



TIBABU HEALTH CONSULTANCY & PHYSIOTHERAPY CLINIC

ADAPTING, ADOPTING AND IMPROVING LIFESTYLES

P.O BOX 4106-00506, NAIROBI, KENYA.
Cell: 0732364938, Email: info@tibabu.co.ke, www.tibabu.co.ke
Dereshe towers 2.4 /2.5 off Muranga road – Ngara Nairobi



Who we are

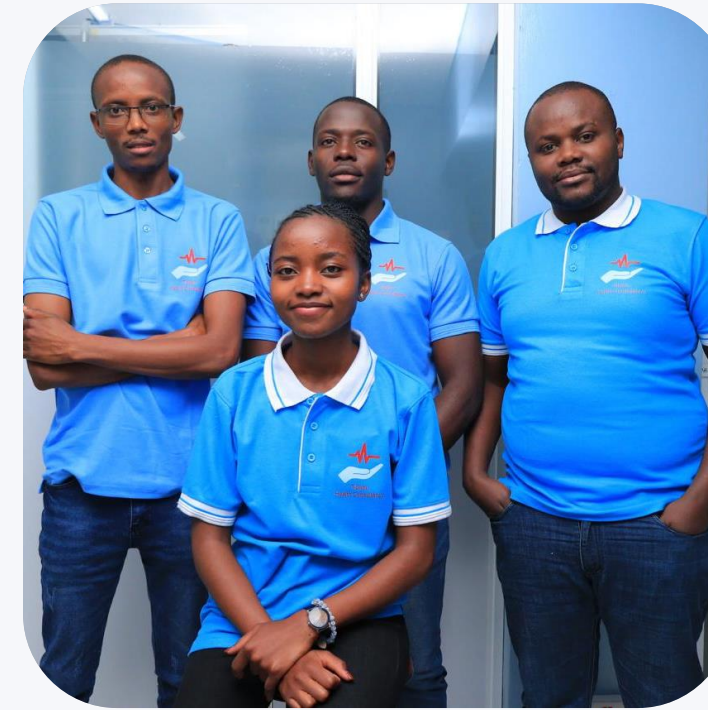
The Tibabu Health Consultancy was established in the year 2015 as a general consultation clinic which predominantly majored in physical rehabilitation services and outreach services at industrial level. This however, changed as we have grown to handle wider and complex rehabilitation and outreach services to the community.

Our Vision

A world where all people live long and healthy lives, free of preventable chronic disease and daily discomfort

Our Mision

To create a culture free of preventable chronic disease and pain by demonstrating and disseminating the necessary information on the fundamental, evidence-based truths of lifestyle change as medicine.



ADAPTING,
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IMPROVING
LIFESTYLES

Physiotherapy

clinic

Tibabu Working Hours

Monday ⌚ 8:00 AM - 8:00 PM

Tuesday ⌚ 8:00 AM - 8:00 PM

Wednesday ⌚ 8:00 AM - 8:00 PM

Thursday ⌚ 8:00 AM - 8:00 PM

Friday ⌚ 8:00 AM - 8:00 PM

Saturday ⌚ 8:00 AM - 8:00 PM





Our Services

- 01/ Physiotherapy care.
- 02/ Occupational care.
- 03/ Motion analysis.
- 04/ Women Health.
- 05/ Men Health.
- 06/ Sport Medicine.
- 07/ Medical camps
- 08/ Speech therapy.
- 09/ Orthopedic devices supply.
- 10/ Sports related injuries/ conditions.
- 11/ Musculoskeletal conditions.
- 12/ Cardiopulmonary.
- 13/ Neuro rehabilitation.
- 14/ Health awareness
- 15/ Orthopedic manual therapy.
- 16/ ENT care.
- 17/ EYE Care.
- 18/ Food & Nutrition care.
- 19/ Advance orthopaedic manipulative therapy of the spine.
- 20/ Dermatology clinic
- 21/ Sport Medicine.



REHABILITATION SERVICES

Physiotherapy clinic

We have a well-equipped physiotherapy clinic that is capable of handling bone, muscle and nerve problems. In complexity we can as well manage joint conditions, pain therapy, congenital conditions, brain disorders and general physical disorders.

