed lives



Meet
SASHA GONCHAROVA

KINESIOTHERAPIST
(10+ Years of Experience)

Sasha is a dedicated kinesiotherapist with over a decade of experience in post-traumatic rehabilitation, neurology, and more. He continuously expanded his expertise through additional courses and workshops.

He has helped athletes recover from injuries and return to sports, as well as assisting individuals in reclaiming their lives after neurological conditions. Sasha believes in a personalized, patient-involved approach to healing, focusing on understanding the body.

FRIENDLY, SINCERE, PROFESSIONAL
He has changed lives

Frequently Asked Q

5 ARE YOU PHYSIOS?

7

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat

6 WILL I BE ABLE TO DO THE SPLIT/PUSH UP/PULL UP/ HANDSTAND ETC.

8

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Contact

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Social Media

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Instagram Facebook LinkedIn

Do you need Help?

Signs you need help

| | |
|---|--|
| Post-workout pain that's becoming a regular occurrence | Doctor-recommended osteopathy or physiotherapy |
| Back pain after routine activities | Frequent headaches or dizziness |
| Sports injury hindering your training progress | Battling chronic joint or muscle pain |
| Recent joint, muscle, or spine surgery | Suffering from chronic fatigue and perpetual tiredness |
| Welcoming parenthood and its physical demands | Dealing with spine related issues or scoliosis |
| Concerns about posture improvement | Desiring a better understanding of your own body |
| Embarking on a new fitness journey and seeking guidance | |

Exploring your needs



Assessment

What to Expect:
In our first session, we
1. We perform manual
2. We provide basic ar
3. After the session, w
It's not a medical diagn

Tests Included:
Manual-muscle test
Mobility test

Fees Required:
500 AED

Session Duration:
90 MIN

Needed Documents
Medical reports and M

Dress Code:
Stretchy comfortable






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UPPEARANCE