

**revolutionising  
rehabilitation**



# Katrina

## THERAPY CENTRE

T ■ R ■ I ■ N ■ I ■ D ■ A ■ D

18 Marcano Avenue  
Manahambre Road  
Princes Town  
Trinidad, West Indies

1-868-655-5132

[www.katrinatherapy.com](http://www.katrinatherapy.com)

[katrinatherapycentre@gmail.com](mailto:katrinatherapycentre@gmail.com)

**"... finally a patient centered facility  
that is equipped and suited to the  
needs of the patient and therapist!"**



Katrina Therapy Centre is the first and only rehabilitation centre in the Caribbean that caters to the needs of orthopedic or neurological patients seeking water, physical and electrical therapy all under one roof. We are located in picturesque Princes Town (just a cool 15 minutes drive from the city of San Fernando) in Trinidad, West Indies.

Using the ADAAG (ADA Accessibility Guideline for Buildings and Facilities), the centre was built from the ground up with the patient in mind and outfitted with modern equipment, some of which are now available in Trinidad & Tobago for the very first time.

Katrina Therapy Centre is proud to offer assessment, treatment and rehabilitation on an individual basis to patients by certified therapists.

**Appointments can be made by calling**

**1-868-655-5132**



**"Gentle and soothing with  
no stress on joints or bones  
... aquatic therapy is one of the best."**



The indoor Katrina therapeutic, saltwater pool is heated and fitted with stainless steel handrails and safety coping tiles. It was designed specifically with two distinct platforms to boost neurological and non-weight bearing, orthopedic protocols which treats and conditions both the upper and lower extremities.

The Katrina therapeutic saltwater pool, also equipped with a patient lift, a ceiling mounted system, a jet propulsion system (400gpm that creates an infinite pool for swimming), an underwater treadmill, a functional performance grid, a built-in graduated step station with rest area and a slant board, enhances the treatment and early recovery of our patients.



**r e v o l u t i o n i s e**  
change something radically or fundamentally

**“Katrina Ceiling Mounted System... a simple, effective therapy device that promotes advanced therapy and patient confidence.”**



Katrina Therapy Centre is fully air-conditioned and has 528 sq. ft. of dedicated floor space for land based therapy. We boast of a patient loading bay, ADAAG designed hand rails on all ramps and staircases, grab bars in the toilets, showers, change area & spa room and hot & cold water.

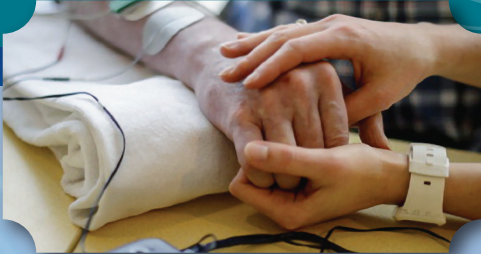
Our Katrina Ceiling Mounted Systems (gait and balance trainer) has a run of 20' each and is located over the treadmill and the parallel bars. This increases patient's confidence which contributes to visible, positive results for both the patient and his/her family.

Our 4 section traction table is located in a separate air-conditioned room with an attached bathroom for patient privacy.



**r e h a b i l i t a t e**  
restore to health by training and therapy

**“... strains and sprains are treated effectively using electrotherapy, which penetrates tissue without invasion.”**



Katrina's EStim professional electrotherapy unit uses an electrical current to stimulate nerves and muscles through the skin by providing a measure of pain relief. Electrical muscle stimulation (EMS) is often used to reduce swelling, muscle spasms and pain in the back and neck which can help to improve both range and movement.

Our stainless steel accupoint electrode is used for manual stimulation procedures where pin-point control is required. This stimulates the muscles that are infrequently used and helps to prevent muscles from wasting away. This is especially helpful for people that have suffered an injury from an accident or stroke and are unable to use their muscles.



**r e j u v e n a t e**  
restoration through relaxation

**“... soaking in a hot bath in total confidence,  
no slipping, and the possibility of falling  
has been completely eliminated.”**



Our secluded spa room has a walk-in tub (anti slip floor & seat) that allows the patient to walk into it, sit and enjoy a deep soak.

Warm swirling waters offers a therapeutic experience which massages and soothes tired muscles. Patients have the option of the whirlpool spa (18 air jets) and/or the full hydrotherapy (6 variable speed water jets).

Relieve the day's stress and tensions with our Swedish and Sport massages which are known to “unlock” the tightness in the muscle tissues and ease common painful conditions including joint and circulatory problems.



**r e l a x**

become less tense or anxious

**Katrina Therapy Centre delivers effective treatment for a full range of out-patient conditions including:**

Back & Neck Pain (Lumbago, Whiplash)  
Head Injuries  
Joint and Nerve Problems  
Joint Replacement (Hip, Knee)  
Muscle and Tendon Injuries (Rotator Cuff)  
Parkinson's Disease  
Rheumatoid Arthritis (RA)  
Spinal Cord Injuries  
Sprains and Strains

**We also offer:**

Gait & Balance Training  
Muscle Re-education & Strengthening  
Neuromuscular Training  
Physical Rehabilitation of Cancer Patients  
Pre-Op Physiotherapy  
Stroke Rehabilitation  
Upper & Lower Extremity Rehabilitation



CALL OR VISIT