We can also provide the expertise needed in sports injuries and rehabilitation and workout programs in the gymnasium and rehabilitation exercise prescription.

Nutrition Therapy

Our Nutritional Therapy is suitable for people of all ages, young and old, for those who would like to alleviate specific symptoms, as well as those who would just like to improve their overall health and wellbeing. It also helps you to identify the foods that make you look and feel your best.

Our nutritionists will help you formulate a diet plan that suits your needs at any given time in your life with regards to your underlying condition or your physical status

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HEALTH CARE OUTREACH SERVICES

INDUSTRIAL ERGONOMICS

Industrial/ institutional output is directly related to the wellbeing of the workers and the ease with which they can do the job and save time and money that would otherwise be used to go see a clinician, but the driving force behind the call for an Ergonomics standard seems to be the frequency of work-related MSD (Musculoskeletal Disorders). MSDs might be something like Carpal Tunnel Syndrome, Tendonitis, muscle strains, or lower back pain.

It is in light of the same that we have a program that is tailor-made for any industry to educate and train its workers on the ease of work as dictated by the nature of their work to help reduce the strain of work related musculoskeletal disorders and any other injuries that might arise.



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Physiotherapy

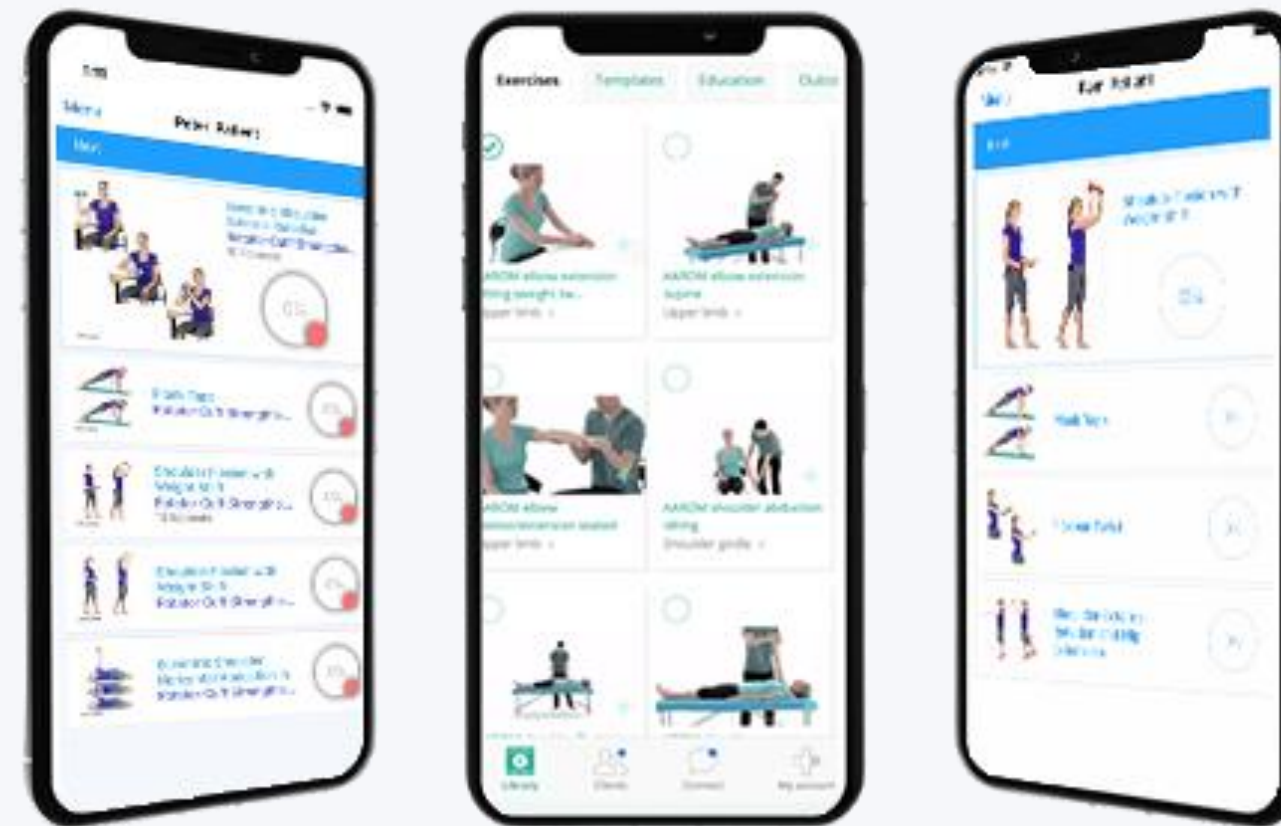
Clinic





pt **physiotools**

» **Physitrack**



Home program exercise physitool , inclusion app , community health worker



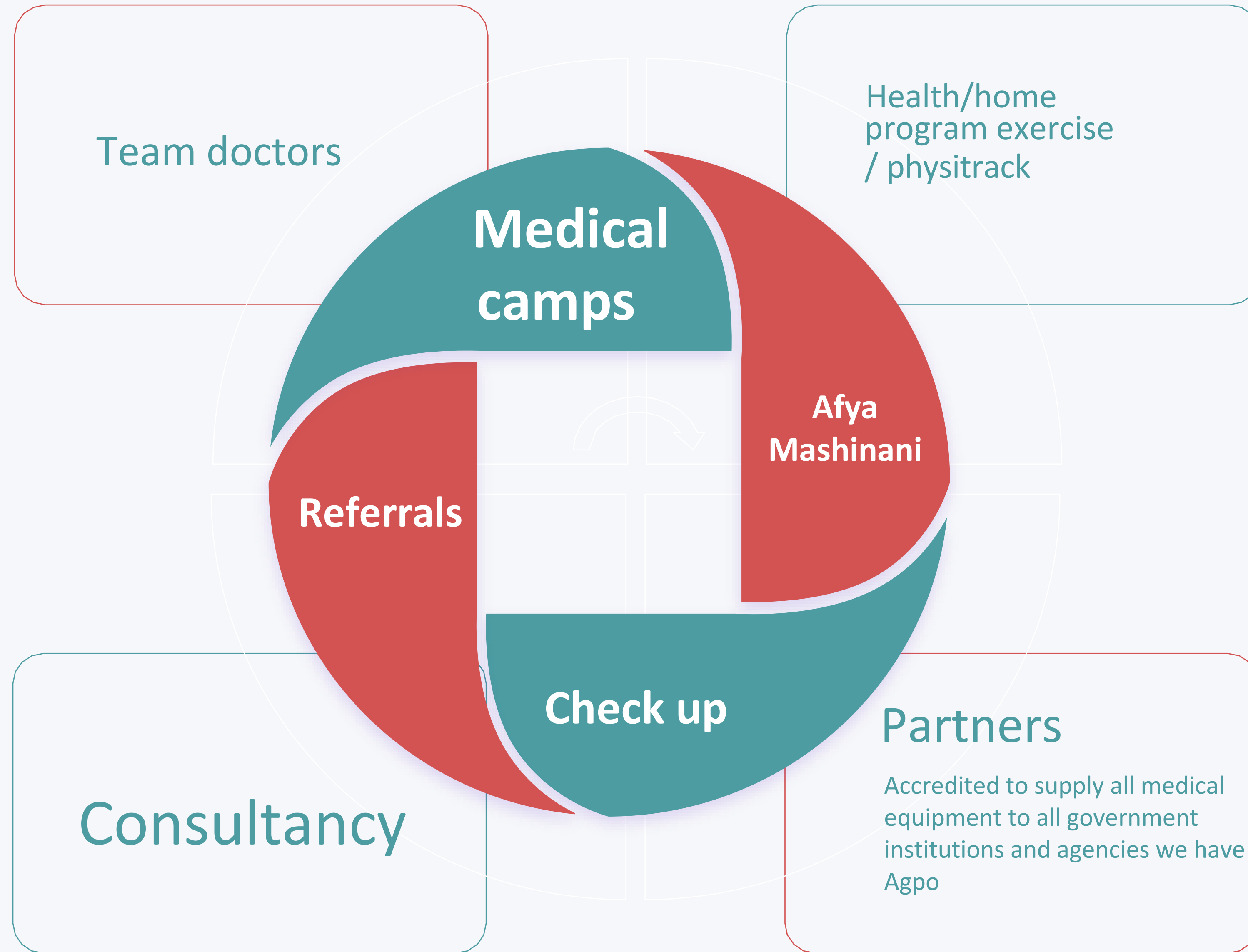
HEALTH EDUCATION AND PROMOTION

As a consultancy we do this to positively influence the health behavior of individuals and communities as well as the living and working conditions that influence their health. This is organized in groups depending on their age, gender, institution or their specification.

