

Trivayu Physio Center Puts Individual Assessment at the Centre of Physiotherapy in Jaipur

The Vaishali Nagar centre plans every rehabilitation programme including an assessment of the individual patient rather than only a fixed protocol for the diagnosis.



The graphic is a promotional banner for Trivayu Physio Center. It features a background image of the clinic's interior, showing a reception desk and a display shelf. On the left, the center's logo and name are displayed, along with the tagline 'Strength | Quality | Agility'. Below this, the main headline reads 'Trivayu Physio Center Puts Individual Assessment at the Centre of Physiotherapy in Jaipur'. A sub-headline states: 'Every body is unique. So is our approach. We assess, plan, treat and guide you towards long-term recovery and better living.' To the right, a vertical list of four steps is shown: 'ASSESS' (We understand your condition), 'PLAN' (We create a custom plan), 'TREAT' (Targeted physiotherapy), and 'RECOVER' (Better movement. Better life). Below the main text, five key service areas are highlighted with icons: 'ONE-TO-ONE ASSESSMENT' (Personalization, Better understanding), 'PERSONALIZED TREATMENT PLAN' (Custom plan for your uniqueness), 'EXPERT PHYSIOTHERAPISTS' (Experienced, skilled, Trained), 'EVIDENCE-BASED APPROACH' (Modern techniques, Proven results), and 'FOCUS ON LONG-TERM RECOVERY' (Sustainable recovery, Drivign you). A separate box on the right says 'Your health is our priority. Let's move you towards a healthier, pain-free life.' The bottom of the graphic contains contact information: 'Gandhi Path, Vaishali Nagar, Jaipur, Rajasthan, India', a phone number '+91 90370 65065', the website 'www.trivayusa.in', and the slogan 'Move Better. Live Better. Book Your Consultation Today!'.

Jaipur, Rajasthan Aug 22, 2026 ([Issuewire.com](https://www.issuewire.com)) - Two people can walk into a clinic with the same diagnosis and need two different rehabilitation programmes. Trivayu Physio Center, a physiotherapy clinic on Gandhi Path in Vaishali Nagar, Jaipur, has built its clinical process around that fact.

The centre is directed by physiotherapist Dr. Jyoti Choudhary, who holds a Bachelor of Physiotherapy and a Master of Physiotherapy in Sports and Orthopaedics, and who has practised in Jaipur since 2012. Under her direction, treatment planning begins with an assessment of the patient, their movement, their history and what they need to get back to, before any exercise or technique is selected.

Why the assessment comes first

Pain is the symptom patients arrive with. It is rarely the whole problem.

Muscle weakness, restricted range of motion, previous injuries, the demands of someone's job and how long a problem has been present all change what rehabilitation should look like. Two patients with knee pain can need almost opposite programmes, one built around restoring movement and one built around

loading and strength.

At Trivayu Physio Center the assessment determines the plan, which may combine exercise-based rehabilitation, manual therapy, mobility work, progressive strengthening, gait and functional training, and patient education. The aim is for patients to understand their own condition and take an active part in recovery rather than receive treatment passively.

The clinical team

Dr. Jyoti Choudhary, BPT and MPT in Sports and Orthopaedics, is the director and senior sports and orthopaedic physiotherapist. Ritika Choudhary holds a BPT and an MPT. Mariyam Khan holds a BPT and an MPT. Ajit Choudhary holds a BPT and an MPT. Ishu Sharma holds a BPT.

The centre is a member of the Indian Association of Physiotherapists, the team holds antenatal and postnatal certification for its women's health work, and Trivayu Physio Center is registered under the Clinical Establishments Act, 2010.

What the centre treats

The centre provides physiotherapy for back pain, neck pain, knee pain and shoulder problems, along with sports injuries, orthopaedic rehabilitation, post-surgical rehabilitation including rehabilitation after joint replacement, pain management, posture correction, geriatric physiotherapy, and women's health physiotherapy covering pregnancy and the post-natal period.

