

COMPANY PROFILE

2021/2022

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Message from the Chairman

H.E. Sheikh Abdulla Bin Khalifa Al Khalifa

As the Chairman of East Riffa Sports Club, it is my duty to make sure that every aspect within the club, is under our vision; of achieving a professional status quo towards the sports industry. The East Riffa High Performance Centre has been established as a stepping-stone to create a world-class sports rehabilitation center, that will develop the future of sports medicine in the region. Ultimately, improving quality of life, and returning patients to normality is our highest priority.



Mission

- Allow for the best evidence-based approach to healthcare, in an integrated and holistic manner
- Offer world-class expertise and facilities

Vision

Our vision is to be market leaders in exercise-science based healthcare, not only in the Kingdom of Bahrain, but also the Middle-East



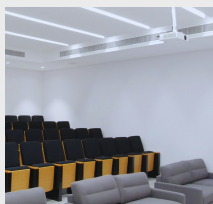
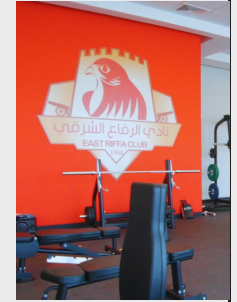
Values

- We value diversity and experience, and treat our colleagues and patients with sensitivity and respect
- Practicing high standards of professionalism and ethical behaviour

A Background on the East Riffa High Performance Centre

The East Riffa High Performance Medical Centre (HPC) is a sporting initiative created to offer an elite performance facility, and act as the training ground for tomorrow's sporting champions, while being the venue of choice for sports professionals, sporting enthusiasts and public alike.

Our medical facility will be supported by orthopaedic specialist doctors, sports medicine doctors, physiotherapists, chiropractors, nutritionists, psychologists and much more, to offer local and international, patients, the most up-to-date- evidence based approach to health care.



Services

Medical Staff

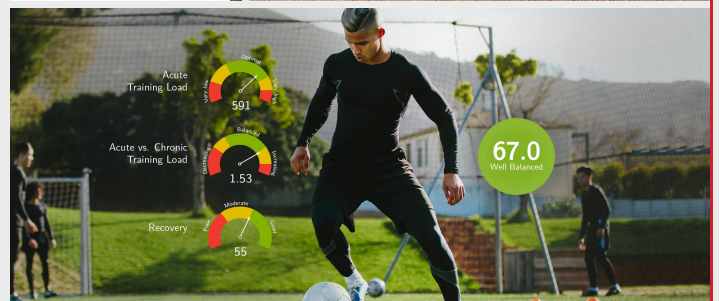
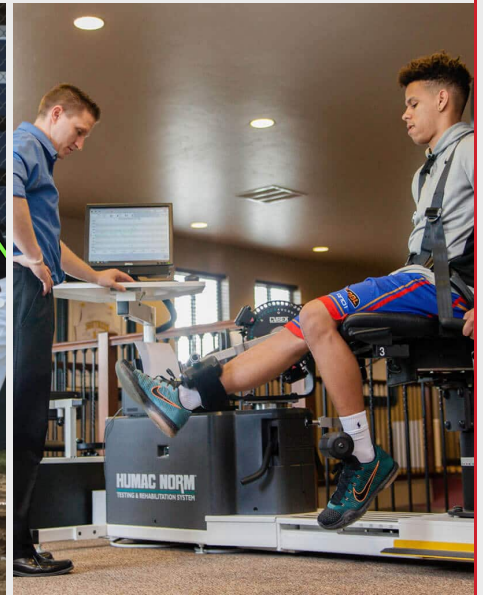
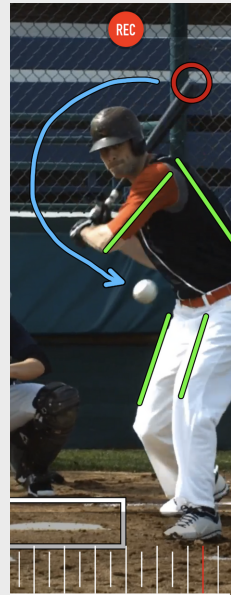
- Orthopaedic Consultant
- Sports Science & Medicine
- Chiropractic
- Physical Therapy
- Podiatry

- Sports injury diagnosis
- Sports injury management
- Injury prevention
- Performance optimization
- Pre-season evaluation
- Injury risk stratification
- Exercise and chronic disease
- Exercise and wellness
- Executive wellness assessments
- Sports concussion management
- Chronic lower back pain management programmes
- Management of chronic disease

Sports Science Testing & Screening

The HPC offers a comprehensive range of physical and medical screening tests to optimise performance and help prevent injury

- Event specific physiological profile
- Determine your physiological health status
- Functional assessment of strengths and weaknesses
- Provide baseline data and detailed feedback reports
- Provide insight into conditioning
- Monitor and measure improvements over time