DIGITAL REHABILITATION PROGRAMS

We integrates advanced technologies and digital platforms to enhance the delivery and efficacy of rehabilitation programs. By leveraging tools such as physitrack , virtual reality simulations, wearable sensors, and telehealth platforms.

These technologies enable real-time monitoring of progress, personalized feedback, and remote guidance, allowing patients to engage in rehabilitation exercises with increased motivation and adherence. Also, digital rehabilitation facilitates data-driven decision-making for clinicians, leading to more efficient treatment plans and improved patient outcomes.





Medical Camps

At medical camps we provide basic treatment and general check up to help people be aware of their health status. The consultancy organizes a team of doctors, nurses and a lab technician who together work tirelessly to see that every patient is attended to. We partner with other health facilities for referral purposes to ensure that every patient is attended to holistically.

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Physiotherapy

Clinic





Why choose us?

We have cutting edge experience in the field of physical therapy practice



Medical nutrition therapy

This is tailoring a diet to clients that resonates with their underlying condition/ need as far as the rehabilitative treatment/ management is concerned



Neuromusculoskeletal medicine

This method integrates management of muscles, bones and nerves together for more oriented results. It involves thorough patient examination and incorporates use of modalities (treatment machines) i.e. T.E.N.S, traction bed etc.



Orthopaedic manual therapy (O.M.T)

This is the management of musculoskeletal conditions mainly by use of the therapist hands using different body parts mobilization methods. It's mainly suitable for sports injuries during the game and after the game.



Massage and fascia manipulation



This technique is designed to soften and organize the connective tissue matrix in the body. It can be done before treatment, after a game or can as well stand alone as a form of rehabilitative management method.



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BILLING METHODS:

We do accept the following payment methods in our clinic.



Insurance Cover



Bank Transfer/ PDQ



Lipa Na Mpesa



Cash Payment





Insurance Accepted





Our Journey



2015

Our first step

Health talks, creating awareness, community sensitization majorly on lifestyle diseases in churches, community based organisations.