For patients who search for [Best physiotherapy near me](#) because travel is the real obstacle, the centre also offers home visits within a five to seven kilometre radius of Vaishali Nagar and online video consultation, alongside corporate on-site physiotherapy and ergonomic assessment for workplaces.

A career in sports and orthopaedic physiotherapy

Dr. Jyoti Choudhary completed her Bachelor of Physiotherapy at Garden City College, Bangalore, in 2008, interned at Fortis Hospital, Jaipur, and worked there for six months, followed by six months at Santokba Durlabhji Memorial Hospital, Jaipur.

She completed her Master of Physiotherapy in Sports and Orthopaedics at Dr. M. V. Shetty College, Mangalore, in 2011, and opened her first clinic in Vidyadhar Nagar, Jaipur, in 2012. A second centre followed at Rangoli Gardens in Vaishali Nagar in 2021, before she established Trivayu Physio Center on Gandhi Path.

Dr. Jyoti Choudhary said, "Our focus is to understand each patient's condition and functional needs and then plan physiotherapy accordingly. Rehabilitation is a process, and helping patients understand their condition and participate actively in that process is an important part of our approach."

Sports injury and post-surgical rehabilitation

Returning to sport after an injury takes more than the disappearance of pain. Pain often settles well before strength, movement control and physical capacity have returned, and that gap is where re-injury happens.

Rehabilitation aimed at return to activity therefore continues past symptom relief, progressing on what

the patient can do rather than on the calendar. After orthopaedic surgery the same principle applies within tighter limits, with the programme following the treating surgeon's protocol.

Anyone looking for a rehabilitation centre near me after an injury or an operation is right to ask three questions first. What are the criteria for discharge. How will progress be measured. Who decides when a return to activity is appropriate.

Choosing a physiotherapist in Jaipur

Searches for a physiotherapy clinic near me usually come from people weighing distance against need, and distance matters most to the patients who find travel hardest.

Beyond location, anyone choosing a physiotherapist in Jaipur should ask who will carry out the assessment, what their qualifications are, and whether the programme will be reviewed as recovery progresses. A physiotherapist near me who cannot say how progress will be measured is offering a course of treatment rather than a plan.

Physiotherapy is not appropriate for every presentation. Anyone with persistent, severe or unexplained symptoms should seek a medical assessment first. This release is general information and is not medical advice.

Appointments and contact

Trivayu Physio Center, 204, 2nd Floor, Om Tower, Nemi Nagar, Gandhi Path, Vaishali Nagar, Jaipur 302021, Rajasthan.

Phone: +91 90570 65065. Email: contact@trivayu.co.in Website: trivayu.co.in

Open Monday to Saturday, 8am to 8pm, and Sunday, 10am to 1pm. Appointments by phone or walk-in.

About Trivayu Physio Center

Trivayu Physio Center is a physiotherapy and rehabilitation centre on Gandhi Path, Vaishali Nagar, Jaipur, Rajasthan, registered under the Clinical Establishments Act, 2010. It is directed by physiotherapist Dr. Jyoti Choudhary, who holds a Master of Physiotherapy in Sports and Orthopaedics and is a member of the Indian Association of Physiotherapists. The centre treats musculoskeletal, orthopaedic and sports conditions, plans each programme from an individual assessment, and offers clinic appointments, home visits and online video consultation.

Media contact

Website: <https://trivayu.co.in/>

Clinic: Trivayu Physio Center

Location: Gandhi Path, Vaishali Nagar, Jaipur, Rajasthan, India

Director: Dr. Jyoti Choudhary, B.P.T, M.P.T (Sports & Orthopaedics), C.M.T, MIAP

Position: Senior Sports & Orthopaedic Physiotherapist



Media Contact

Trivayu Physio Center

*****@trivayu.co.in

+919057065065

204, 2nd Floor, Om Tower, Gandhi Path Road, Nemi Nagar, Vaishali Nagar, Jaipur, Rajasthan 302021

<https://trivayu.co.in/>

Source : Trivayu Physio Center

[See on IssueWire](#)