Facilities

- State-of-the-art Treatment Facilities
 - Functional Rehabilitation Gym
 - Strength and Conditioning Gym
 - Contrast Recovery Bath
 - Lecture and Presentation Facility
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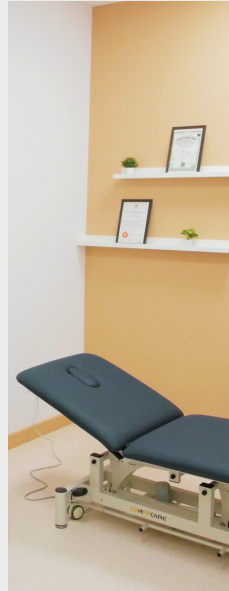
Treatment Facilities

Part 1 of our 3-Phase Treatment Plan incorporates pain management.

The HPC treatment facilities offer a multi-modal approach to manage patient expectations with regard to pain care.

This includes:

- Game Ready®
- Cryo-Ultrasound®
- LLLT Laser
- Shockwave (Radial)
- TENS/EMS

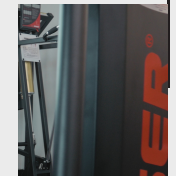
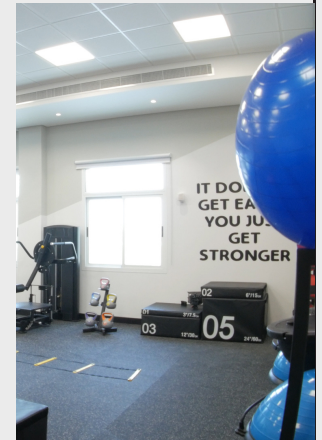
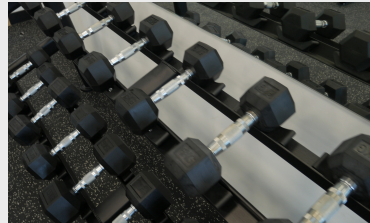


Functional Rehabilitation Gym

Part 2 of our 3-Phase Treatment Plan incorporates the restoration of patient's Range of Movement while establishing a foundation for efficient functional movements.

This would include activity patterns that demonstrates the following movement arcs:

- Squat
- Lunge
- Hinge
- Push
- Pull
- Rotate
- Walk

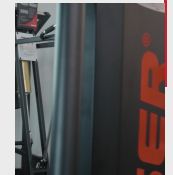
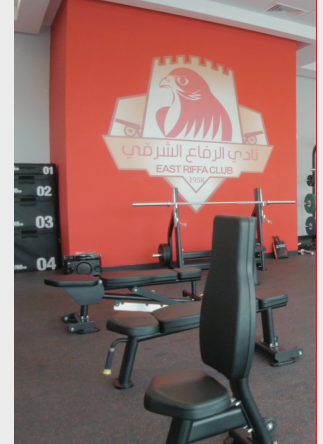


Strength and Conditioning Gym

Part 3 of our Treatment Plan incorporates a strength and conditioning protocol that encourages patients to integrate the use of dynamic strength movements to improve their physical performance.

This includes:

- Keiser® Pneumatic Technology
- TechnoGym® Curved Treadmill
- Assault® Rower
- Squat Racks
- Multi-function Trainers



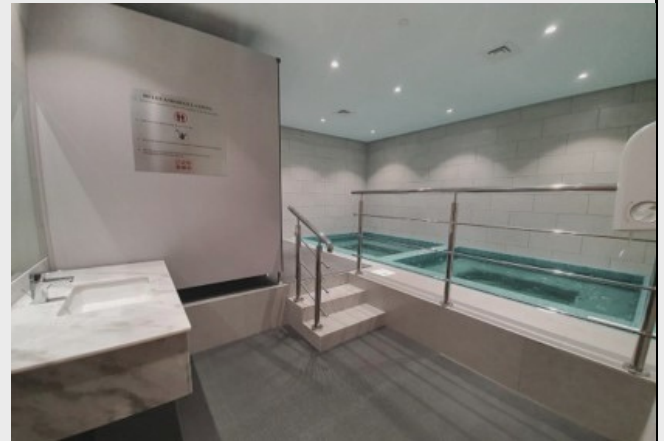
Contrast Recovery Bath

Exercise at all intensities acts to place stress on energy stores, hormones and the musculoskeletal structures.

The more intense the exercise is, the greater the stress (and damage) that the body is subjected to.

Recovery is a process by which the body heals from the damaging effects of exercise and restores the tissue, organs and biological systems to normal function.

The HPC offers ice bath recovery facilities to assist post training Combats damaging microtrauma (small tears) in muscle fibres and resultant soreness caused by intense or repetitive exercise.



Lecture and Presentation Facility

A multi-function 48-seater Presentation hall fitted with drop down projector screen and sound system.

This can look to accommodate lectures, CPD events, marketing events and corporate events.

*Rental usage can be arranged through our HR department.





Contact Information

For questions, comments and inquiries

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