2016

First Achievements

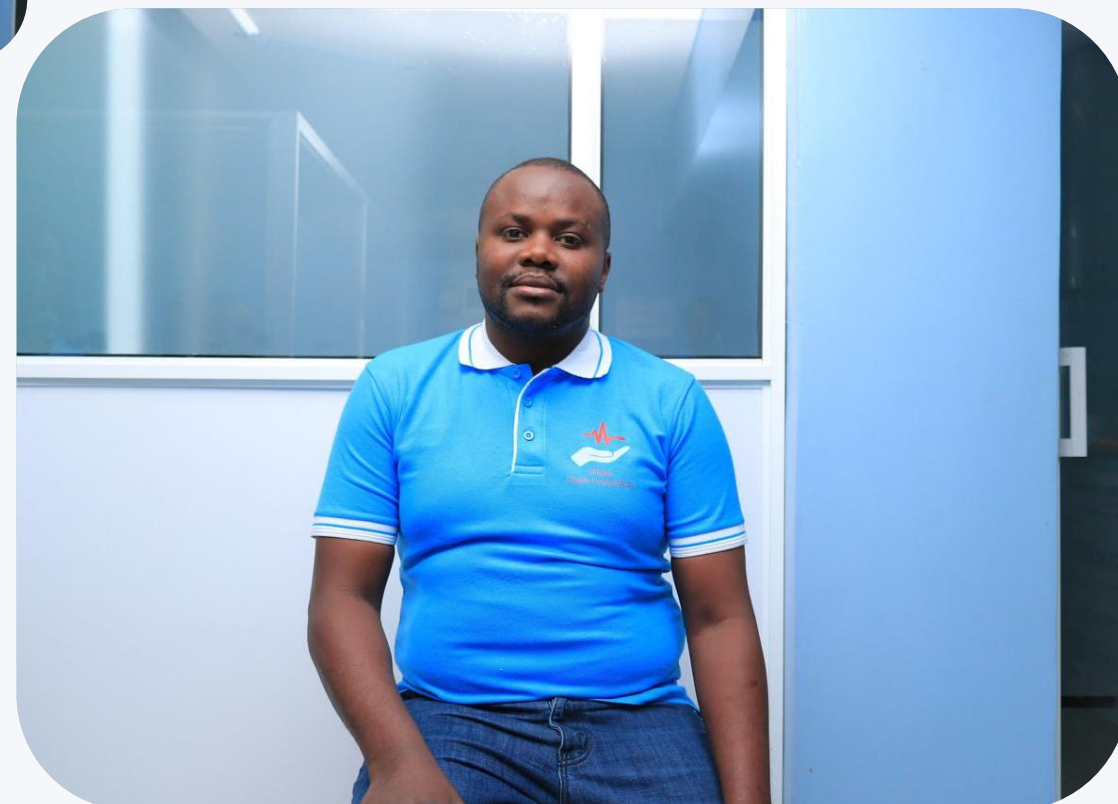
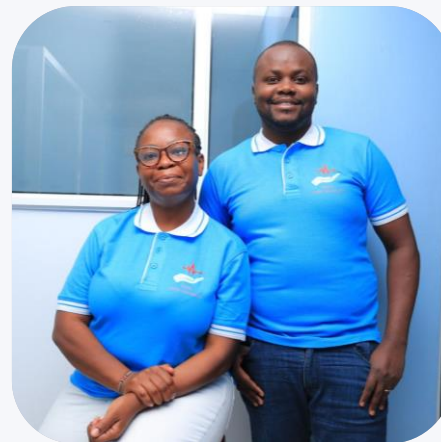
We started a program dubbed ‘Afya mashinani’, this was done through several channels like, vernacular radio and TV stations. Community based rehabilitations in informal settlements.



2017

Step by Step

“Nothing for us without us”, we were on top of medical camps, looking for PWDs, (persons with disability), creating awareness on conditions that cause disability in several counties i.e. Kirinyaga county, Tharaka Nithi county, Kisii county, Machakos and Wajir counties.



2018

Proper progress

Apart from spiritual nourishment many churches involved Tibabu in conducting health awareness and medical camps mainly on chronic and terminal illnesses eg ACK churches, Kasarani, Katani and Kiserian, Deliverance Church Buruburu, Holy Trinity Catholic church Buruburu.

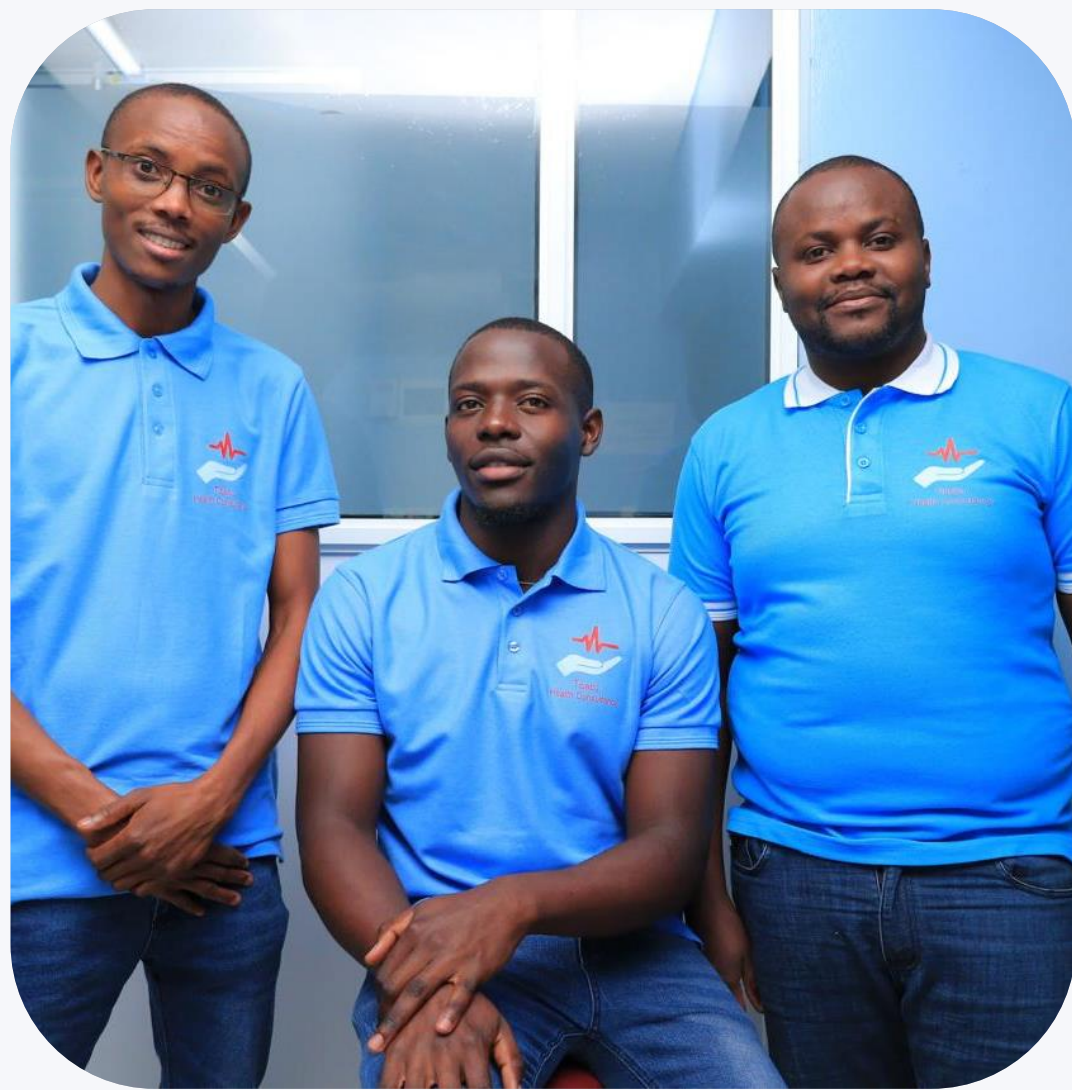




2019

Expansion mode

Developed a rehabilitation service centre at our headquarters in Nairobi, opened a branch in Tharaka Nithi county, the two have been a big success in term of provision of both rehabilitation and habilitation services. This was highly successful thanks to our partners: Afyafrika Orthopedic Services, Gatunga Health centre, Tule Vyema Initiative and so many other wonderful individuals with big hearts full of love to the community.



Adapting, adopting and improving lifestyle

2020

A new normal

This was a special year globally due to covid 19 pandemic, as a health organization we used our social media platforms, media access in every way possible to contribute towards creating awareness to the greater public about the pandemic. We greatly thank our team of medics for standing tall through this trying time and providing services to those who badly needed us.

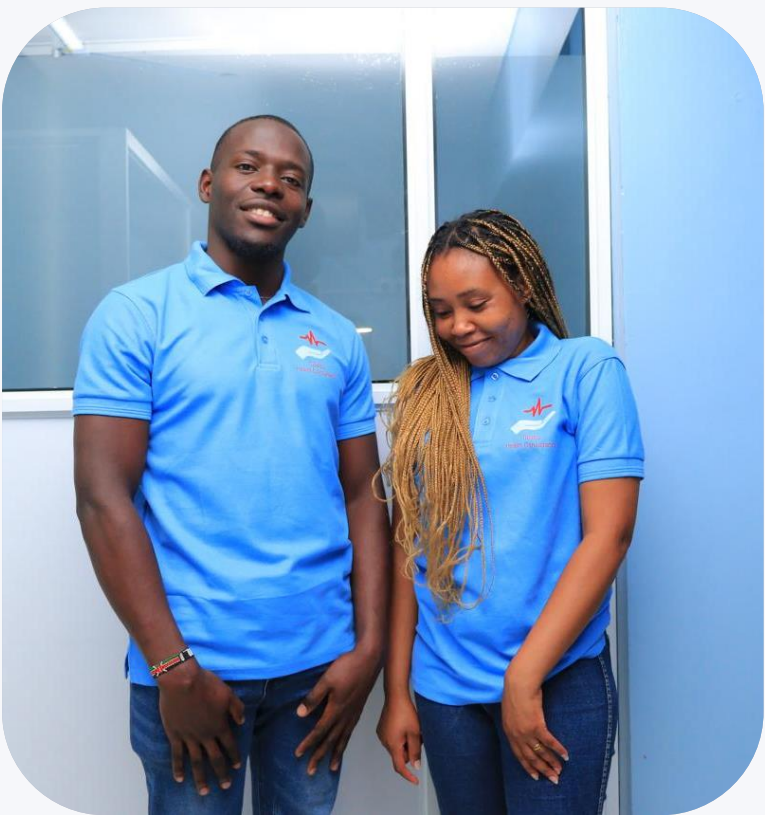




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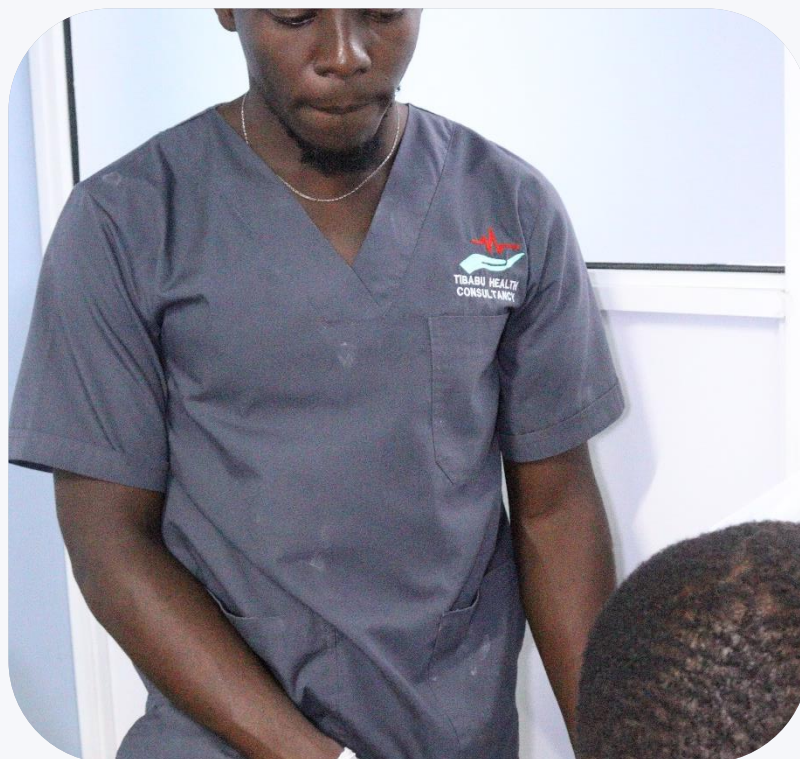
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2023

New Location and Modern Facilities

Due to increasing clientele, Tibabu Physiotherapy Clinic moved to a larger, state-of-the-art facility. The new location featured advanced treatment equipment and dedicated spaces for group therapy sessions, enhancing the patient experience and treatment efficacy.



2024

Making an impact

With a commitment to community well-being, Tibabu Clinic began partnering with Physitrack to promote physical health and injury prevention. The clinic also initiated outreach programs in medical camps, providing free Home Exercise to those in need.





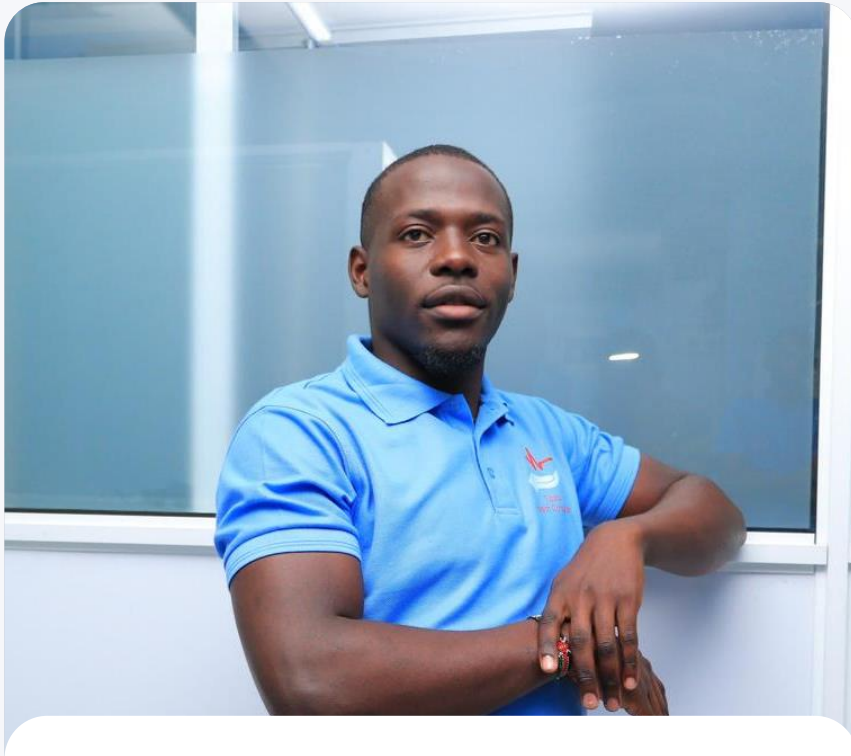
Meet Our Team



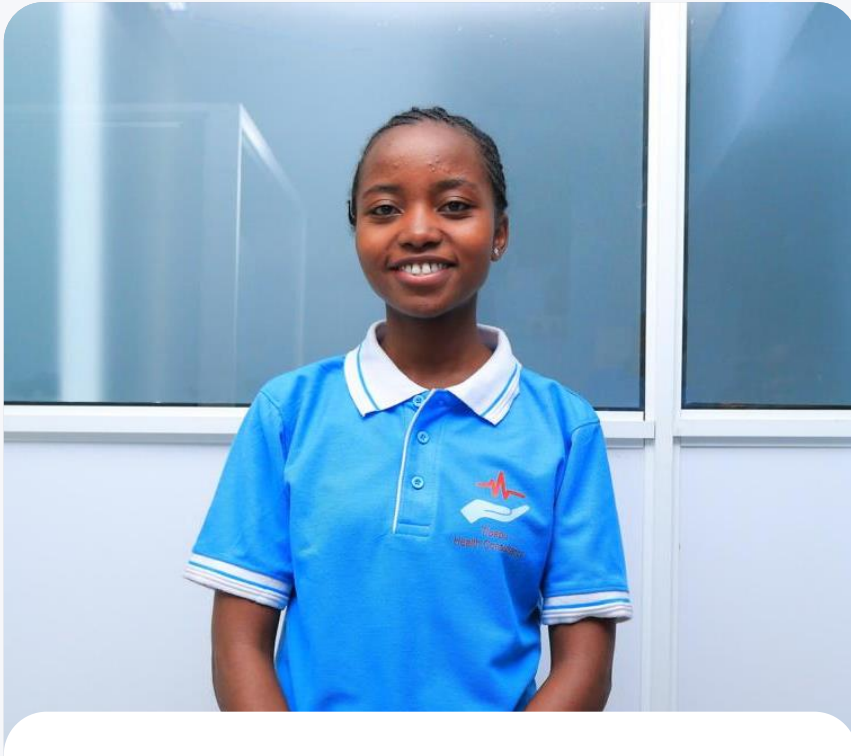
Dr John Murebi Kijiru
Director/CEO



PT Samwel Ondumwa
Senior Physiotherapist



PT Fortune Okili
Physiotherapist



PT Jedidah Mweru
Physiotherapist



Felistus Kabathia
Front Office



Destiny Kagendo
Receptionist



Dennis Munene
IT Support



Mobility aids and
Physiotherapy
support devices
that we sell.



